

EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course		Game, K-8 th
<ul style="list-style-type: none"> 2 Battle Ropes 	<ul style="list-style-type: none"> 4 Tall Cones 2 Agility Ladders 1 Measuring Tape 	<ul style="list-style-type: none"> 10 Poly Spots 7 Tall Cones 4 Hurdles 2 Agility Ladders 	<ul style="list-style-type: none"> 2 Short Cones 1 Foam Ball 1 Measuring Tape 1 Soccer Ball 	<ul style="list-style-type: none"> 36 Short Cones 1 Measuring Tape Flag Belts (one per student)

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	Ice Skaters	Single Leg Balance	Inch Worms

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
Hoop Jumps	In, Out, In, Out with Agility Ladder	Speed Hand Walk	Leg Hops

OBSTACLE COURSE (10 min.)

Setup and Instructions

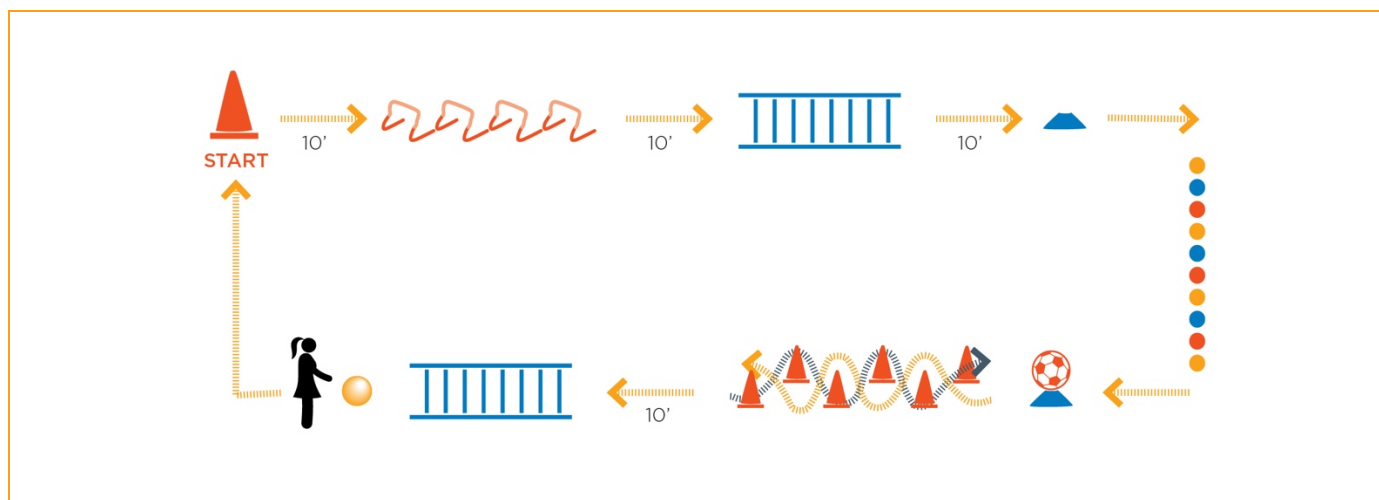
Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

Fitness Focus: AGILITY

- To start, students skip to the first hurdle and jumps sideways over each hurdle, landing both feet on the ground before jumping again. Once a student jumps over the last hurdle, the next student in line may start.
- After the last hurdle, students bear crawl to the agility ladder and perform a ladder drill by running the length of the entire ladder with alternating feet landing in the center of each box.
- Once students complete the ladder drill, they crab walk to the first cone and perform five push-ups before sprinting to the poly spots.
- At the poly spots, students one leg hops to each spot, alternating legs each time.
- Once students reach the last spot, they sprint to the soccer ball and perform a Figure 8 soccer ball drill through the tall cones and back, placing the ball back on the short cone.
- To finish, students perform another ladder drill. At the last box, the coach throws the ball at the student who must catch it and throw it back before sprinting back to the start cone.
- Students should complete the course twice.

Course tip: To make catching easier, use a playground ball, and to make catching more difficult, use a beanbag.

DIAGRAM



GAME, K-8th (10 min.)

Gotcha Flag Tag

Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows, and have every student put on a flag belt.

Goal of the game: students retrieve flags from other students while evading attempts to have their own flag pulled.

- In this tag game every student is 'it'.
- When the Coach gives the signal 'go,' students run around the playing field and try to pull each other's flag.
- When a student pulls a flag, they say "gotcha." The student whose flag was pulled must complete five squat jumps before putting their flag belt back on and rejoining the game. The student that pulled the flag gets a point. Students should track their own points.

- The student with the most points at the end of two minutes wins the round.
- Play multiple rounds.

Game tip: Younger students may need help tracking their points.

MINDFULNESS (1 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
Downward Facing Dog	Crossed Toe Touch