



WARM UP: DO ALL 4



Arm Circles



Frog Squat



High Knees



Run 3 Laps

LESSON 1



Side Stepping

Start with two feet together; step the right foot to the side and have the left foot move to meet it



I Spy

Scatter equipment (balls, cones, hoops); call out an item for students to run & pick up

LESSON 2



Inchworm

Start standing and walk hands forward to a plank; walk feet to hands and repeat



Run and Carry

Run to collect a bean bag from one side of the space and bring it back to your team; take turns until all bean bags are retrieved

LESSON 3



Obstacle Course

Set out hoops, tunnels, hurdles, cones, and other equipment to create an obstacle course

COOL DOWN: DO ALL 4



Warrior One Pose



Torso Twist



Butterfly Stretch



Child's Pose





WARM UP: DO ALL 4



Side Bend



Calf Stretch



Jog in Place



Leg Swings

LESSON 1



Zigzag

Set out cones in a zigzag formation; have students run and touch each cone



Block Relay

Students take turns running to collect blocks from the center of the room to collaboratively build a structure in their team's corner

LESSON 2



Hopping

Spread out in the space and practice hopping by balancing on one leg



Catch the Dragon's Tail

Students form a line holding each other's shoulders; the front person (the head) tries to tag the last person (the tail) while the middle players help keep the line intact

LESSON 3



Galloping

Step forward with one foot (lead foot), lift back foot off the ground, then hop forward landing on the back foot first, repeating the rhythm in a smooth, continuous motion



Round Up

Randomly place cones; students gallop and go in a circle around each cone

COOL DOWN: DO ALL 4



Torso Twist



Butterfly Stretch



Heel Raises



Downward Dog





WARM UP: DO ALL 4



Tricep Stretch



Hamstring Stretch



High Knees



Side to Side Hops

LESSON 1



Musical Markers

Dance to music; freeze on floor markers when the music stops, with markers gradually removed to encourage sharing



Jumping High

Practice jumping over a rope or floor marker; progressively increase difficulty by jumping over a dowel placed between cones

LESSON 2



Stick Walking

Practice balancing while walking on different lines created by sticks, ropes, tape, or chalk



Dance Circle

Stand in a circle, tossing a beach ball; upon catching, students have the option to demonstrate a dance move while others copy

LESSON 3



Jumping Off of a Surface

Practice stepping onto a platform before jumping off with both feet



Rock/Tree/Bridge

In groups of three, take turns performing yoga-inspired poses (rock, tree, and bridge) while navigating around and under each other in a sequence

COOL DOWN: DO ALL 4



Cross Body Stretch



Toe Touch



Quad Stretch



Upward Facing Dog





WARM UP: DO ALL 4



Side Bend



Two Foot Jump



High Knees



Plank

LESSON 1



Rolling Practice

Place hoops on the floor on one side of space; try to roll balls into hoops; run to retrieve balls that missed



Floaty Scarf

Practice throwing and catching a scarf before it touches the ground

LESSON 2



Goalie Circle

Stand in a circle with feet touching; try to prevent a rolling ball from passing through legs; eliminated players form a practice circle



Train Tunnel

Stand in a line with legs apart to form a tunnel; roll a ball through it; when the ball stops, the student who is closest picks it up and everyone forms a tunnel behind them

LESSON 3



Rolling Practice

Roll a ball to knock over cones and retrieve it until all cones fall



Ball-Wall Toss

Practice tossing and catching a ball by bouncing it off a wall

COOL DOWN: DO ALL 4



Arm Circles



Warrior One Pose



Tandem Stance



Deep Breathing





WARM UP: DO ALL 4



Arm Circles



Lunge



Two Foot Jump



Push Ups on Wall

LESSON 1



Underhand Throwing

Students underhand throw a bean bag onto a spot in front of them; move the spot farther away with each throw



Knock it Off!

Take turns tossing a bean bag to knock a ball off a cone; reset or retrieve it before passing

LESSON 2



Snowball Toss

Take turns tossing soft balls or crumpled paper into buckets or at other students



Bean Bag Target

Practice underhand throwing by aiming bean bags at colored paper targets taped around the room

LESSON 3



Throwing Circuit

Rotate through 4 stations, practicing different beanbag-throwing challenges:

- Hitting a pylon
- Aiming for a bucket
- Partner catching
- Targeting a wall

COOL DOWN: DO ALL 4



Cross Body Stretch



Hamstring Stretch



Butterfly Stretch



Downward Dog





WARM UP: DO ALL 4



Tricep Stretch



Plank



Side to Side Hops



Lunge

LESSON 1



Balloon Striking

Each student has a balloon and tries to hit it up into the air as many times as possible



Partner Balloon Pass

Students work in pairs to hit a balloon back and forth without letting it touch the ground, counting their successful hits

LESSON 2



Coach Says

Each student has a balloon; the adult or "coach" tells them to hit the balloon high, low, or hit it and turn around



Musical Balloon Bop

Hit a balloon upward while music plays; switch to a new balloon when the music stops

LESSON 3



Striking Stations

Setup 4 stations, each with a different implement; practice striking a balloon in the air 25 times before moving to next station



Air Ball

Two students work together to keep a balloon in the air as long as possible

COOL DOWN: DO ALL 4



Side Bend



Tandem Stance



Heel Raises



Upward Facing Dog





WARM UP: DO ALL 4



Cross Body Stretch



Leg Swings



High Knees



Side to Side Hops

LESSON 1



Stationary Ball Kick

Each pair of students has a ball and practices kicking the ball to each other, stopping the ball after each kick



Penalty Kick

Take turns kicking a ball toward a goal; retrieve the ball after kicking and pass to the next student; cheer each other on and practice sportsmanship

LESSON 2



Kicking for Distance

Students are divided into kickers and retrievers; take turns kicking balls to hit cones and returning balls/resetting cones



Dribbling Practice

Take turns dribbling a ball through a zigzag pattern of cones, changing directions at each cone, then dribbling in a straight line back to the next student in line

LESSON 3



Kicking Targets

Students work in teams to take turns kicking a ball at cones, aiming to knock them all down first



Soccer Bowling

Partner up; one student kicks a ball to knock another ball off a cone; the other student retrieves the ball & resets the cone; track accuracy over 5 tries before switching roles

COOL DOWN: DO ALL 4



Tricep Stretch



Hamstring Stretch



Side Bend



Deep Breathing





WARM UP: DO ALL 4



Arm Circles



Calf Stretch



Run 3 Laps



Two Foot Jump

LESSON 1



Fire Drill

Pass a ball down a line as quickly as possible while one student runs around the line, trying to return before the ball reaches the end



Ladder Jump

Take turns jumping over 6 taped or chalked lines, first using a one-foot leap and then a two-foot jump, trying not to touch the lines

LESSON 2



Dan Chae Jul Normgi

Students take turns jumping over a moving rope, aiming to trap it between their legs



Bouncing Warm Up

Place a jump rope on the ground and jump side to side along its length; first use single jumps, then double jumps, then try the jumps while moving backwards

LESSON 3



Turning the Rope

Students practice turning a rope over their head, then step over the rope and repeat



Beginning Jump Rope

Students practice turning and jumping over the rope on designated floor markers

COOL DOWN: DO ALL 4



Butterfly Stretch



Warrior One Pose



Toe Touch



Child's Pose

