

## EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course	Game, K-8 <sup>th</sup>
<ul style="list-style-type: none"> <li>2 Battle Ropes</li> </ul>	<ul style="list-style-type: none"> <li>4 Kettle Bells</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>4 Hurdles</li> <li>3 Tall Cones</li> <li>2 Agility Ladders</li> <li>1 Ankle Band</li> <li>1 SandBell</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>36 Short Cones</li> <li>24 Poly Spots</li> <li>18 Foam Balls</li> <li>1 Hula Hoop</li> <li>1 Measuring Tape</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 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	<a href="#">Side Bends</a>	<a href="#">High Kicks</a>	<a href="#">Running Arms</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 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
<a href="#">Kickouts</a>	<a href="#">Mountain Climbers</a>	<a href="#">Seated Heel Drops</a>	<a href="#">Side Bends with Kettle Bell</a>

## OBSTACLE COURSE (10 min.)

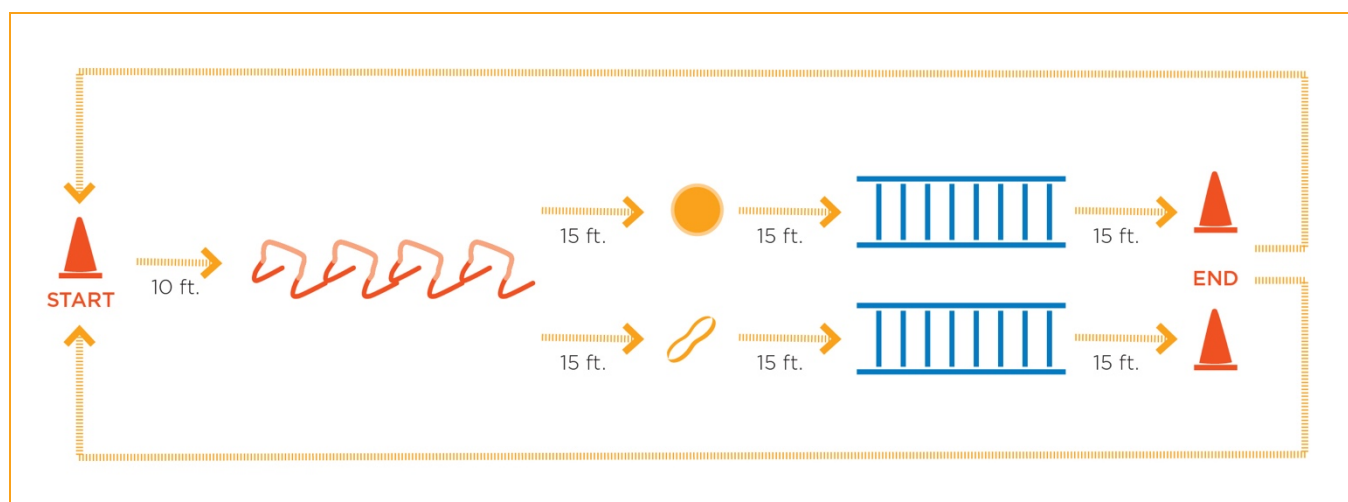
### Setup and Instructions

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 hurdles and jump over each hurdle landing both feet on the ground before jumping again. Once a student jumps over the last hurdle, the next student in line may start.
- After jumping over the last hurdle, students may choose to sprint to the sandbell and perform five sandbell slams or sprint to the ankle band and perform five ankle band bicep curls on each arm. To perform a sandbell slam, raise the sandbell overhead and slam it to the ground.
- Once students complete the sandbell slams, they sprint to the agility ladder and perform one leg hops using their left leg. Once students complete their bicep curls, they sprint to the agility ladder and perform one leg hops using their right leg.
- Following the ladder drill, students sprint through the end cones then jog back to the start cone.
- Students should complete the course twice, making sure to complete both the sandbell slams and ankle band bicep curls.

**Course tip:** Use a six-pound sandbell for younger students, and a ten-pound sandbell for older students.

#### DIAGRAM



## GAME, K-8<sup>th</sup> (10 min.)

### 30 Second Team Tag

#### Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows. Divide the field into four squares using poly spots. Place a hula hoop at the intersection of the four squares. Divide the class into four equal teams, assign a number 1-4 to each team, and place each team in a square. Place foam balls in the hula hoop equal to the number of students on each team. For example, if there are six students on a team, place six foam balls in the hoop.

Goal of the game: avoid being tagged to help your team earn points.

- When the coach calls out a team's number, the team runs to the center and each student grabs a ball. They become the tagging team and are trying to tag others with the ball. Students may not throw the ball; the ball must stay in their hand, and they are tagging others with the ball. The coach should start a 30 second timer immediately after calling a team's number.

- When a team's number is called out the other three teams start running around to avoid getting tagged. Teams may run into any square but may not run outside of the short cones.
- If a student is tagged, they step outside of the short cones and must jog in place for the remainder of the round, less than 30 seconds.
- At the end of the 30 seconds, the team with the most students still standing gets a point.
- Balls should be placed back into the center and teams should return to their square before the coach calls out a new team.
- The first team to earn five points wins.

**Game variations:** 1) Instead of running, students can hop or skip. 2) Increase the number of points a team needs to win.

## MINDFULNESS (5 min.)

### Mindful Bubbles

#### Setup and Instructions

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

- Ask students to imagine they are a bubble. As they breathe in, they should focus on their body being filled with air. As they breathe out, they should feel their body relaxing, letting their worries float away.
- After the activity, if students are comfortable sharing, have them describe how they are feeling to the class or a partner.

## 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="#">Butterfly Pose</a>	<a href="#">Toe Touch Twist</a>