

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 Tall Cones 2 SandBells 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Short Cones 1 Measuring Tape Flag Belts (half the students, any color) 	<ul style="list-style-type: none"> 5 Poly Spots 4 Playground Balls 1 Large Bucket 1 Measuring Tape 	<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 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
Hand Walk	Push-ups or Inline Push-ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows with SandBell

RELAY RACE (10 min.)

Bear Crawl Relay

Setup and Instructions

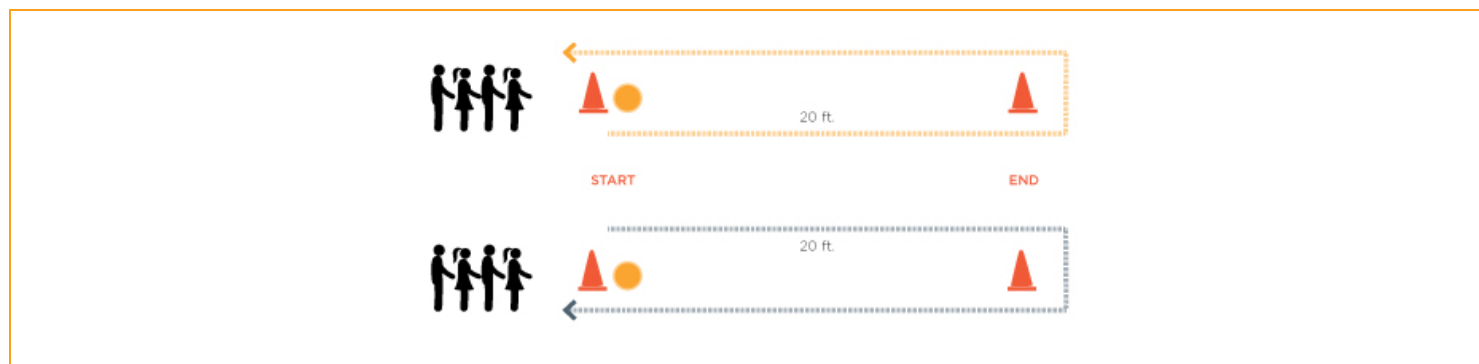
Set up relay race as shown in the diagram below. Divide students into two equal teams and have each team line up behind a start cone.

- 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.

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.)

Monkeys and Gorillas

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones or use a basketball court if accessible. Divide the class into two groups and place each group on opposite ends of the field. Give one group (monkeys) flag belts.

Goal of the game: have a tail at the end of each round.

- When the Coach gives the signal 'go,' the gorillas chase the monkeys and try to steal their tail (flag).

Fitness Focus: UPPER BODY

- Once a gorilla steals a monkey's tail, they put the tail on and become a monkey.
- Students that are monkeys at the end of two minutes time, earn a point.
- Play multiple rounds, the student with the most points at the end wins.

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

Continuous Kickball

Setup and Instructions

Set up a kickball field by placing four poly spots (bases) in a square formation 20 feet apart, can be larger if space allows. Set up a pitcher's mound by placing the fifth poly spot and four playground balls in the center of the square. A container may be needed to hold the balls and keep them from rolling away from the pitcher's mound. Divide the students into two teams and send one team to a base, this will be home plate, and the other team to the outfield. Choose one student from the out-fielding team to be the pitcher.

Goal of the game: for the fielding team to work together and keep the kicking team from earning extra points.

- Once the kicking team is lined up, the pitcher rolls the first ball to the first kicker in line on the kicking team.
- Once the ball is kicked, the kicker starts running the bases while the pitcher pitches another ball to the next kicker in line.
- While the kickers are running and the pitcher is pitching, the out-fielding team must collect the balls and return them to the pitcher. There are no outs because the fielding team is busy retrieving the balls. Kickers get a point when they cross home plate. If there are no balls available to pitch because the out-fielding team has not retrieved them fast enough, the kicking team gets an extra point.
- After all kickers have kicked, their turn is over, and they become the fielding team.
- The team with the most points wins.

Game tips: The out-fielding team can throw the ball to each other to reach the pitcher's mound faster.

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.