

## EQUIPMENT LIST

Warmups	Fitness Stations	Relay Race	Game, K-2 <sup>nd</sup>	Game, 3 <sup>rd</sup> -8 <sup>th</sup>	Mindfulness
<ul style="list-style-type: none"> <li>2 Battle Ropes</li> </ul>	<ul style="list-style-type: none"> <li>4 Ankle Bands</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>4 Tall Cones</li> <li>2 Agility Ladders</li> <li>2 Ankle Bands</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>10-12 Beanbags</li> <li>10-12 Poly Spots (7-9 spots for less than 24 students)</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>36 Short Cones</li> <li>2-3 Foam Balls</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>1 Bluetooth Speaker</li> </ul>

## 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 before completing one lap around a 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	<a href="#">Air Drumming</a>	<a href="#">Seal Jacks</a>	<a href="#">Air Jump Rope</a>

## 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 forty-five 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
<a href="#">Inch Worms</a>	<a href="#">High Plank</a>	<a href="#">Bicep Curls with Ankle Band</a>	<a href="#">Y's, T's &amp; W's</a>

## RELAY RACE (10 min.)

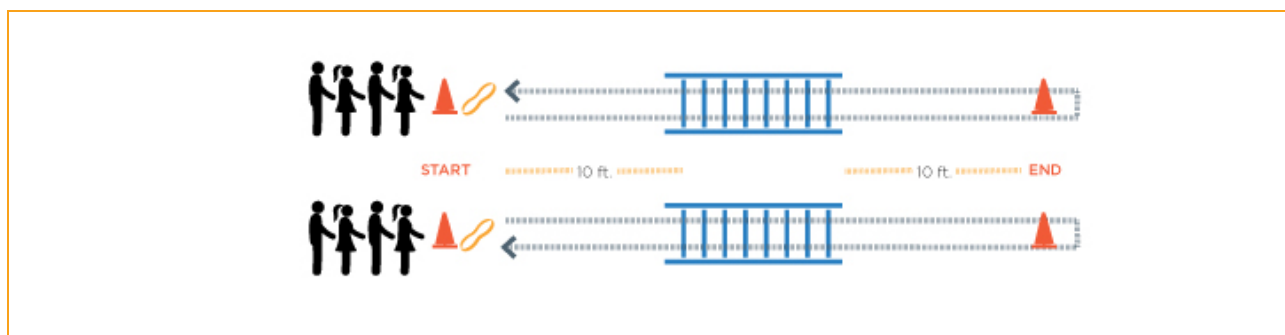
### Three-Legged Relay

#### Setup and Instructions

Set up relay race as shown in the diagram below. Divide students into two equal teams and have each team line up behind a start cone.

- When the Coach gives the signal 'go', the first two students from each team put the ankle band around their ankles. One student will have the band around their left ankle and the other will have the band around their right ankle.
- Once the ankle band is on, the students work together to walk or run through the ladder, stepping or hopping the banded feet in each square towards the end cone.
- At the end cone, both students go around the cone before stepping or hopping through the ladder and back to the start cone. At the start cone the students remove the ankle band and hand it to the next two students in line.
- Each student should run the relay twice. The first team to finish wins.

#### DIAGRAM



## GAME: K-2<sup>nd</sup> (10 min.)

### Guard the Cookie

#### Setup and Instructions

Create a 30 ft. x 30ft. playing field using short cones; can be larger if space allows. Scatter the poly spots around the playing field. Place one beanbag on top of each poly spot. The spots are the cookie jars, and the beanbags are the 'cookies'. Place a guard (student) at each cookie jar.

Goal of the game: stop students from stealing cookies from the cookie jar.

- When the Coach gives the signal 'go,' students must run around trying to steal cookies from the cookie jars.
- If a guard tags a student who is trying to steal their cookie, the student must try to steal a cookie from another jar before coming back to try again.
- If a student who is trying to steal a cookie grabs the cookie before getting tagged, they become the new guard.

## Fitness Focus: UPPER BODY

- Guards and students must stay on their feet. They may get low to the ground, but their knees and hands may not touch the ground. If their hands or knees touch the ground, they must air jump rope for ten seconds.
- Play for time and see how many guards can remain a guard the entire game.

### GAME: 3<sup>rd</sup>-8<sup>th</sup> (10 min.)

#### Guard the King/Queen

##### Setup and Instructions

Place one hula hoop on the ground. Using short cones, create a larger circle around the hoop about ten feet away. Select one student to be the king or queen, they stand in the hoop, and one student to be the bodyguard, they stand outside of the hoop. The remaining students should stand in a circle outside of the larger circle. Give the remaining students two or three foams balls.

Goal of the game: hit the king or queen with a ball and become the new king or queen.

- When the Coach gives the signal 'go,' students must throw the ball and try to hit the king or queen. The king or queen must stay in the hoop but can move within the hoop or duck to dodge the ball.
- The bodyguard can move anywhere between the hoop and the large circle to block balls being thrown. They can catch the ball, block it, hit it away, anything to protect the king or queen from getting hit.
- If the king or queen gets hit by a ball, the bodyguard must complete five squat jumps before joining the outer circle, the king or queen becomes the bodyguard, and the student who threw the ball becomes the king or queen.
- Play for time.

**Game variation:** For bigger groups, add more balls.

### MINDFULNESS (5 min.)

#### Peace and Kindness

##### Setup and Instructions

Instruct students to sit quietly on a yoga mat or on the ground with their eyes closed.

- Use a Bluetooth speaker to play the audio for the Peace & Kindness Mindfulness Activity, link: <https://vimeo.com/549533890/86274d08d5>.
- After the activity, if students are comfortable sharing, have them share their answers to the questions below with the class or a partner:
  - What activities can a person do to find peace? (Meditate, go for a walk, take deep breaths, etc.)
  - Describe a situation where someone was kind to you, or you were kind to someone.

### 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
<a href="#">Cobra Pose</a>	<a href="#">Shoulder Stretch</a>