

## 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 Kettle Bells</li> <li>4 SandBells</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul> | <ul style="list-style-type: none"> <li>2 Parachutes</li> </ul> | <ul style="list-style-type: none"> <li>1 SandBell</li> </ul> | <ul style="list-style-type: none"> <li>4 Tall Cones</li> <li>6 Hula Hoops</li> <li>6 Polys Spots</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="#">Quad Stretch</a> | <a href="#">Toe Walk</a> | <a href="#">Heel 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="#">Squat Hold with Kettle Bell</a> | <a href="#">Single Leg Balance with SandBell</a> | <a href="#">Side Lunges</a> | <a href="#">Calf Raises</a> |

## RELAY RACE (10 min.)

### Parachute Relay

#### Setup and Instructions

Set up relay race as shown in the diagram below. Divide students into two equal teams and assign a number 1-20 to each student on each team.

- When the coach calls out a number, the student with the number from each team runs around their team's parachute and back to their spot before the student from the opposing team. The first student to return to their spot earns a point for their team.
- Repeat, calling different numbers. The first team to ten wins.

**Relay variations:** 1) Call out two different numbers so that two students are running from each team. 2) Instead of running, students can hop, side shuffle, skip or do high knees. 3) Increase the number of points needed to win.

#### DIAGRAM



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

### Hot Potato

#### Setup and Instructions

Students sit or stand in a circle with a foot of space between each of them. Give one student a sandbell.

Goal of the game: avoid holding the hot potato when the coach calls 'stop'.

- When the Coach gives the signal 'go,' students pass the sandbell around the circle. When the coach calls out 'stop', the student with the sandbell must do five push-ups before starting a new round. The coach should have their back to the students so they cannot see who has the sandbell.
- Play for time.

**Game tips:** 1) Use a six-pound sandbell for younger players and a ten-pound sandbell for older players. 2) If there are more than ten students, add more sandbells or set up two circles. 3) To make things more fun, play music to start and end the round.

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

### Toxic River

#### Setup and Instructions

Use tall cones to set up a start and end point 30 feet apart; can be shorter or longer depending on the age group. Place three hula hoops and three poly spots at each start cone. Divide students into two teams and have each team line up at a start cone.

Goal of the game: work as a team to cross the toxic river without falling in.

- When the Coach gives the signal 'go,' teams must use the hula hoops and poly spots to cross the toxic river which is the space between the start and end cone.
- Students may step in the hula hoops or on the poly spots and must work together to move the supplies further down the river by passing the supplies down their line. More than one student can stand in a hula hoop.
- Students cannot step in the toxic river. If a student steps in the river, the whole team must complete high knees for ten seconds before picking up their supplies and starting over.
- Play for time or until one team gets all their teammates across the river. If playing for time, the team closest to the end cone after ten minutes wins.

**Game variations:** 1) For a large class, create more than two teams. 2) Add more hoops or spots.

## MINDFULNESS (5 min.)

### Embrace Tranquility

#### 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 Calming Breath Mindfulness Activity, link: <https://vimeo.com/549533890/86274d08d5>.
- 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="#">Wide-Legged Forward Fold</a> | <a href="#">Toe Touch</a> |