

EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course	Game, K-8 th	Mindfulness
<ul style="list-style-type: none"> 2 Battle Ropes 	<ul style="list-style-type: none"> 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 16 Poly Spots 4 Tall Cones 3 Hula Hoops 1 Agility Ladder 1 Kettle Bell 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Short Cones 18 Foam Balls 1 Measuring Tape 	<ul style="list-style-type: none"> 1 Bluetooth Speaker

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	Skip Forward/Backward	High Knees	Toe Walk

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 forty-five 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
Speed Mountain Climbers	Bound	Skiers	Twists

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 run to the first poly spot and using both feet, frog hop onto each spot. Once a student reaches the last spot, the next student in line may start.

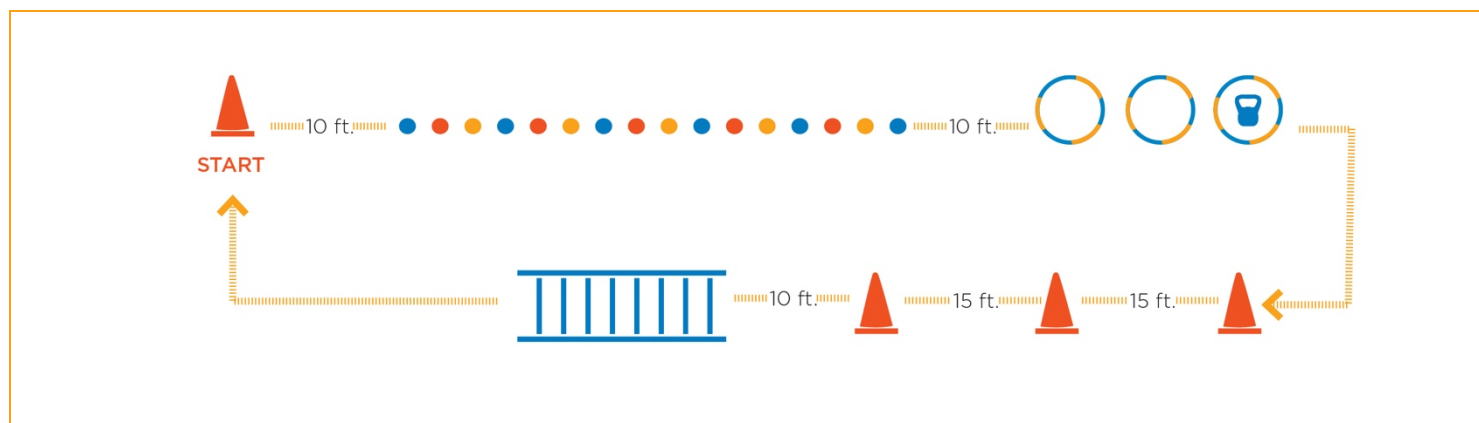
Fitness Focus: AGILITY

- Once students complete their frog hops, they sprint to the first hula hoop and perform ten seconds of air jump rope, ten seconds of mountain climbers in the second hoop, and a ten-second squat hold with a kettle bell in the third hoop.
- After completing the squat hold, students sprint to the first tall cone, crab walk to the second cone, and bear crawl to the third cone.
- From the third cone, students sprint to the agility ladder and perform an in, out, in, out ladder drill, then run back to the start cone.
- Students should complete the course twice.

Course tips: 1) For a large class, set up two courses with an equal number of poly spots for each course. 2) Use a five-pound kettle bell for younger students and a ten-pound kettle bell for older students.

Course variations: 1) Have students guess how many times the whole group can run through the course in a designated amount of time then test their guess. 2) Have students guess how long it will take the whole group to run through the course. If time allows, have the group attempt to beat their time.

DIAGRAM



GAME, K-8th (10 min.)

Frogger

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones or use a basketball court if accessible. Divide students into three groups: one group of 'frogs' and two groups of 'throwers'. Place the throwers on opposite sides of the long end of the field and give each thrower a foam ball. Place the frogs on the short end of the field facing the opposite short end of the field.

Goal of the game: frogs must get from one end of the field to another without getting tagged and for throwers to tag frogs out.

- When the Coach gives the signal 'go,' the frogs begin frog jumping from one end of the field to the other, trying not to get hit with a foam ball along the way. If a frog is hit, they must run to the sideline, complete five push-ups, then sit and wait for the round to be over.
- Once all the frogs are out, switch groups so that each group gets to be the frogs.

Game variation: To make the game more difficult, use beanbags instead of foam ball.

MINDFULNESS (5 min.)

Still and Quiet

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 Still and Quiet Mindfulness Activity, link: <https://vimeo.com/549540765/ab896bde53>.
- 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	Cooldown 3
Lizard Pose	Pigeon Pose	Toe Touch Twist