

## 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 Balance Ropes</li> </ul> | <ul style="list-style-type: none"> <li>4 SandBells</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 SandBells</li> <li>1 Measuring Tape</li> </ul> | <ul style="list-style-type: none"> <li>1 Foam Ball</li> </ul> | <ul style="list-style-type: none"> <li>36 Beanbags</li> <li>9 Hula Hoops</li> <li>4 Hurdles</li> <li>2 Agility Ladders</li> </ul> | <ul style="list-style-type: none"> <li>2 Sandbells</li> <li>2 Short Cones</li> <li>2 Tall Cones</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="#">Jumping Jacks</a> | <a href="#">Arm Circles</a> | <a href="#">Air Punches</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 one minute. 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="#">Hand Walk</a> | <a href="#">Push-ups</a><br>or<br><a href="#">Incline Push-ups</a><br>(requires a step or bench) | <a href="#">Shoulder Taps</a><br>or<br><a href="#">Plank High 5's</a><br>(requires a partner) | <a href="#">Rows with SandBell</a> |

## RELAY RACE (10 min.)

### Bear Crawl Relay

#### Setup and Instructions

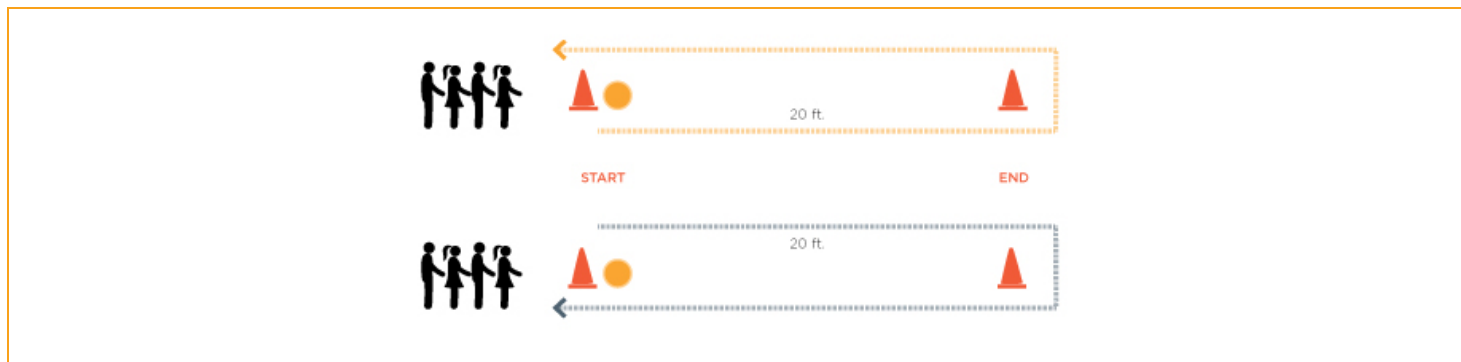
Set up relay race as shown in the diagram below. Divide students into two equal teams and have each team line up behind a start cone.

- When the Coach gives the signal 'go', the first two students from each team bear crawl to the end cone while balancing a sandbell on their back.
- At the end cone, students must bear crawl around the end cone before bear crawling back to the start cone.
- When the student returns to the start cone, they hand the sandbell to the next student.
- Each student should complete the race twice. The first team to finish wins.
- Play for multiple rounds if time allows.

**Relay tips:** 1) For a large class, divide students into more than two teams. 2) For younger students, shorten the distance between the start and end cones, and for older students, lengthen the distance between the start and end cones. 3) Use a six-pound sandbell for younger students, and a ten-pound sandbell for older students.

**Relay variation:** Instead of bear crawling, students can crab walk while balancing the sandbell on their stomach.

#### DIAGRAM



## GAME, K-2nd (10 min.)

### Catch

#### Setup and Instructions:

Place all students in a circle with space between them to catch and throw a ball.

Goal of the game: stay on the line and not get tagged.

- Before the game begins, the coach should select a subject such as things a person takes to the beach, names of children's movies, names of animals on a farm, and types of fruits or vegetables.

- To start, the Coach throws a foam ball to any student in the circle. The student receiving the ball must call out something related to the chosen subject before attempting to catch the ball.
- If a student gives an incorrect answer before catching the ball, they must throw the ball back to the coach, complete ten seal jacks, then are eliminated from the game.
- The last student standing in the circle wins. Play multiple rounds if time allows.

**Game tips:** 1) To make catching easier for younger students move closer to the students before throwing the ball or use a playground ball. To make catching more difficult, move further away from students before throwing the ball or use a beanbag.

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

### Tic Tac Toe

#### Setup and Instructions:

See diagram for setup. Divide students into two teams and place each team at a start cone.

Goal of the game: be the first team to get three beanbags in a row.

- When the Coach gives the signal 'go,' the first student from each team sprints to the agility ladder to perform an in, out, in, out ladder drill.
- After completing the ladder drill, students sprint to the hurdles and jump, with both feet, over each hurdle, before sprinting to the sandbells.
- Once at the sandbell, students complete five squats while holding the sandbell straight out in front of them.
- When students complete the last squat, they place the sandbell back on the floor then toss their beanbag into one of the hula hoops. If a student's beanbag makes it into the hoop, they sprint back to the start cone. If they miss, they must pick up their beanbag then sprint back to the start cone.
- Each student takes a turn until one team gets three beanbags in a row (vertical, horizontal, or diagonal).

**Game variation:** use different fitness equipment items to change up the obstacle course for students to run through before reaching the tic-tac-toe grid.

#### DIAGRAM



## MINDFULNESS (5 min.)

### Breathing

#### 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 Breathing Mindfulness Activity, link: <https://vimeo.com/549529835/f1317fb01e>.
- 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="#">Bridge Pose</a> | <a href="#">Cross Body Shoulder Stretch</a> |