

## 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 SandBells</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>14 Poly Spots</li> <li>7 Tall Cones</li> <li>2 Kettle Bells</li> <li>2 SandBells</li> <li>2 Short Cones</li> <li>1 Agility Ladder</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>18 Foam Balls</li> <li>18 Short Cones</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="#">Toe Touch</a>	<a href="#">Spider Lunges</a>	<a href="#">Heel Scoops</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 thirty 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="#">Bicycle with SandBell</a> or <a href="#">Standup Bicycle with SandBell</a>	<a href="#">Crab Toe Touch</a>	<a href="#">Seated Flutter Kicks</a>	<a href="#">Tic Tocks</a>

## OBSTACLE COURSE (10 min.)

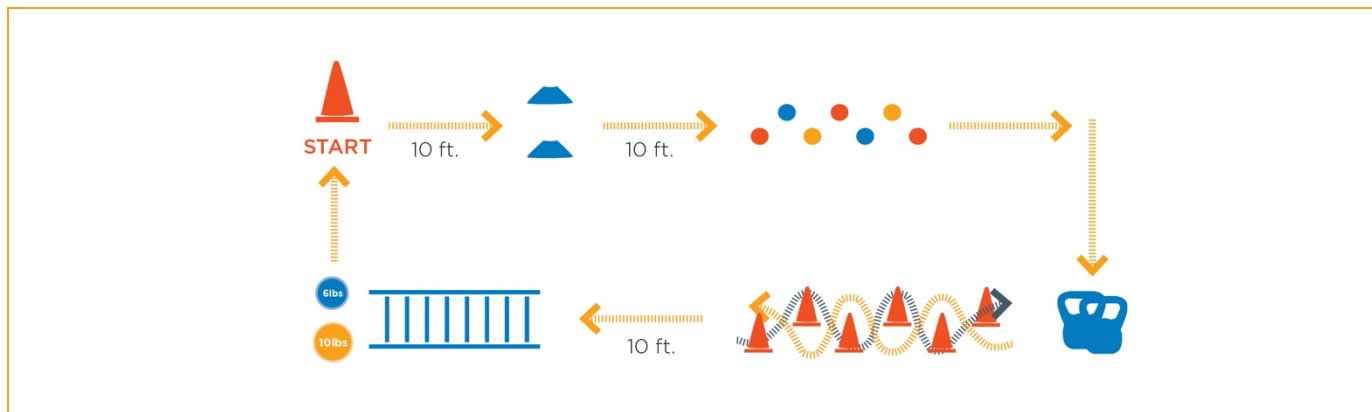
### Setup and Instructions

Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

- To start, students sprint to the short cones to perform ten squat jumps.
- After the jump squats, students sprint to the poly spots and perform one leg hops. Following the zig-zag pattern, students should hop on the same leg the entire length of the spots. Once a student completes the squat jumps, the next student in line may start.
- Once students complete the leg hops, they sprint to the kettle bells to complete a Figure 8 farmers carry. A farmers carry involves holding a kettle bell in each hand and walking through the cones in the shape of an 8.
- After completing the farmers carry, students sprint to the agility ladder and hop, using both feet, from one box to the next.
- To finish, students pick up the sandbell and perform five sandbell slams before sprinting back to the start. To perform a sandbell slam, raise the sandbell overhead and slam it to the ground.
- Students should complete the course twice.

**Course tip:** Use a six-pound sandbell for younger students and a ten-pound sandbell for older students.

### DIAGRAM



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

### Head, Shoulders, Knees, Toes, Ball!

### Setup and Instructions

Place short cones in a row, two feet apart from each other and place a foam ball on top of each cone. Divide students into pairs and place a pair at each cone facing each other. The cone and foam ball should be in between the pair.

Goal of the game: grab the foam ball on command before your opponent.

- When the Coach calls out "head," "shoulders," "knees," or "toes," students respond by touching the corresponding body part. It does not matter which order the body parts are called out.

- When the Coach calls out "ball," students try to quickly grab the foam ball before their opponent.
- The first student in the pair to earn five points wins.
- Play multiple games and change partners each game.

**Game variation:** 1) Divide students into groups of three or four. 2) Play a knockout game which involves each winner from each round playing other winners until one student remains.

## MINDFULNESS (5 min.)

### Mindful Bubbles

#### Setup and Instructions

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

- Ask students to imagine they are a bubble. As they breathe in, they should focus on their body being filled with air. As they breathe out, they should feel their body relaxing, letting their worries float away.
- 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="#">Seated Spinal Twist</a>	<a href="#">Standing Side Reach</a>