

EQUIPMENT LIST

Warmups	Fitness Stations	Relay Race	Game, K-2 nd	Game, 3 rd -8 th	Mindfulness
<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"> 4 Beanbags (different colors) 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Beanbags 36 Short Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 5 Poly Spots 1 Measuring Tape 1 Playground Ball 	<ul style="list-style-type: none"> 1 Bluetooth Speaker

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	Jumping Jacks	Arm Circles	Air Punches

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
Hand Walk	Push-ups or Incline Push-ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows with SandBell

RELAY RACE (10 min.)

Hourglass Relay

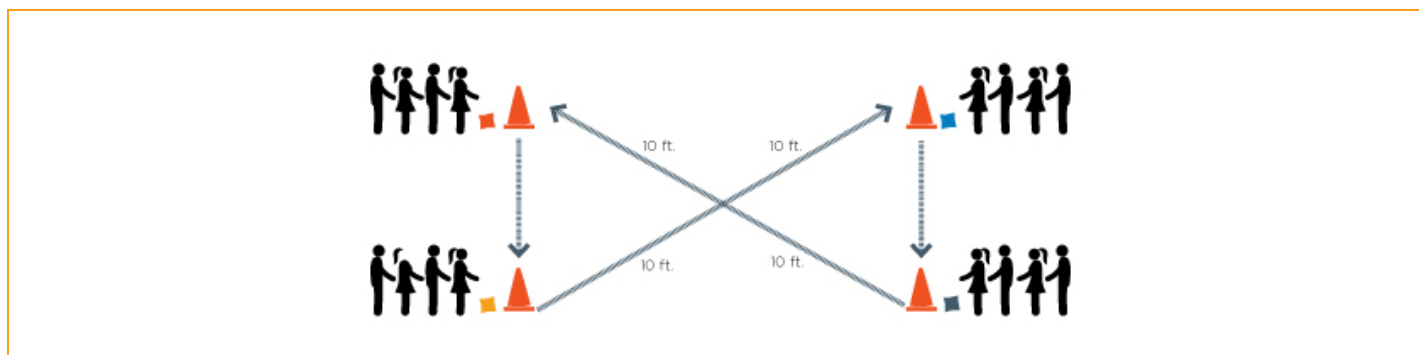
Setup and Instructions

Set up relay race as shown in the diagram below. Place the exact same number of beanbags at each cone. Divide students into four equal teams and assign each team to a cone.

- When the Coach gives the signal 'go', the first student from each team will balance their beanbag on their head while walking in a hourglass motion. Once a student completes the course and returns to their team, they hand off the beanbag to the next student. If the beanbag drops, the student must return to their team and complete five seal jacks before trying again.
- Each student should complete the relay twice. The first team to finish wins.

Relay variation: Change how students balance their beanbag: on their shoulder, back of their hand, on their chest, or on the side of their elbow by raising their arm to a 90-degree angle with their palm facing down.

DIAGRAM



GAME, K-2nd (10 min.)

Beanbag Tag

Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows, and scatter 36 beanbags throughout the field. Have all students stand on one side of the field. Choose one student to be 'it' and have the student stand in the middle of the playing field.

Goal of the game: avoid being tagged.

- When the Coach gives the signal 'go,' students must try to run from one end of the field to the other without being hit by a beanbag thrown by the 'it' student. The 'it' student may run around the field collecting and throwing beanbags at the runners. An 'it' student may only have one beanbag in their hand at a time.
- Students who get hit with a beanbag must perform a ten second plank and join the 'it' student in tagging people out.

Fitness Focus: UPPER BODY

- The last student to get hit with a beanbag is 'it' for the next round.

Game tip: For student's safety, beanbags should be thrown below a student's shoulders.

Game variation: An 'it' student may have more than one beanbag in their hand when throwing.

GAME: 3rd-8th (10 min.)

Line Kickball

Setup and Instructions

Set up a kickball field by placing four poly spots (bases) in a square shape 20 feet apart. Set up a pitcher's mound by placing the fifth poly spot in the center of the square. Give the playground ball to one student and place them at the pitcher's mound, the remaining students stand in a line at one of the bases; this base will be home plate.

Goal of the game: run the bases without being tagged.

- When the pitcher rolls the ball to home plate, the first student tries to kick the ball to the outfield. Once the student kicks the ball, everyone, except the pitcher, starts running the bases. Each runner must tag each base but cannot stay on a base. Runners must continue running around the bases toward home plate.
- Once the ball is kicked, the pitcher should try to catch or run to recover the ball to tag runners out. The pitcher can tag runners out by throwing the ball or touching a runner with the ball. Any runner who is tagged becomes an outfielder and starts helping the pitcher.
- The last student to remain untagged becomes the new pitcher and the game restarts.

Game tip: Set up the bases closer together for younger students and farther apart for older students.

Game variation: Make a rule that only the pitcher can tag a runner out; the outfielders can only recover the ball and throw it to the pitcher.

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
Cobra Pose	Shoulder Stretch