

## 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 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>12 Tall Cones</li> <li>6 Hula Hoops</li> <li>3 Short Cones</li> <li>2 Soccer Balls</li> <li>2 Agility Ladders</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 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="#">Skip Forward/Backward</a>	<a href="#">High Knees</a>	<a href="#">Toe Walk</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="#">Speed Mountain Climbers</a>	<a href="#">Bound</a>	<a href="#">Skiers</a>	<a href="#">Twists</a>

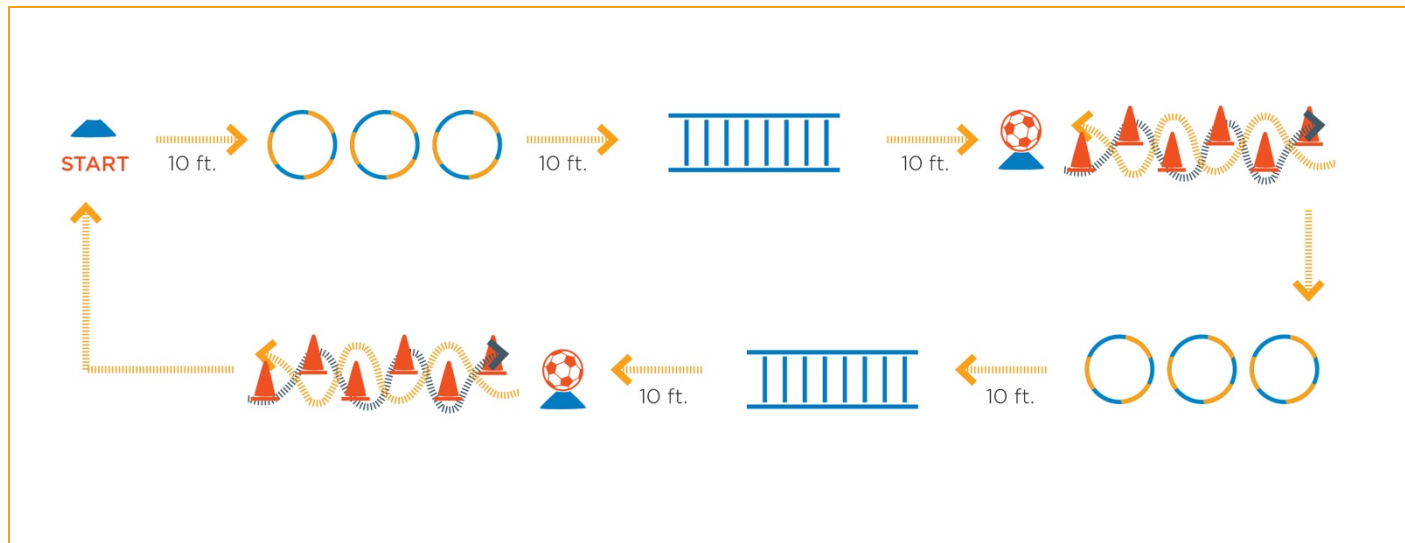
## OBSTACLE COURSE (10 min.)

### 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 skip to the hula hoops and performs air drumming for ten seconds inside the first hoop, high knees for ten seconds inside the second hoop, and air punches for ten seconds inside the third hoop. Once a student reaches the last hoop, the next student in line may start.
- Once students complete the last hoop, they skip to the agility ladder and perform a hand walk for the entire length of the ladder. To perform a hand walk, students get into push-up position on the side of the ladder, place both of their hands in the first box, then travel down the ladder, transferring both of their hands from one box to the next.
- After students complete the hand walk, they skip to the tall cones to perform a Figure 8 soccer ball drill through the tall cones and back, placing the ball back on the short cone.
- Students then skip to the second set of hoops and repeat the same sequence of movement and activity before returning to the start cone.
- Students should complete the course twice.

### 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.)

### Color Breathing

#### Setup and Instructions

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

- Ask your students to think of a relaxing color and another color that represents anger, frustration, or sadness. With their eyes closed, ask students to imagine they are breathing in the relaxing color and letting it fill their entire body. On the exhale, ask them to picture the "negative" color leaving their body. Have students repeat their breathing four times.
- After the activity, if students are comfortable, have them share their relaxing color and their negative color with 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	Cooldown 3
<a href="#">Lizard Pose</a>	<a href="#">Pigeon Pose</a>	<a href="#">Toe Touch Twist</a>