

## 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 SandBells</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>6 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>36 Beanbags</li> <li>36 Short Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>5 Poly Spots</li> <li>1 Measuring Tape</li> <li>1 Playground Ball</li> </ul>	<ul style="list-style-type: none"> <li>1 Bluetooth Speaker</li> </ul>

## WARMUPS (5 min.)

### Setup & 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="#">High Kicks</a>	<a href="#">Knee Hugs</a>	<a href="#">Butt Kickers</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="#">Back Lunges with SandBell</a>	<a href="#">Squat Jumps</a>	<a href="#">Single Leg Toe Touch</a>	<a href="#">Duck Walk</a>

## RELAY RACE (10 min.)

### Rock, Paper, Scissors

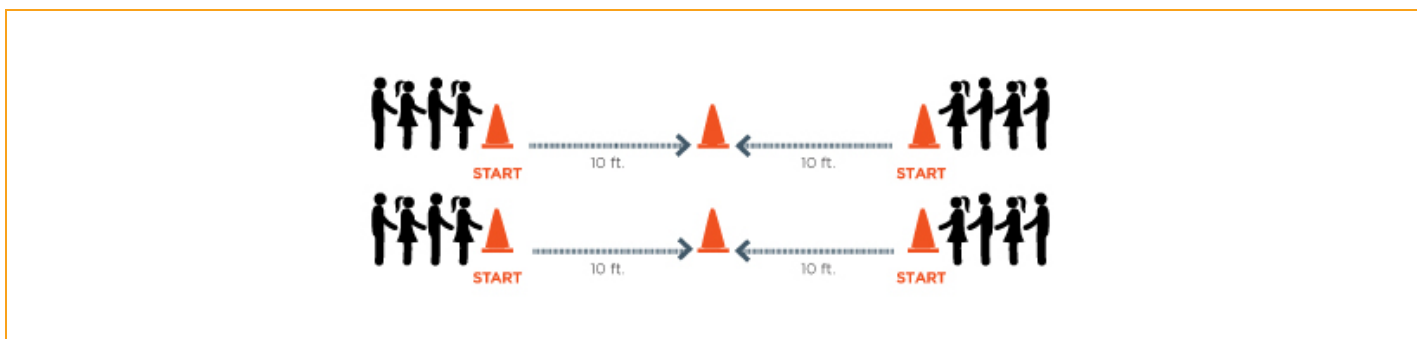
### Setup and Instructions

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

- When the Coach gives the signal “go”, the first student from each team sprints toward the center cone to play Rock, Paper, Scissors. The losing student must complete five squat jumps before running with the winning student back to the winning team. Both students should get in the back of the line to play again.
- The next students may start running towards the center cone once the previous students are seen sprinting back to the winning team’s line.
- The relay ends when all the students are on one team. There will be two winning teams since there are two games being played at the same time. If time runs out, the team with the most students wins.

**Relay variation:** Play multiple rounds and create new teams each round.

#### DIAGRAM



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

##### Beanbag Tag

##### Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows, and scatter 36 beanbags throughout the field. Have all students stand on one side of the field. Choose one student to be ‘it’ and have the student stand in the middle of the playing field.

Goal of the game: avoid being tagged.

- When the Coach gives the signal ‘go,’ students must try to run from one end of the field to the other without being hit by a beanbag thrown by the ‘it’ student. The ‘it’ student may run around the field collecting and throwing beanbags at the runners. An ‘it’ student may only have one beanbag in their hand at a time.
- Students who get hit with a beanbag must perform a ten second plank and join the ‘it’ student in tagging people out.
- The last student to get hit with a beanbag is ‘it’ for the next round.

**Game tip:** For student’s safety, beanbags should be thrown below a student’s shoulders.

**Game variation:** An ‘it’ student may have more than one beanbag in their hand when throwing.

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

### Line Kickball

#### Setup and Instructions

Set up a kickball field by placing four poly spots (bases) in a square shape 20 feet apart. Set up a pitcher's mound by placing the fifth poly spot in the center of the square. Give the playground ball to one student and place them at the pitcher's mound, the remaining students stand in a line at one of the bases; this base will be home plate.

Goal of the game: run the bases without being tagged.

- When the pitcher rolls the ball to home plate, the first student tries to kick the ball to the outfield. Once the student kicks the ball, everyone, except the pitcher, starts running the bases. Each runner must tag each base but cannot stay on a base. Runners must continue running around the bases toward home plate.
- Once the ball is kicked, the pitcher should try to catch or run to recover the ball to tag runners out. The pitcher can tag runners out by throwing the ball or touching a runner with the ball. Any runner who is tagged becomes an outfielder and starts helping the pitcher.
- The last student to remain untagged becomes the new pitcher and the game restarts.

**Game tip:** Set up the bases closer together for younger students and farther apart for older students.

**Game variation:** Make a rule that only the pitcher can tag a runner out; the outfielders can only recover the ball and throw it to the pitcher.

## MINDFULNESS (5 min.)

### Limitless Potential

#### Setup and Instructions

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

- Use a Bluetooth speaker to play the audio for the Limitless Potential Mindfulness Activity, link: <https://vimeo.com/596051132/c8012036ab>.
- 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="#">Malasan (Yogi Squat)</a>	<a href="#">Flamingo Stretch</a>