

## 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 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>24 Poly Spots</li> <li>3 Tall Cones</li> <li>1 SandBell</li> <li>1 Agility Ladder</li> <li>1 Measuring Tape</li> <li>1 Short Cone</li> </ul>	<ul style="list-style-type: none"> <li>36 Short Cones</li> <li>36 Bean Bags</li> <li>24 Poly Spots</li> <li>4 Hula Hoops</li> <li>1 Measuring Tape</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 while completing a lap around a track or designated area. All student in a group should hold the rope the same way.
- Once the lap is complete, divide student into four lines, standing arm's length apart. Lead the student in completing warmups 2-4.
- Student 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="#">Skip Forward/Backward</a>	<a href="#">High Knees</a>	<a href="#">Toe 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 student 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, student rotate by skipping, jogging, hopping, or running to the next station.
- Student should rotate through the stations twice.

Station 1	Station 2	Station 3	Station 4
<a href="#">Speed Mountain Climbers</a>	<a href="#">Bound</a>	<a href="#">Skiers</a>	<a href="#">Twists</a>

## OBSTACLE COURSE (10 min.)

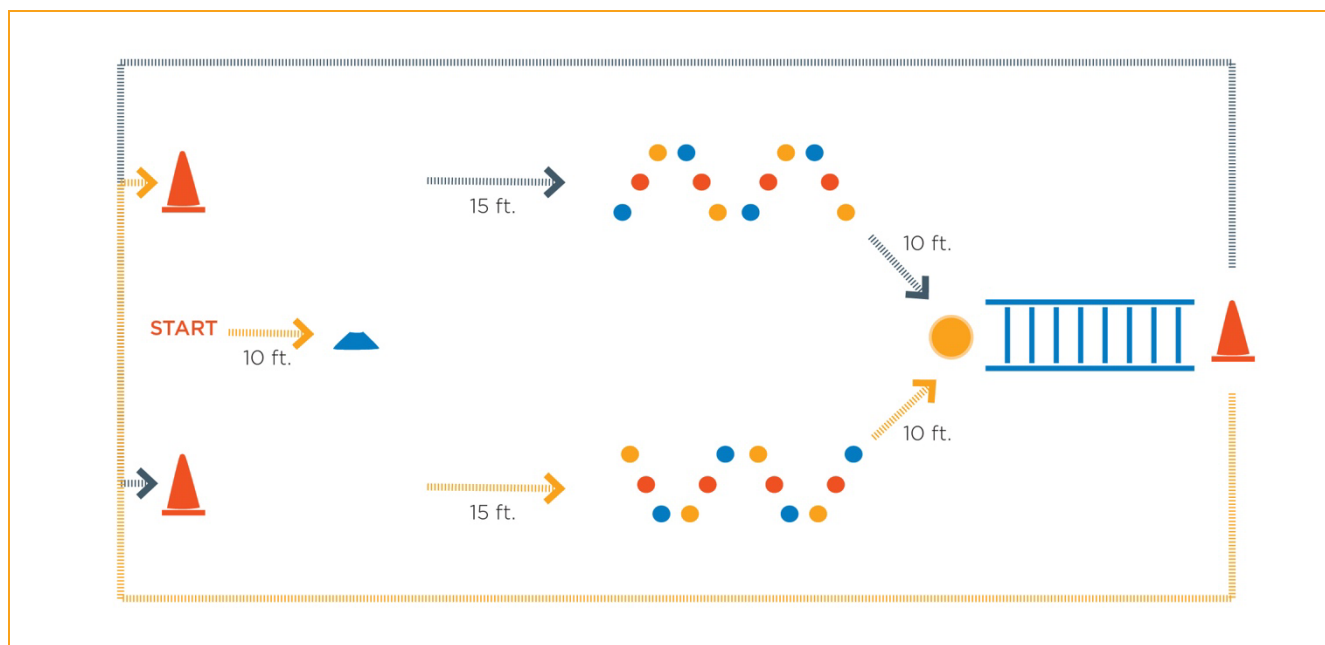
### Setup and Instructions

Set up obstacle course as shown in the diagram below. Divide students into two groups and have each group line up behind a start cone.

- To start, the first student from each line will stand back-to-back and hold a wall sit position for 20 seconds.
- After completing the wall sit, both students perform a toe walk to the short cone and perform ten plank high fives before bear crawling to the poly spots. Once students complete the wall sit, the next two students in line may start.
- At the poly spots, students perform a duck walk through the spots then sprint to the agility ladder to perform a sandbell toss while shuffling sideways down the ladder and back.
- Once students complete the sandbell toss, they jog back to the start cones and stand in the opposite line from which they started.
- Students should complete the course twice, putting them back in the original line they started.

**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.)

##### Hungry Hungry Hippos

##### Setup and Instructions

Create a 30ft. x 30ft. playing field, using short cones or use a basketball court if accessible. Place all beanbags and poly spots in a pile in the middle of the play area. Place a hula hoop outside each of the four corners of the play area. Divide the students into four equal teams and have each team stand in a line behind a hoop.

Goal of the game: collect as many items as possible.

- When the Coach gives the signal 'go,' the first student from each team races to the center, grabs one item from the pile, and brings it back to their teams' hoop. As soon as the student returns with an item, the next student from their team may go.

- Play continues until all the items in the center are gone.
- The team with the most items in their hoop wins the round.

**Game variations:** 1) Items or colors can be worth different points. Point values should not be announced until all items have been retrieved. 2) Add different types of equipment items. 3) Instead of running, students can hop, skip, jump or do high knees.

## MINDFULNESS (5 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. Student 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
<a href="#">Lizard Pose</a>	<a href="#">Pigeon Pose</a>	<a href="#">Toe Touch Twist</a>