

## 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>• 24 Poly Spots</li> <li>• Flag Belts (per student, any color)</li> </ul>	<ul style="list-style-type: none"> <li>• 36 Short Cones</li> <li>• 24 Poly Spots</li> <li>• 4 Tall Cones</li> <li>• 1 Soccer Ball</li> <li>• 1 Measuring Tape</li> <li>• Pinnies (half the students)</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="#">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 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="#">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

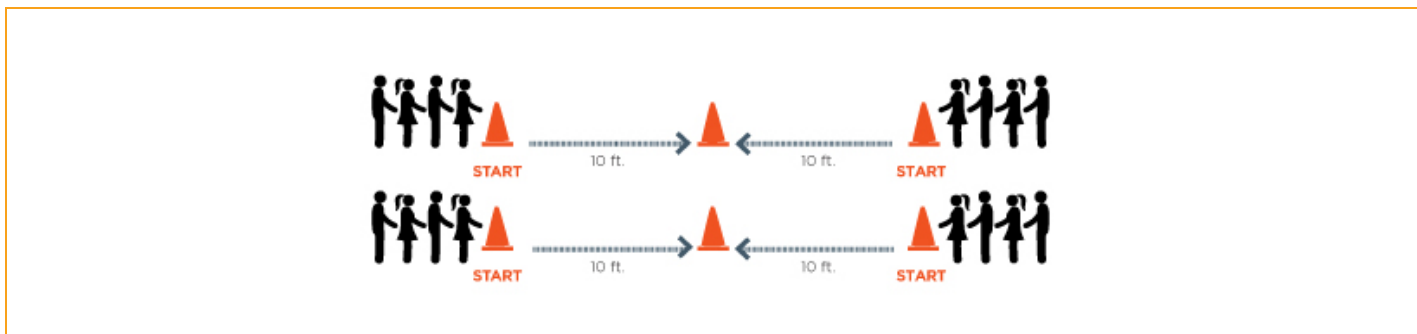
#### Setup and Instructions

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.)

### Fruit Salad

#### Setup & Instructions

Create a large circle using poly spots. Select one or two students to be ‘it’ and place them in the middle of the circle. Have the remaining students put on a flag belt and stand on a spot.

Goal of the game: avoid getting flag pulled.

- Before starting the game, assign a type of fruit to each student wearing a flag. Any fruit can be chosen, but only four or five fruits may be assigned. Once a student is assigned a fruit, they must stay that fruit for the entire play of the game.
- When the Coach gives the signal ‘go,’ the ‘it’ student(s) will call out one type of fruit. All the students assigned the fruit that was called must try to run across the circle to an open spot while avoiding having their flag pulled. Students may not run to a spot directly next to them, they must run to the opposite side of the circle.

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Fitness Focus: LOWER BODY

- If a student's flag is pulled, they must freeze where their flag was pulled and complete air punches for 20 seconds. The student must stay in their spot and help with pulling another student's flag.
- The 'it' student(s) continue to call out fruits. The last student to still have their flag wins.
- Play multiple rounds and change the fruit assignment each round.

**Game tip:** For a large class or to make the rounds go quicker, start with three taggers.

**Game variations:** 1) Allow students to choose their own fruit. 2) Change fruits to vegetables or student's favorite snack.

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

### Handball

#### Setup & Instructions

Create a 30 ft. x 50 ft. playing field using short cones, can be smaller or larger depending on age of students. Use poly spots to create a midline and use tall cones to create a goal on each half of the field. Use a soccer field if accessible. Divide students into two equal teams and have one team wear pinnies. Assign one student from each team to be their team's goalie.

Goal of the game: work as a team to score goals and keep the opposing team from scoring.

- This game has soccer rules, but students use their hands to move the ball. When a student has the ball, they can only take three steps then must throw it to a teammate.
- To score, the ball must be thrown into the goal.
- Each goal is worth one point. The team with the most points at the end of the time wins.

**Game tips:** Change the goalie after each goal to allow other students to be goalie.

**Game variations:** 1) Add more balls to the game. 2) To make the game more difficult, use a foam ball or a beanbag instead of a soccer ball.

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## 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.

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## COOLDOWN (5 min.)

#### Setup and Instructions

Divide students into four lines, standing arm's length apart.

- Lead the students in completing two yoga breaths.

- o 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>