

## 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>• 36 Beanbags</li> <li>• 20 Poly Spots</li> <li>• 5 Hula Hoops</li> <li>• 4 Tall Cones</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 36 Short Cones</li> <li>• 1 Measuring Tape</li> <li>• Flag Belts (per student, any color)</li> </ul>	<ul style="list-style-type: none"> <li>• 13 Short Cones</li> <li>• 6 Hula Hoops</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 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="#">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.)

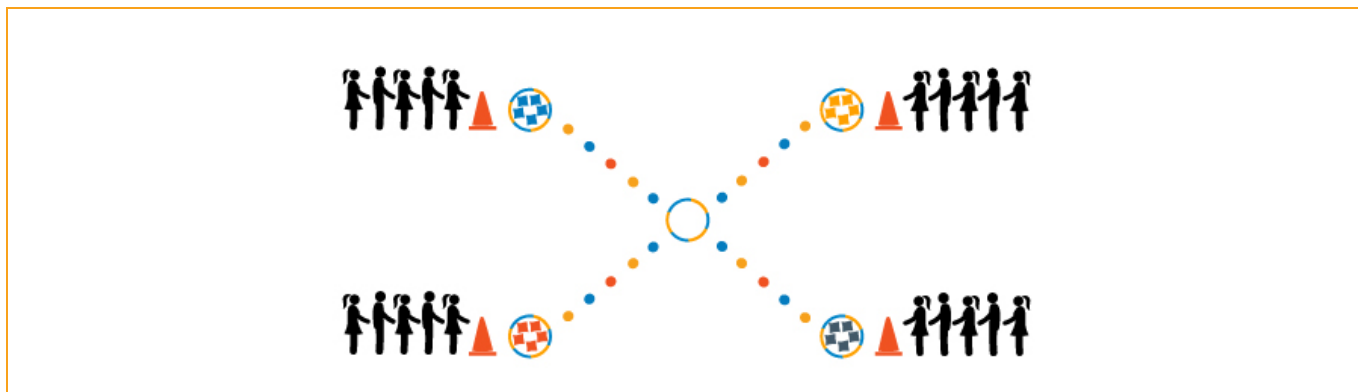
### Rock, Paper, Scissors Showdown

#### Setup and Instructions

Set up the relay race as shown in the diagram below. Divide students into four equal teams and place each team at a cone. Assign each team a specific color for their beanbags and distribute an equal number of these designated colored beanbags into each team's hula hoop.

- To start, the first student from each team picks up a beanbag from their hoop then hops with two feet to the center hoop. The first two students to reach the center play Rock, Paper, Scissors. The student that loses gives the winner their beanbag then hops back to their team's cone and completes five push-ups before getting back in line. The winner hops back to their team's cone and places the winning beanbag in their team's hoop then hands their teams designated color beanbag to the next student.
- After the first two students play Rock, Papers, Scissors, the next two students in the center play. The student that loses gives the winner their beanbag then hops back to their team's cone and completes five push-ups before getting back in line. The winner hops back to their team's cone and places the winning beanbag in their team's hoop then hands their teams designated color beanbag to the next student.
- If a student reaches the center and there is no opponent, the student must wait until another student reaches the center.
- To win the showdown, the first team to have five beanbag colors from opposing teams wins.

#### DIAGRAM



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

### What Time is it Mr. Fox?

#### Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows. Choose one student to start off as Mr. Fox and place them at one end of the field. All remaining students put on a flag belt and stand together at the opposite end.

Goal of the game: students avoid having their flag pulled by Mr. Fox.

- When the Coach gives the signal 'go,' students call out in unison, "What time is it Mr. Fox?" Mr. Fox responds by stating a specific time, for example, "6 o'clock."
- After hearing the time, students must take the same number of steps towards Mr. Fox as indicated in his response, in this case, six steps.
- Student's repeat asking Mr. Fox for the time and Mr. Fox should respond with a different time each time the students ask.
- When students ask Mr. Fox the time and Mr. Fox responds with "lunchtime", students must run back to their end of the field and try not to have their flag pulled by Mr. Fox.
- If a student's flag is pulled, they must complete a high plank for ten seconds then join Mr. Fox as a helper.
- Continue playing until all but one student has been caught by Mr. Fox. The last student becomes the new Mr. Fox for the next round.
- Play until all students have had a chance to be Mr. Fox or for time.

**Game tip:** Younger students may need help from the Coach calling out time or saying "lunchtime".

**Game variation:** Start with more than one Mr. Fox.

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

### Three Cones

#### Setup and Instructions

Place 13 short cones in a pile in the middle of the field and place six hula hoops in a circle, five feet away, around the pile of cones. Divide students into six teams and have each team stand in a line behind a hula hoop. Students should not line up in the space between the cones and the hoops.

Goal of the game: be the first team to collect three cones.

- When the Coach gives the signal 'go,' the first student from each team runs to the center pile, grabs a cone, and brings it back to their team's hoop.
- When the first student returns, the next student may run to the pile to grab another cone or steal a cone from an opposing team's hoop. Students cannot stop other students from stealing the cones in their hoop.
- The game continues until one team has three cones in their hoop.
- Play multiple rounds if time allows.

**Game tip:** For a large class, set up two games.

## MINDFULNESS (5 min.)

### Mindful Visualization

#### 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 Visualization Mindfulness Activity, link: <https://vimeo.com/549540566/9b9bc38507>.

## Fitness Focus: LOWER BODY

- After the activity, if students are comfortable sharing, have them describe their favorite place to the class or a partner. You can prompt them by asking the following questions:
  - What can they hear, see, and smell?
  - How do they feel being at their favorite place?

## 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-Leg Forward Fold</a>	<a href="#">Toe Touch</a>