

EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course	Game, K-8 th
<ul style="list-style-type: none"> • 2 Battle Ropes 	<ul style="list-style-type: none"> • 4 SandBells • 4 Tall Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • 14 Poly Spots • 7 Tall Cones • 4 Hurdles • 2 Kettle Bells • 2 Short Cones • 1 Agility Ladder • 1 Measuring Tape • 1 Playground Ball 	<ul style="list-style-type: none"> • 36 Short Cones • 24 Poly Spots • 4 Tall Cones • 2 Soccer Balls • 1 Measuring Tape • Pinnies (half the students)

WARMUPS (5 min.)

Setup and Instructions

- Divide the class into two groups. Have each group pick up a battle rope and hold it above their head with one or both hands while completing a lap around a track or designated area. All students in a group should hold the rope the same way.
- Once the lap is complete, divide students into four lines, standing arm's length apart. Lead the students in completing warmups 2-4.
- Students should complete the movements for a count of ten. If the left and right side of the body are used in the movement, complete the movement for a count of ten on each side.

Warmup 1	Warmup 2	Warmup 3	Warmup 4
Lap Run with Battle Rope	Toe Touch	Spider Lunges	Heel Scoops

FITNESS STATIONS (10 min.)

Setup and Instructions

Arrange four tall cones, with each cone serving as a station, in a square formation. There should be 15 - 20 feet between each cone. Divide students into four groups and assign each group to a station.

- Each group should perform the assigned movement for each station for thirty seconds. When time is up, students rotate by skipping, jogging, hopping, or running to the next station.
- Students should rotate through the stations twice.

Station 1	Station 2	Station 3	Station 4
Bicycle with SandBell or Standing Bicycle with SandBell	Crab Toe Touch	Seated Flutter Kicks	Tic Tocks

OBSTACLE COURSE (10 min.)

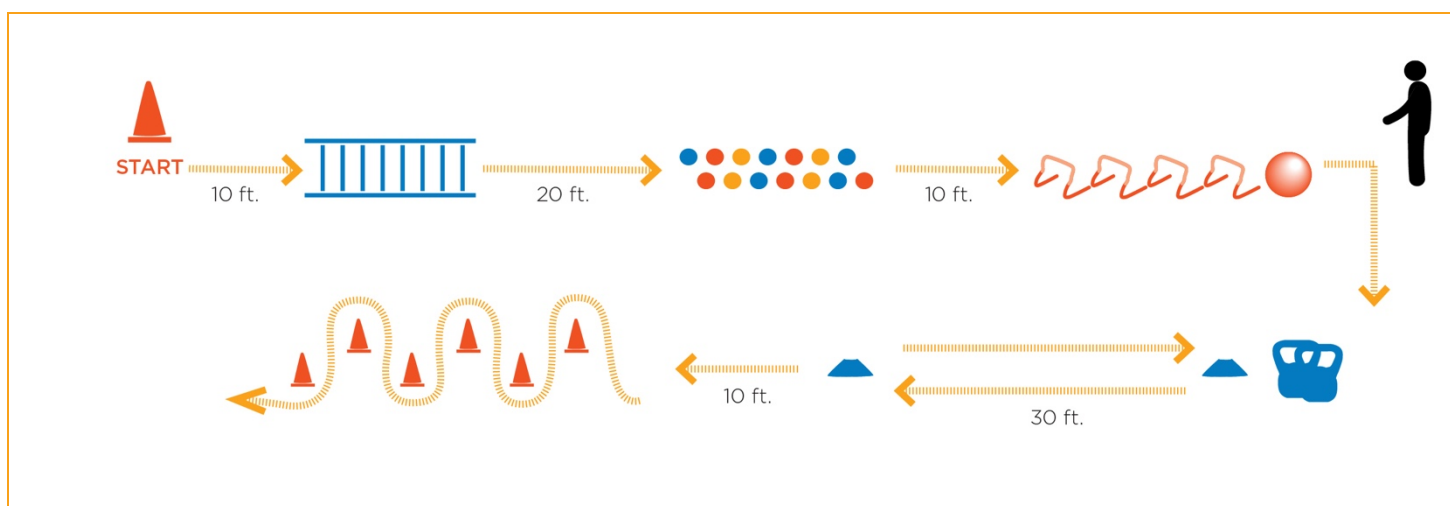
Setup and Instructions

Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

- To start, students sprint to the agility ladder and perform an in, out, in, out ladder drill for the full length of the ladder. Once a student completes the ladder drill, the next student in line may start.
- After completing the ladder drill, students sprint to the poly spots and perform one leg hops on each spot. Following the zig-zag pattern, students should use the same leg for the entire length of the spots.
- Once students complete the leg hops, they sprint to the hurdles and jump over each hurdle, landing both feet on the ground before jumping again. While students jump over the last hurdle, the coach tosses a playground ball that students must catch while jumping over the last hurdle. Students should throw the ball back to the coach before sprinting to the short cones.
- At the short cones, students perform a farmer's carry with kettle bells. A farmer's carry involves holding a kettle bell in each hand and walking from the first short cone to the second and back.
- Once students complete the farmer's carry, they sprint to the first tall cone and zigzag through the cones before sprinting back to the start cone.
- Students should complete the course twice.

Course tips: 1) For younger students, the coach can move closer before gently tossing the ball and for older students, stand further away.
2) To make the ball toss more difficult, the coach can throw a beanbag.

DIAGRAM



GAME, K-8th (10 min.)

Two Ball Soccer

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones, can be larger if space allows. Use poly spots to create a midline and use tall cones to create a goal on each half of the field. Use a soccer field if accessible. Divide students into two equal teams and have one team wear pinnies.

Goal of the game: work as a team to score goals and keep the opposing team from scoring.

- This game has soccer rules but uses two balls and has no goalies.
- If a team scores with one ball, the ball is given to the opposing team to throw back into the game from the midline. The second ball should not be stopped. Students should continue to play the second ball while the first ball is being thrown in.
- The team with the most points at the end of the time wins.

Game variations: 1) Add more balls to the game. 2) Add a goalie to each goal.

MINDFULNESS (5 min.)

Discovering Joy

Setup and Instructions

Instruct students to sit quietly on a yoga mat or on the ground.

- Ask students to think of one thing that brings them joy and hold it in their mind. Ask them to think of why the person, place, or thing brings them joy.
- After the activity, if students are comfortable sharing, have them share what brings them joy and why.

COOLDOWN (5 min.)

Setup and Instructions

Divide students into four lines, standing arm's length apart.

- Lead the students in completing two yoga breaths.
 - Yoga breath: inhale through the nose while counting to four slowly, hold for four seconds, then exhale through the mouth while counting to four slowly.
- Once students complete yoga breaths, lead them in the cooldown movements. Students should complete the movements for a slow count of ten. If the left and right side of the body are used in the movement, complete the movement for a count of ten on each side.

Cooldown 1	Cooldown 2
Seated Spinal Twist	Standing Side Reach