



Y KIDS ARE FIT

MOVING KIDS TOWARD A HEALTHY LIFESTYLE
DEVELOPED BY THE YMCA OF CENTRAL OHIO

PROGRAM TRAINING MANUAL

WEEKS 1 - 10





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INTRODUCTION

Welcome to the Y Kids Are Fit Before and After School Program Guide

ABOUT THE PROGRAM

Giving children the opportunity to participate in regular physical activity and to learn about healthy behaviors is what Y Kids are Fit is all about. The focus of the program is on fitness, health and nutrition.

Created for use in before and after-school programs, the Y Kids Are Fit user-friendly curriculum includes lessons for 30-45 minutes of physical activity per day (i.e. games, exercises, stretching, etc.) designed to be implemented 3-5 days per week. Youth learn about and experience hands-on activities relating to health and nutrition.

The Y believes that a healthy lifestyle is important for all ages and that the family's involvement is imperative to the program's success. Through the Y Kids Are Fit program's family component, families are encouraged to be active with their children. Leading a healthier lifestyle becomes a family-focused.

*Original version by Christopher Haverlock 2005. Revised by Dominick Mazza 2014

TESTIMONIALS

"I have benefited (from Y KIDS Are Fit) by being an exercise leader with my (after school) teachers. When I first started the program, I could only do 5 push-ups and now I can do 15 push-ups"

"Y KIDS Are Fit program gives my daughters energy and endurance to carry on through their day. They come home and show me what they've learned in Y KIDS Are Fit. It's a learning experience for the whole family."

Mason and Macayla love "Y-Kids Are Fit". It is a race every morning to get to school by 7AM so they can do "Y Kids Are Fit twice in one day. My children have inspired me to start working out at home as well. They encourage me every day.

PROGRAM COMPONENTS

This training manual provides daily lesson plans for use in youth development programs. As an instructor, it is important to be engaged, excited, and involved to make the Y KIDS Are Fit program come to life.

THE PROGRAM

Y Kids Are Fit is designed to engage children in 30–45 minutes of daily moderate to vigorous physical activity 3–5 days per week. The program is aligned with the Ohio Physical Education Content Standards as well as the Ohio Afterschool Network’s *Ohio Kids on the Move* Physical Activity Guidelines for Afterschool Programs.

This manual contains Kids Are Fit lesson plans for 10 weeks with five lessons per week. Each lesson includes a Warm-Up, Main Event, and Cool-Down. You have the choice to use one of the five lessons any day during the week. The **WARM-UP** is designed to teach children motor skills and movements which are the foundations to all physical activities, and also prepares the body for a high intensity activity. The **MAIN EVENT** is intended to provide children with a fun moderate to vigorous activity. The **COOL-DOWN** is designed to teach children that after a high intensity activity a proper cool-down involving breathing exercises and stretching is important to get the heart rate down and body into a resting state. After 10 weeks, you can go back through the manual and repeat lesson plans or mix and match any warm ups, main event activities and cool downs.

REMINDERS:

- As an instructor, make sure you are able to provide the “why” when discussing the program components to the children.
- Avoid elimination games. If an elimination game is played, make sure children are moving during the elimination period. Provide a way for child to re-enter the game quickly. We want children to be engaged for the entire program.
- Children should be active during entire program. If you see children standing around, ask them to perform an activity like a callisthenic or jogging in place. If a child is reluctant to participate, come up with creative ways to motivate the child to participate.
- Do not use physical activity as punishment. We want the children to have a positive outlook on physical activity.
- Promote the Y-Core Values: **Caring, Honesty, Respect, and Responsibility** within the program. The core values instill sportsmanship and safe play.
- Instructors should always select teams or person who is “it” for activities to ensure inclusiveness.
- Establish a routine during Y Kids Are Fit time in order to ensure smooth and fast transitions between activities.
- End activities on at a high point. Sometimes it’s best to end an activity at the high point so the children will want to play the activity again.

PHYSICAL FITNESS TESTING

Fitness testing has long been considered an essential element of any physical activity program, including those for youth. Testing establishes a baseline from which participants can set goals and check progress. It also helps young people gain a better understanding of the components of fitness.

For the purpose of the YMCA After School Programs, three personalized fitness tests have been selected for use when acquiring physical fitness measurements. It is the responsibility of the instructor to perform a **PRE/POST ASSESSMENT** once at the beginning of the year (September) and at the end (May). Refer to the appendix for procedures for each test and assessment recording sheet.

- **TEST 1: SHUTTLE RUN**
- **TEST 2: CURL-UPS**
- **TEST 3: SIT N' REACH**

RPE SCALE FOR KIDS

RPE stands for **Relative Perceived Exertion**. Relative Perceived Exertion means, "How hard do I feel I am exercising?" It is a tool to use to tell others how your body is feeling when you exercise.

AN RPE RANGE IS GIVEN FOR EACH COMPONENT OF THE LESSON, AND CAN BE FOUND ON THE LEFT COLUMN OF EACH LESSON PAGE.

My Number...	My Face...	This what I may be thinking...	This is what my body may be doing...
1		This exercise is the same as resting.	I am getting ready to exercise, but I don't feel different yet.
2		This exercise isn't hard.	I am getting a little hot. I can still talk normally.
3		I am just beginning to feel like I am exercising.	I am feeling like my body is warming up.
4		I am starting to feel like I am exercising. I feel good!	I can almost talk in a regular voice, but it is getting harder!
5		This exercise is a good workout! I am really working hard.	My cheeks are getting pink. I am getting a little sweaty.
6		I am exercising more than I thought. It is getting hard to do.	I feel like talking is getting harder – I have to stop sometimes for air.
7		This is pretty hard. I can exercise a little bit longer, then I'll stop.	I am getting really sweaty. My body is hot!
8		This exercise is really hard, but I'm not ready to quit.	I can talk a little, but not too much.
9		I need a break from this very, very hard exercise!	My face looks red. I feel like I need to stop.
10		I'm exercising too much! My body is making me stop now!	My heart is beating very fast and strong. I can't talk.

BE A ROLE MODEL

Remember that the children look up to you and are watching everything you do. If the children believe you are taking Y Kids Are Fit seriously, the children will too. Participate in the activities when you can, and model healthy eating and drinking habits. As the instructor, you are they key to the program's success.

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WEEK ONE





Y KIDS ARE FIT WEEK ONE

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
MAKE SURE CHILDREN'S EYES
ARE FOCUSED FORWARD AS
THEY SKIP

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

SKIP: Legs move in rhythmical step-hop motion landing on ball of foot. Head and eyes should be facing forward. Arms should be relaxed and swinging on the side of the body in opposition to the legs

WARM-UP: Skip around the playing area two times

MAIN EVENT

20 MINS.

Alley – Gators

Arrange children in a single line along one end of playing area. The playing area will be referred to as the "alley". Designate three children to be "Alley-gators" and place them in the center of the alleyway.

When the fitness activity leader calls out "Alley-gators" all the children must attempt to pass through the alley as many times as they can without being tagged by a gator. In other words, the objective is to pass from one end of the alley to the next and back again, over and over, without being tagged by a gator. However, the children are not allowed to run from end to end. Instead, they must perform one of the following movements (chosen prior to the game):

Bear Crawl – Skipping – Hopping – One-legged Hopping – Crab Walk

Additionally, the children must continue moving from end to end. In other words, there are no "safe" areas.

The gators, meanwhile, must also perform the same predetermined movement in attempt to reach one of the children passing through their alleyway. If a gator tags a child, that child must move to either side of the playing area and perform jumping jacks until he/she counts to 30.

After this time, the child may return to the game, beginning again at the original starting line.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK ONE

EQUIPMENT LIST:
4 HULA HOOPS
16 DODGEBALLS OR
DODGEBALL SUPPLEMENTS

SUGGESTION :
TEACH CHILDREN HOW TO
CHECK HEART RATE

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

SKIP: Legs move in rhythmical step-hop motion landing on ball of foot. Head and eyes should be facing forward. Arms should be relaxed and swinging on the side of the body in opposition to the legs

WARM-UP: Skip around the playing area two times

MAIN EVENT

20 MINS.

4 Corner Challenge

You will need 4 hula hoops and some dodge balls. Place each of the 4 hula hoops in the 4 corners of the gym with 16 dodge balls (can use beanbags, wadded up colored paper, plastic bowling pins, etc.) in the middle.

When the teacher says begin, each team tries to get as many dodge balls to their corner by the end of the round as possible. You can only grab one ball at a time and once all the balls are gone from the middle, you can now take from the other team's corner. There is no defense in this game and you are not allowed to pass the ball to your teammate. Each person has to put their own ball in the hula hoop for it to count. You can play rounds of 2 to 4 minutes for this activity.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK ONE

EQUIPMENT LIST:

SOCCER BALL OR KICK BALL
FULL COURT BASKETBALL GYM
DESIGNATED GOALS (CAN USE
BASKETBALL KEY)

SUGGESTION :

PAUSE MAIN EVENT AFTER 5
MIN TO DISCUSS TEAM
STRATEGIES

RPE for Warm-Up (Relative
Perceived Exertion)

1-3

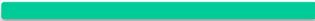
RPE for Main Event (Relative
Perceived Exertion)

4-7

RPE for Cool-Down (Relative
Perceived Exertion)

1-2

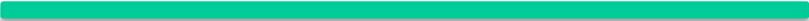
WARM-UP

5 MINS. 

SKIP: Legs move in rhythmical step-hop motion landing on ball of foot. Head and eyes should be facing forward. Arms should be relaxed and swinging on the side of the body in opposition to the legs

WARM-UP: Skip around the playing area two times

MAIN EVENT

20 MINS. 

Amyball

No Goalies

No Hands

Can't catch the ball off the wall or ceiling (or you can. It's up to you)

Cannot kick it up to yourself

Cannot catch the ball and drop it for a kick on goal

Soccer rules apply with a twist! The ball can be caught in the air by your hands only if kicked in the air by someone. When caught that person cannot move and the defense cannot knock or swat the ball from them (one arm's length is given by defense). The one with the ball then tries to throw it to another teammate who in turn throws it to another, and so on until eventually shooting the ball in the basketball hoop. If the ball is knocked down or touches the floor the game turns back into soccer. Teams can score by kicking it in the goals, or until someone kicks it up and it is caught again then it turns into (ultimate Frisbee/Basketball).

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK ONE

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
DURING MAIN EVENT, MIX UP
ACTIVITY TO CALL OUT

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

SKIP: Legs move in rhythmical step-hop motion landing on ball of foot. Head and eyes should be facing forward. Arms should be relaxed and swinging on the side of the body in opposition to the legs

WARM-UP: Skip around the playing area two times

MAIN EVENT

20 MINS. 

Copy Tag

Arrange children in near equal numbers on two facing lines that are about 50 – 60 feet apart. One child is the designated ‘Tagger’ and is placed between the two opposing lines.

The Fitness Activity Leader is the designated ‘Leader’ and should be positioned at the side and center of the playing area.

The game begins with the Leader calling out an activity, like ‘Jumping Jacks!’ for example. On this signal, all the children perform jumping jacks while in passage to the other side. The Tagger also must perform jumping jacks while trying to tag the other children. Any child that is tagged during a given round must join the Tagger in the middle and is then a Tagger, too. The game resumes with the Leader calling out a new activity. The game continues until one child remains untagged. This child then becomes the new Tagger and all the other children find their place in the lines.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK ONE

EQUIPMENT LIST:
MUSIC (OPTIONAL)

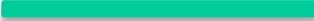
SUGGESTION :
HAVE CHILDREN ASSESS THEIR
RPE BEFORE AND AFTER EACH
ACTIVITY

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

SKIP: Legs move in rhythmical step-hop motion landing on ball of foot. Head and eyes should be facing forward. Arms should be relaxed and swinging on the side of the body in opposition to the legs

WARM-UP: Skip around the playing area two times

MAIN EVENT

20 MINS. 

Fox & The Hound

Arrange the children in a scattered formation throughout the playing area. Select one child to start off the game as the Fox and a second child to start off as the Hound. When the Fitness Activity Leader calls out, "Release the Hound!" all of the children, with the exception of the two playing the Fox and Hound, must assume a bear crawl position (hands and feet on the ground; similar to a push-up but not necessarily as flat). At this time, the children must crawl about the playing area. For the purpose of the game, the children performing the bear crawl are moving Fox Holes; holes that the Fox must scramble through while trying to avoid being caught by the hound. The Fox must attempt to pass through (under) as many holes as possible before being caught by the Hound. If the Hound is successful in catching his/her target, he/she will join the other children as a moving hole. The Fox, on the other hand, will become the new Hound. The Fitness Activity Leader may now select a new Fox from the group of moving holes. The game begins anew when the Leader calls, "Release the Hound!"

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK

TWO





Y KIDS ARE FIT WEEK TWO

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
WHEN PERFORMING THE
GALLOP, MAKE SURE THE Back
FOOT DOES NOT MOVE IN
FRONT OF THE LEAD FOOT

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

GALLOP: Step forward with one foot and rapidly slide the back foot to meet the heel of the front foot. Continuously move forward repeating motion.

WARM-UP: Gallop around the playing area two times.

MAIN EVENT

20 MINS. 

Heart Alert

Arrange children in a scattered formation within the playing area. Designate two children as "Heart Attackers". The remaining children are the "Hearts". On the Fitness Activity Leader's signal, the Heart Attackers attempt to tag the Hearts. When tagged, the Heart must jog on the spot with hands in the air saying, "Heart Alert!" to signal other Hearts that they need their help. Hearts are saved when another heart performs five jumping jacks with them. Hearts cannot be tagged when performing jumping jacks. Play for only a few minutes before choosing new Heart Attackers. Continue as necessary.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TWO

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
CHOOSE DIFFERENT
CALISTENIC EXERCISES FOR
CHILDREN TO DO DURING
EACH GAME

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

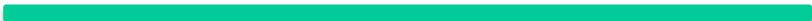
WARM-UP

5 MINS. 

GALLOP: Step forward with one foot and rapidly slide the back foot to meet the heel of the front foot. Continuously move forward repeating motion.

WARM-UP: Gallop around the playing area two times.

MAIN EVENT

20 MINS. 

Jack & Jill's

Arrange children equally in two parallel lines facing each other and about 50 feet apart. The space between is the play area. Designate the children in one line as the "Jacks" and the children in the other as the "Jill's". The Jacks are assigned one callisthenic while the Jill's are assigned another. For example, the Jacks will perform Jumping Jacks while the Jill's will perform Mountain Climbers. Any arrangement will due. As the Fitness Activity Leader begins to call out "J-j-j-j..." the two line begin to perform their assigned callisthenic exercise. When the Leader completes one of the two words, "Jack" or "Jill", the corresponding line of children must stop the callisthenic and run after the others, who also must stop the callisthenic and run, all the while trying to avoid being tagged. All children must remain in the play area.

The children are only safe from being tagged when they recite the rhyme "Jack & Jill went up the hill to fetch a pail of water, jack fell down and..." while performing Jumping jacks. Only one recital is allowed at a time.

Play continues until one child remains untagged.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TWO

EQUIPMENT LIST:
JUMP ROPE

SUGGESTION :
WHEN PERFORMING A YOGA
OR STRETCHING ROUTINE,
MAKE SURE THE CHILDREN
MOVE IN A SLOW
CONTROLLED MANNER

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

GALLOP: Step forward with one foot and rapidly slide the back foot to meet the heel of the front foot. Continuously move forward repeating motion.

WARM-UP: Gallop around the playing area two times.

MAIN EVENT

20 MINS.

Leap the Lead

Arrange the children in groups of three, with each group positioned like spokes in a wheel. The Fitness Activity Leader is positioned at the center with a jump rope. While squatting low to the ground, the Leader passes the jump rope, fully extended, beneath the children, who must "leap the lead" as it passes by. Each time the lead passes by, the child nearest the center of the circle must quickly move to the back of his/her line, at the perimeter of the circle. The child that was directly behind him/her must now step forward to make room at the end. For each successful pass, a point is scored.

Keep track of the score and try to do better each time this game is played. Encourage the children to sing songs or chant rhymes that they know as they play.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TWO

EQUIPMENT LIST:
KICKBALL

SUGGESTION :
WHILE GALLOPING DURING
WARM-UP, HAVE CHILDREN
TRY TO ALTERNATE LEAD FEET

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

GALLOP: Step forward with one foot and rapidly slide the back foot to meet the heel of the front foot. Continuously move forward repeating motion.

WARM-UP: Gallop around the playing area two times.

MAIN EVENT

20 MINS. 

Line-Up Kickball

Arrange children in two teams. One team takes the field while the other is at "bat". The Fitness Activity Leader rolls the ball toward the kicker as expected. The ball is kicked, as expected, but this is where the traditional kickball game ends and where Line-up Kickball begins. Once the ball is kicked fair, play begins. If a ball is kicked foul, it counts as an out. If a ball is missed all together, it also counts as an out. When the ball is kicked fair, the "kicking" team must immediately line-up behind the kicker and run the bases in a single file line. The kicking team members must remain single file and not pass one another during their entire trip around the bases. The last person in the kicking line must cross home base in order for the run to count.

When the ball is kicked fair, the fielding team must immediately line-up behind the person who received the ball and begin passing the ball "Under-Over" style (between legs and overhead) towards the back of the line. Once the ball reaches the end, it must then return to the front of the line traveling "Under-Over" style before the last member of the kicking team crosses home base. If the kicking team successfully crosses home base before the fielding team can completely deliver the ball to the back of their line and to the front again, it counts as a run. Each team is allowed three outs. After three outs, the teams switch.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TWO

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
DURING AND AFTER EACH
SECTION, HAVE CHILDREN
ASSESS THEIR RPE

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

GALLOP: Step forward with one foot and rapidly slide the back foot to meet the heel of the front foot. Continuously move forward repeating motion.

WARM-UP: Gallop around the playing area two times.

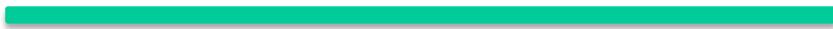
MAIN EVENT

20 MINS. 

Blob Tag

Start with 2 taggers. They must link arms or hold hands and try to tag other children. If tagged, the child must link arms with the taggers. Now the group of three moves together to try and tag other children. Each time someone is tagged, they must link arms or hold hands. When 4 children make up a blob, they can split in half so that there are two groups of two. These two groups start the process over again so that there are a bunch of blob teams trying to tag individual children. Play until all children are part of a blob team.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK

THREE





Y KIDS ARE FIT WEEK THREE

EQUIPMENT LIST:
2 HULA HOOPS
CONES (IF NO CIRCLE IN
MIDDLE OF GYM)

SUGGESTION :
GIVE CHILDREN
OPPORTUNITIES TO LEAD
DEMONSTRATIONS OF NEW
ACTIVITIES

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

SLIDING: Move sideways across the floor, (either right or left), while keeping your feet moving in a straight line. Side-step using one foot as the lead foot, depending on the direction you are traveling. i.e., if you are traveling to the right, the right foot will lead. The other foot follows by sliding across the floor until it meets the lead foot. Repeat.

WARM-UP: Slide across playing area in both directions 2 times.

MAIN EVENT

20 MINS. 

Alien Tag

Place 1 hula hoop at one end of the playing area and the other hula hoop at the other end of the playing area. Use cones (if you do not already have a marked off circle in the middle of the space) to make a large enough circle for children to go into if tagged. Choose two children to be the taggers (aliens) and the rest of the children as the fleers (astronauts). Explain that the playing area is outer space and the middle circle is a black hole. The astronauts are exploring outer space and the aliens do not like them and want them out! The aliens try to tag the astronauts, if tagged; the astronauts go into the black hole and wait for another astronaut to tag them out. The astronauts have space stations (the hula hoops) where they can rest. Only one astronaut can be in the hoop at a time. If another astronaut comes into the hoop, the other astronaut must get out. Astronauts cannot go back into the hoop they were just in; they must go to the other hoop if they want to rest.

Tip: If a child is in the hula hoop and someone comes in after them, that first child must get out.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK THREE

EQUIPMENT LIST:
CONES
GATOR BALL

SUGGESTION :
WHEN SLIDING, MAKE SURE
CHILDREN ARE IN AN ATHLETIC
POSITION (THEY SHOULD NOT
BE STANDING TALL)

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

SLIDING: Move sideways across the floor, (either right or left), while keeping your feet moving in a straight line. Side-step using one foot as the lead foot, depending on the direction you are traveling. i.e., if you are traveling to the right, the right foot will lead. The other foot follows by sliding across the floor until it meets the lead foot. Repeat.

WARM-UP: Slide across playing area in both directions 2 times.

MAIN EVENT

20 MINS. 

Dog Pound

Set up the playing area by sectioning off (with the cones) a small space, this will be used as the dog pound. Pick one child to be the dogcatcher. Have this person face the opposite direction of the group and then secretly (so the dogcatcher doesn't know) pick a dog buyer. The rest of the children are the dogs. The dogs use the playing area and try not to get tagged by the dogcatcher. The dogcatcher uses the ball to (either throw ball underhand at children or tap children depending on your group and what you think is best). If tagged by the dogcatcher, the dog goes into the dog pound. They get back into the game when the dog buyer tags them free. If the dog buyer is tagged, they look to the teacher and receive one free pass. Make sure this happens sneakily so that the dogcatcher doesn't realize whom the dog buyer is. If the dog buyer is tagged a second time, the game is over and a new dogcatcher and buyer are chosen.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK THREE

EQUIPMENT LIST:
MUSIC (OPTIONAL)

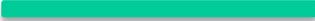
SUGGESTION :
DURING WARM-UP, MAKE SURE
CHILDREN ARE LANDING THEIR
JUMPS SOFTLY

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

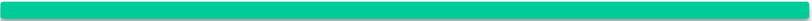
WARM-UP

5 MINS. 

SLIDING: Move sideways across the floor, (either right or left), while keeping your feet moving in a straight line. Side-step using one foot as the lead foot, depending on the direction you are traveling. i.e., if you are traveling to the right, the right foot will lead. The other foot follows by sliding across the floor until it meets the lead foot. Repeat.

WARM-UP: Slide across playing area in both directions 2 times.

MAIN EVENT

20 MINS. 

Sherlock & Holmes

Designate two children as taggers. One is Sherlock while the other is Holmes. Secretly designate two other children as the "missing gems".

On the Fitness Activity Leader's Signal, Sherlock and Holmes try to find the missing gems by tagging the children. When tagged, a child must stop and do ten repetitions of a predetermined callisthenic exercise prior to returning to the game. When a missing gem is tagged, he/she must identify themselves as a gem and move to the outside of the playing area where they must run/jog laps, in a clockwise direction, until the other missing gem is tagged.

When both missing gems are found, the game begins anew using a new Sherlock, a new Holmes, and new missing gems.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK THREE

EQUIPMENT LIST:
CAN VARY BASED ON TYPE OF
RELAY

SUGGESTION :
FOR THE RELAYS, MAKE SURE
THE MOVEMENTS ARE AGE
APPROPRIATE.

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

SLIDING: Move sideways across the floor, (either right or left), while keeping your feet moving in a straight line. Side-step using one foot as the lead foot, depending on the direction you are traveling. i.e., if you are traveling to the right, the right foot will lead. The other foot follows by sliding across the floor until it meets the lead foot. Repeat.

WARM-UP: Slide across playing area in both directions 2 times.

MAIN EVENT

20 MINS.

Relays: (Examples)

USING HALF COURT OR FULL COURT FOR RELAYS

- Dribbling (soccer ball, basketball)
- Balloon tap – give each team a balloon, have 1 player at a time tap balloon in the air down and back the playing area.
- Bean bag balance- balance bean bag on top of head without using hands
- Spin and run – spin 4 times and then run to cone and back
- Spoon balance- balance ping pong ball on spoon
- Jump rope
- Crab walk
- Toss and catch- toss ball up and catch down to cone and back
- Backward run/walk
- Speed skating – use two towels under feet to glide across the playing area
- Inch worm- use towels to place hands and knees and inch across the playing area

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK THREE

WARM-UP

5 MINS.

SLIDING: Move sideways across the floor, (either right or left), while keeping your feet moving in a straight line. Side-step using one foot as the lead foot, depending on the direction you are traveling. i.e., if you are traveling to the right, the right foot will lead. The other foot follows by sliding across the floor until it meets the lead foot. Repeat.

WARM-UP: Slide across playing area in both directions 2 times.

MAIN EVENT

20 MINS.

Sheep & Shepherds

Designate boundaries for one large playing area (outer circle), and a smaller area within it (inner circle). Randomly place beanbags (or any other objects) outside the inner circle and yet still within the outer circle. Divide the group equally and designate one as the sheep and the other as the shepherds. Instruct the sheep to stand in the inner circle while the shepherds stand outside of the outer circle. On the Fitness Activity Leader's signal, the sheep attempt to move from the inner area to the outer area to retrieve "food". The sheep must do so without being tagged by a shepherd. Meanwhile, the shepherds try to "herd" the sheep (tagging) before they are able to retrieve the food and return with it to their inner circle. The objective is for the sheep to retrieve all of the available food without being tagged. If sheep are tagged they must move to the outermost part of the playing area and run around it clockwise before returning to the game as shepherds. Continue to play until all the food is retrieved or all the sheep have been tagged.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX

EQUIPMENT LIST:
MULTIPLE BEANBAGS OR
SUPPLEMENTAL OBJECTS

SUGGESTION :
HAVE CHILDREN ASSESS THEIR
RPE BEFORE AND AFTER EACH
ACTIVITY

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2



WEEK

FOUR





Y KIDS ARE FIT WEEK FOUR

EQUIPMENT LIST:
MULTIPLE BEANBAGS AND/OR
BALLS

SUGGESTION :
DURING JUMPING JACKS, MAKE
SURE CHILDREN ARE ON THE
BALLS OF FEET. DO NOT WANT
TO LAND FLAT FOOTED

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

JUMPING JACK: Stand with legs together and arms resting at sides. Jump to a position with legs spread apart and arms extended out from the sides as if making an "X" with body. Return to starting position with legs together and arms by side.

WARM-UP: 10 jumping jacks (in place), 10 hops (in place) and then traveling jumping jacks down and back across playing area.

MAIN EVENT

20 MINS. 

Snack Attack

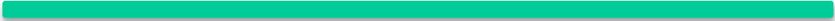
Instructions

Arrange children in two equal groups- "Attackers" and "Snackers"- on two parallel lines about 50 feet apart. Attackers stand on one line facing the playing area. The Snackers stand on the opposite line with their backs towards the playing area. A foam ball or beanbag is placed directly behind each Snacker. The Attackers are hungry for a snack and must sneak across the playing area and snatch the foam ball or beanbag from the Snackers. However, the Attackers can't just walk across, they must crab-walk.

Meanwhile, the Snackers, who are too busy snacking to mind what is behind them, must perform a callisthenic exercise, like jumping jacks, jog on the spots, crunches, etc. until they sense the attack. Only when the Attacker has snatched the snack (ball or bag) can he/she run back and the Snacker stop performing the callisthenic exercise to chase the attacker back to the line of origin. Each Attacker that is tagged must join the Snackers on the other side and play resumes.

Continue until one Attacker remains.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FOUR

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
DURING THE MAIN EVENT,
PARTNERS MUST FACE EACH
OTHER AT ALL TIMES

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

JUMPING JACK: Stand with legs together and arms resting at sides. Jump to a position with legs spread apart and arms extended out from the sides as if making an "X" with body. Return to starting position with legs together and arms by side.

WARM-UP: 10 jumping jacks (in place), 10 hops (in place) and then traveling jumping jacks down and back across playing area.

MAIN EVENT

20 MINS.

White On Rice

Instructions

Arrange children in pairs and scattered within the designated playing area.

With each round of the game, each pair is to take turns being "it".

The object of the game is for the "it" to out maneuver his/her partner, who on the contrary, must attempt to mimic the "it's" every move. No touching, however, is aloud. During each round, the "its" can attempt to elude their partner by changing speed and direction. After about 20 seconds, the Fitness Activity Leader calls out a callisthenic exercise, like push-ups for example, and the "its" stop and lead their partner through the exercise. For the next round, the pairs switch roles. The Fitness Activity Leader begins each round by calling out, "GO!"

Encourage a variety of movements, including:

- Skiping
- Hopping
- Shuffling
- Running
- Bear Crawling
- Crab Walking
- Etc.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FOUR

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
HAVE CHILDREN CHECK THEIR
HEART RATES AFTER MAIN
EVENT AND COOL-DOWN

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

JUMPING JACK: Stand with legs together and arms resting at sides. Jump to a position with legs spread apart and arms extended out from the sides as if making an "X" with body. Return to starting position with legs together and arms by side.

WARM-UP: 10 jumping jacks (in place), 10 hops (in place) and then traveling jumping jacks down and back across playing area.

MAIN EVENT

20 MINS.

Rescued By Exercise

Designate one to three pairs of children as the "rescuers". For a large group of children, three pairs of rescuers (6 children total) will be fine. For small groups, one pair will due. The remaining children will be the "victims".

Arrange the victims in a scattered formation within the playing area. To one side, identify a zone as the "safe area" or "hospital". The rescuers are to be stationed in this zone. When the Fitness Activity Leader calls out, "Go!" the victims, who are lying on their backs, begin to perform crunches (on alternate rounds, the children can perform bicycles instead). During this time, the victims are to be calling out, "Help, help!" as the rescuers run to their aid.

The objective is for the rescuers, who are in teams of two, to safely and quickly remove the victims from the playing area, or "danger zone", to the safety zone identified earlier. To do so, however, the rescuers must work together while sliding the victim across the floor. The rescuers have 2 minutes to retrieve as many victims as they can before they all meet a gruesome fate.

Tip: Instruct the children on the proper technique, which is to have both rescuers stand at the head of the victim holding under the armpit with both hands. Once the victims shoulders are lifted from the ground, the shoulders may not touch the ground again before reaching the safety zone. If the victim's shoulders do touch the ground, in any way, he/she must be left there until the rescuers can run to the safety zone and back again, to give it another try.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FOUR

EQUIPMENT LIST:
VARIETY OF PROPS

SUGGESTION :
TRAVEL WHILE DOING JUMPING
JACKS FOR ADDED DIFFICULTY

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

JUMPING JACK: Stand with legs together and arms resting at sides. Jump to a position with legs spread apart and arms extended out from the sides as if making an "X" with body. Return to starting position with legs together and arms by side.

WARM-UP: 10 jumping jacks (in place), 10 hops (in place) and then traveling jumping jacks down and back across playing area.

MAIN EVENT

20 MINS. 

Scrambled Eggs

Instructions

Arrange children in a scattered formation.

When the Fitness Activity Leader calls out, "Scramble!" the children pretend that they are eggs in a frying pan (jumping, sizzling, wiggling, etc.).

Prior to each "Scrambling", select one child to choose an ingredient to add to the eggs. The chosen ingredient will be the signal to stop. For example, let's say 'broccoli' is chosen (encourage children to choose healthy ingredients), when the Fitness Activity Leader calls out, "Scramble!" the children pretend they are eggs frying in a pan until the Leader calls out, "Broccoli!" At this time the children must stop moving. With each new "scrambling", select a new child and a new ingredient.

Adaptations:

With each new "scrambling", add a prop with which the children must interact.

For example, provide each child with a hula-hoop. Or, inflate several balloons and instruct the children to keep them afloat while scrambling.

Challenge the children to scramble on one leg or while on hands and feet.

Challenge them to recall all the preceding ingredients before stopping with the new one. They can pretend to be stirring each time they are stopped.

They can categorize all the preceding ingredients by food groups prior to stopping with the new one.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FOUR

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
HAVE CHILDREN ASSESS THEIR
RPE BEFORE AND AFTER EACH
ACTIVITY

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

JUMPING JACK: Stand with legs together and arms resting at sides. Jump to a position with legs spread apart and arms extended out from the sides as if making an "X" with body. Return to starting position with legs together and arms by side.

WARM-UP: 10 jumping jacks (in place), 10 hops (in place) and then traveling jumping jacks down and back across playing area.

MAIN EVENT

20 MINS. 

Bandage Tag

Choose two players to be "it" and define a space outside the playing area to be the "hospital"

If a participant is tagged by someone in the "it" group while running around the playing area, he/she must hold one hand directly on the spot where the player was tagged, like a "bandage." Participants can continue to run around, but must keep a hand on that spot. If tagged again, the player must hold another hand on the second spot. If tagged a third time, the participant has to go to the hospital. Once he/she touches the hospital wall, the participant can return to the game without any bandages on. Participants can go to the hospital anytime to remove any bandages by touching the hospital wall. They do not have to wait until they are tagged the second or third time.

At three minute intervals, switch up the "it" group with two different participants.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK

FIVE





Y KIDS ARE FIT WEEK FIVE

EQUIPMENT LIST:
GATOR BALL, 8 CONES (OR 4
CONES TO USE AS PART OF
BASKETBALL KEY)

SUGGESTION :
TO ADD DIFFICULTY FOR THE
PLANK, HAVE CHILD LIFT ONE
LEG OFF THE GROUND

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

PLANK: Start with forearms and hands resting flat on ground with elbows at a 90 degree angle. Elevate trunk and legs so only toes are touching ground. Keep back flat with back and bottom parallel to ground. Hold the position, keeping abdominal muscles tight and weight evenly distributed throughout the body the entire time.

Tips:

- Make sure back is flat and buttocks is down
- Forearms and hands should be flat on ground
- Remind kids to focus on core and keep abdominal muscles tight

WARM-UP: Hold plank position for 15 seconds and then stand up and jog in place for 30 seconds. Repeat 3 times.

MAIN EVENT

20 MINS.

Ultimate Sicko Ball

On each side of the playing area mark of a section (about 5 feet wide) with the cones (or use part of basketball key). Explain to children that these areas are the scoring areas. Make two teams. Start the game with the ball in the middle of the playing area. Have a jump off to start the game (like basketball). Each team has their designated side (like basketball). The teams try to move the ball by passing it down the court and eventually passing the ball into the hands of an open player that is standing in the opposing team's goal. When a player has the ball they cannot move, they can only pivot. The point of the game is to pass the ball up the court and to score a goal in the opposing teams designated goal center. There is no dribbling the ball or moving with the ball. Players must also play defense when the other team has the ball.

Tips: If you have baskets in your playing area use those as well as using the goals. Create point values for the two different goals so that children have an option of where to shoot for different points. If you do not have a basket you can create another goal by marking an area on the wall that they can aim at and hit for a goal.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FIVE

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
HAVE CHILDREN CHECK THEIR
HEART RATE AFTER MAIN
EVENT AND COOL-DOWN

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

PLANK: Start with forearms and hands resting flat on ground with elbows at a 90 degree angle. Elevate trunk and legs so only toes are touching ground. Keep back flat with back and bottom parallel to ground. Hold the position, keeping abdominal muscles tight and weight evenly distributed throughout the body the entire time.

Tips:

- Make sure back is flat and buttocks is down
- Forearms and hands should be flat on ground
- Remind kids to focus on core and keep abdominal muscles tight

WARM-UP: Hold plank position for 15 seconds and then stand up and jog in place for 30 seconds. Repeat 3 times.

MAIN EVENT

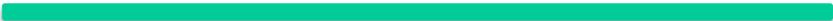
20 MINS. 

Triangle Tag

Have students form groups of three and join hands. The fourth group member will be outside the circle of three that are holding hands. He/she will be the chaser. Designate one person in the circle as the person that the chaser will try and tag. On the teachers signal the chaser will try and tag the designated person in the group. The group holding hands will work together to try and protect the taggee. Play for a designated amount of time and if they tag the taggee then switch roles.

Variations: Have the circled group hook elbows instead of hands.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FIVE

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
ANOTHER VARIATION TO PLAY
IS TO ADD "ANT COLONY
MEDICS" TO TAG DEAD ANTS
BACK INTO THE GAME

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

PLANK: Start with forearms and hands resting flat on ground with elbows at a 90 degree angle. Elevate trunk and legs so only toes are touching ground. Keep back flat with back and bottom parallel to ground. Hold the position, keeping abdominal muscles tight and weight evenly distributed throughout the body the entire time.

Tips:

- Make sure back is flat and buttocks is down
- Forearms and hands should be flat on ground
- Remind kids to focus on core and keep abdominal muscles tight

WARM-UP: Hold plank position for 15 seconds and then stand up and jog in place for 30 seconds. Repeat 3 times.

MAIN EVENT

20 MINS.

Dead Ant

Make really big boundaries. One person is "it." This person has to chase the others. When he tags someone, that person must lay down with both hands and feet sticking straight up, like a dead ant (because everyone knows that's what dead ants look like). In order for the dead ant to come alive, four people must tag one limb each.

Once someone has been a dead ant three times (this is on the honor system), they are now "it". It's always possible to have multiple people being "it" and makes it crazier when you don't know who to run from!

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FIVE

**EQUIPMENT LIST:
OBJECT TO HIDE FOR EACH
TEAM**

SUGGESTION :
HAVE CHILDREN ASSESS THEIR
RPE BEFORE AND AFTER EACH
ACTIVITY

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

PLANK: Start with forearms and hands resting flat on ground with elbows at a 90 degree angle. Elevate trunk and legs so only toes are touching ground. Keep back flat with back and bottom parallel to ground. Hold the position, keeping abdominal muscles tight and weight evenly distributed throughout the body the entire time.

Tips:

- Make sure back is flat and buttocks is down
- Forearms and hands should be flat on ground
- Remind kids to focus on core and keep abdominal muscles tight

WARM-UP: Hold plank position for 15 seconds and then stand up and jog in place for 30 seconds. Repeat 3 times.

MAIN EVENT

20 MINS.

Ninja Time: For Hemlock

Children are divided into two groups. One team is the ninjas; the other team is the guards. Ninjas have a place where captured items go; Ninja base, etc. Each guard places an item on the ground within the boundary created. They can hide it minimally, but like in capture the flag, it must be able to be seen from at least three directions. They can stand no closer than ten feet from the object they are guarding.

The object for the Ninjas is to get all items back to base without getting caught. The object for the Guards is to capture the Ninjas that are taking their flag or Ninjas trying to get back to base.

All the kids stand still then a counselor says "go". The Guards close their eyes and the Ninjas try to pick up as much stuff as possible by stalking and creeping into the guarded territory. Periodically (every 10 to 45 seconds) the counselor yells "Alarm" and the guards open their eyes and try to tag the Ninjas as they flee to the base. If the Ninjas get tagged they go to the Guard jail where they wait to be rescued.

A Ninja needs to get to the jail before the counselor says, "Alarm" in order to free the captured Ninjas. If the Ninja gets back to base before they are tagged they are safe.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK FIVE

EQUIPMENT LIST:
14-16 BASKETS
1-2 GATOR BALLS

SUGGESTION :
PLAY NON-ELIMINATION
STYLE FOR GA GA. WHEN ONE
CHILD GETS OUT, ONE COMES
IN IMMEDIATELY (Multiple
children can be coming in and
out at one time)

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

PLANK: Start with forearms and hands resting flat on ground with elbows at a 90 degree angle. Elevate trunk and legs so only toes are touching ground. Keep back flat with back and bottom parallel to ground. Hold the position, keeping abdominal muscles tight and weight evenly distributed throughout the body the entire time.

Tips:

- Make sure back is flat and buttocks is down
- Forearms and hands should be flat on ground
- Remind kids to focus on core and keep abdominal muscles tight

WARM-UP: Hold plank position for 15 seconds and then stand up and jog in place for 30 seconds. Repeat 3 times.

MAIN EVENT

20 MINS. 

Ga Ga Ball

Designate one non-player as the referee. The referee is the sole authority during play and is responsible for settling disputes and ensuring fair play.

The referee begins play only after all players are standing in the "arena" and have indicated that they are ready to start the game. One player tosses the ball up in the air. Players yell "ga" on the first bounce and "ga" again on the second bounce, and the ball is then in play. Players hit the ball with their hands only, and may not carry or throw the ball - it must be punched with open hand or fist. Anytime the ball hits a wall, it then can be caught by another player and they begin to punch the ball along the ground.

Any player who is touched by the ball either directly or by a rebound off the wall is "out" and must step out of the circle. If the ball contacts a player or a player's clothing below the waist, that player is eliminated. If the ball contacts the player above the waist, the player is still in. If the ball goes out of the gaga court, the last player to touch the ball is eliminated. If a player catches the ball before it bounces, the player who had the last contact with the ball is eliminated. Once the player hits the ball, he or she must wait until the ball touches someone else before hitting it again (no double touches). If there are only two players remaining, a player may hit the ball up to 3 times in a row. The ball is "rejuvenated" by contact with the wall, and the hit count resets.

6-8 players inside the "arena" at one time (can be more depending on numbers. No more than 10 inside at one time). Can add a second ball to speed up the game. Pick a corner of gym and use baskets to form "arena" in the designated corner

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK SIX





Y KIDS ARE FIT WEEK SIX

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
WHEN DOING MOUNTAIN
CLIMBERS, CUE CHILDREN TO
KEEP CORE TIGHT

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

MOUNTAIN CLIMBERS: Start in the top of push up position with back flat and hands under shoulders with arms extended. Jump one foot toward your hands, keeping knee between your arms and other leg extended back; Alternate feet back and forth as fast as you can.

WARM-UP: Do 3 sets of Mountain Climbers for 15 seconds

MAIN EVENT

20 MINS.

Everybody's It!

Proclaim "Everybody's It!" in activity space and participants begin trying to tag others, while avoiding getting tagged. Child is back in the game when the person who tagged him/her is tagged.

Instructor can call "jail break!" to get all children back in the game. If simultaneous tag occurs, children do "rocks, paper, scissors."

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SIX

EQUIPMENT LIST:

2 HULA HOOPS OR BASKETS
2 HULA HOOPS IF AVAILABLE
(FOR JAIL'S)
6-8 BEANBAGS, BALLS, OR
OBJECTS (TREASURE)
8 CONES

SUGGESTION :

INSTRUCTORS NEED TO
MONITOR 10 SECOND COUNT
IN TREASURE CHEST BOX

RPE for Warm-Up (Relative
Perceived Exertion)

1-3

RPE for Main Event (Relative
Perceived Exertion)

4-7

RPE for Cool-Down (Relative
Perceived Exertion)

1-2

WARM-UP

5 MINS. 

MOUNTAIN CLIMBERS: Start in the top of push up position with back flat and hands under shoulders with arms extended. Jump one foot toward your hands, keeping knee between your arms and other leg extended back; Alternate feet back and forth as fast as you can.

WARM-UP: Do 3 sets of Mountain Climbers for 15 seconds

MAIN EVENT

20 MINS. 

Treasure Hunt

Played like Capture the Flag

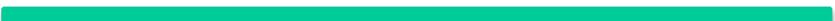
Divide group into two teams, and playing area into two sides.

Each team has 3-4 balls, beanbags, or objects to act as "treasures" (try to color coordinate) placed in a basket or hula hoop (treasure chest). The treasure chest is placed inside the basketball key using 4 cones to form a box around the treasure chest (use the basketball key lines for size of the box). Each team also needs a hula hoop or a designated space for their jail.

Rules:

- One or two hand tag
- Opposing team member can only steal one treasure at a time. He/she cannot pass the treasure to another teammate or throw to his/her side. Must be the one to bring back to his/her treasure chest.
- If tagged, player goes to opposing team's jail. One person from a team of players in jail can free everybody standing in the jail. Instructor can also call "jail break!" If freed from jail, player(s) get a free walk back to his/her side (must go to team side before entering back into game)
- Can assign a callisthenic exercise to children in jail.
- To minimize "puppy guarding," opposing team members have 10 sec inside treasure chest box before defending team can tag. Defending team cannot enter box until 10 sec have passed.
- Opposing team only allowed inside treasure chest box when treasure is present
- Winning team has all treasures in their treasure chest

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SIX

EQUIPMENT LIST:
CRAYONS
PAPER

SUGGESTION :
FOR ADDED DIFFICULTY USE
LOCOMOTOR MOVEMENTS
USED IN PAST WARM-UP'S
DURING MAIN EVENT

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

MOUNTAIN CLIMBERS: Start in the top of push up position with back flat and hands under shoulders with arms extended. Jump one foot toward your hands, keeping knee between your arms and other leg extended back; Alternate feet back and forth as fast as you can.

WARM-UP: Do 3 sets of Mountain Climbers for 15 seconds

MAIN EVENT

20 MINS. 

Ready, Set... Spell!

Arrange children along one line and facing a second line about 60 feet away. Provide each child with four crayons, each of different color, and a pad of paper. Holding their crayons, the children line-up at the starting line. Placed directly in the path of each child, and on the opposite line, is the pad of paper. The Fitness Activity Leader calls out a color, a word to spell, and a locomotor movement, which the children must perform while in transit to the opposing line. When the children reach their pad of paper, they are to spell the word with the correct color. After completing the task as fast as they can, the children then run back to the starting line.

For example:

The Fitness Activity Leader calls out, "DOG – RED – SKIP!" The children must perform this as fast as they can and return to the starting line. Instruct children that return first to jog-on-the-spot while they await the next word, color, and locomotor movement.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SIX

EQUIPMENT LIST:
MUSIC (OPTIONAL)

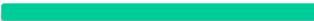
SUGGESTION:
TO MAKE GAME MORE
DIFFICULT, CALL OUT MORE
THAN ONE COMMAND

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

MOUNTAIN CLIMBERS: Start in the top of push up position with back flat and hands under shoulders with arms extended. Jump one foot toward your hands, keeping knee between your arms and other leg extended back; Alternate feet back and forth as fast as you can.

WARM-UP: Do 3 sets of Mountain Climbers for 15 seconds

MAIN EVENT

20 MINS. 

Peanut Butter and Jelly

Designate three lines in a playing area. One on each side of the playing area and one in the middle. Everyone lines up on the far line. This line is "Peanut." The middle line is "Butter;" the far line is "Jelly." Call out the name of a line and all the children have to run to that line

Variation:

Make a rule that no running is allowed. Everyone must travel by jumping, hopping, leaping, or sliding.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SIX

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
TO VARY MAIN EVENT GAME,
BEGIN WITH TWO SHARKS

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

MOUNTAIN CLIMBERS: Start in the top of push up position with back flat and hands under shoulders with arms extended. Jump one foot toward your hands, keeping knee between your arms and other leg extended back; Alternate feet back and forth as fast as you can.

WARM-UP: Do 3 sets of Mountain Climbers for 15 seconds

MAIN EVENT

20 MINS.

Seaweed Tag

Select one participant to be the first shark and have the player start in the center of the playing area. All the other players are fish. The fish line up at one end of the playing area. When the octopus calls out "GO," the fish run to the other side of the playing area and the shark tries to tag them. If tagged before reaching the other side, they become seaweed. Seaweed must stay where they were tagged, leaving one foot planted as they try to also tag players running by. Any player also tagged becomes seaweed.

Each time players reach the other side of the playing area, the shark says "GO" again and the players try to cross back to the other side.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK

SEVEN





Y KIDS ARE FIT WEEK SEVEN

EQUIPMENT LIST:
COIN

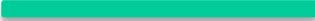
SUGGESTION:
IF A CHILD IS HAVING
TROUBLE WITH PUSH-UPS,
HE/SHE CAN DO MODIFIED
PUSH-UPS OR CAN PLACE A
SMALL BALL UNDER CHEST

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

PUSH-UP: Begin in top of push up position with hands shoulder-width apart and thumbs in line with arm pits. Lower chest to floor, keeping back straight and buttocks down. Push body up, returning it to the starting position.

*If a child has trouble doing more than 1 push up, they may do modified push-ups.

***Modified Push-Up-** Child can perform push-ups while on knees

Tips:

- Make sure to keep the back straight and buttocks down
- Make sure elbows are at 90 degrees at bottom of push up

WARM-UP: Do 10 push-ups and jog 1 lap around playing area. Repeat twice

MAIN EVENT

20 MINS. 

Heads or Tails

Divide group into two teams and have the groups stand facing each other in two lines (about six feet apart) in the middle of the playing area. One team is "heads" and the other is "tails." Designate safety lines on either side of the playing area. Using a coin, flip in the air. When the coin lands on the ground call out the side facing up. The team whose name is called chases the other team, who turns and runs as fast as they can to the designated safety line behind them. If someone is tagged by a member of the opposite team, they must join that team. Have everyone come back to the center, face-off, and flip the coin again.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SEVEN

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
FOR LINE TAG, YOU CAN ADD
"LIFE SAVERS" TO TAG
ROADBLOCKS BACK INTO THE
GAME.

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

PUSH-UP: Begin in top of push up position with hands shoulder-width apart and thumbs in line with arm pits. Lower chest to floor, keeping back straight and buttocks down. Push body up, returning it to the starting position.

*If a child has trouble doing more than 1 push up, they may do modified push-ups.

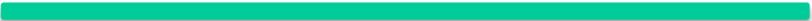
***Modified Push-Up-** Child can perform push-ups while on knees

Tips:

- Make sure to keep the back straight and buttocks down
- Make sure elbows are at 90 degrees at bottom of push up

WARM-UP: Do 10 push-ups and jog 1 lap around playing area. Repeat twice

MAIN EVENT

20 MINS. 

Line Tag

Choose one person to be "it." Everyone is only allowed to run on the lines around the gym. Any lines that connect will do. Children must have both feet on the lines while running from "it." They can jump across to another line as long as both feet land on the line. If a child is tagged by "it," he/she becomes a roadblock and must wiggle in place where they were tagged. Children cannot jump over or go around the roadblocks, but can turn and run another direction (they have to keep moving). Throughout the game, release all the roadblocks by yelling, "Roadblocks Free," so they can re-enter the game. If enough time, play until everyone has a chance to be "it."

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SEVEN

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
HAVE CHILDREN ASSESS THEIR
RPE BETWEEN EACH ACTIVITY

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

PUSH-UP: Begin in top of push up position with hands shoulder-width apart and thumbs in line with arm pits. Lower chest to floor, keeping back straight and buttocks down. Push body up, returning it to the starting position.

*If a child has trouble doing more than 1 push up, they may do modified push-ups.

***Modified Push-Up-** Child can perform push-ups while on knees

Tips:

- Make sure to keep the back straight and buttocks down
- Make sure elbows are at 90 degrees at bottom of push up

WARM-UP: Do 10 push-ups and jog 1 lap around playing area. Repeat twice

MAIN EVENT

20 MINS.

Fainting Goat Tag

One person is chosen as the Shepard.

Whoever the Shepard touches becomes the new Shepard.

The "goats" can fall to the ground to avoid being tagged for up to 10 seconds. As long as they are on the ground, they are safe. The goat can't fall to the ground unless the Shepard is 10 feet away or closer.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SEVEN

EQUIPMENT LIST:
MUSIC
ANY EQUIPMENT NEEDED FOR
STATIONS

SUGGESTION:
HAVE CHILDREN CHECK THEIR
HEART RATE AFTER FITNESS
CIRCUIT

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

PUSH-UP: Begin in top of push up position with hands shoulder-width apart and thumbs in line with arm pits. Lower chest to floor, keeping back straight and buttocks down. Push body up, returning it to the starting position.

*If a child has trouble doing more than 1 push up, they may do modified push-ups.

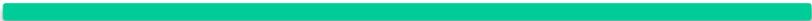
***Modified Push-Up-** Child can perform push-ups while on knees

Tips:

- Make sure to keep the back straight and buttocks down
- Make sure elbows are at 90 degrees at bottom of push up

WARM-UP: Do 10 push-ups and jog 1 lap around playing area. Repeat twice

MAIN EVENT

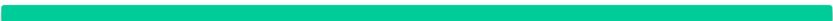
20 MINS. 

Fitness Circuit

Set up 6 stations throughout the playing area. Assign an exercise at each station. Each station is 1 minute each. While the children are going through the circuits, play music.

After 3 rotations, play a "go to game" like "Everybody's It Tag"

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK SEVEN

EQUIPMENT LIST:
TWO SOCCER BALLS OR GATOR
BALLS
4 CONES

SUGGESTION:
BEFORE A SHOT CAN BE MADE
ON GOAL, MAKE TEAMS PASS
THE BALL AT LEAST THREE
TIMES

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

PUSH-UP: Begin in top of push up position with hands shoulder-width apart and thumbs in line with arm pits. Lower chest to floor, keeping back straight and buttocks down. Push body up, returning it to the starting position.

*If a child has trouble doing more than 1 push up, they may do modified push-ups.

***Modified Push-Up-** Child can perform push-ups while on knees

Tips:

- Make sure to keep the back straight and buttocks down
- Make sure elbows are at 90 degrees at bottom of push up

WARM-UP: Do 10 push-ups and jog 1 lap around playing area. Repeat twice

MAIN EVENT

20 MINS. 

Two Ball Soccer

Soccer rules apply, except the game is played with two balls

Use the lines where the basketball intersects with the baseline of the basketball court for goals (place cones at each intersecting point).

If there are mats on the wall behind the goal area, the team does not score if the ball contacts the wall above the mat.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK

EIGHT





Y KIDS ARE FIT WEEK EIGHT

EQUIPMENT LIST:
MUSIC (OPTIONAL)

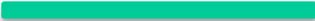
SUGGESTION:
WHEN PERFORMING THE CURL
UP, CHILDREN SHOULD FOCUS
EYES UP AND OUT IN FRONT
OF THEM

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

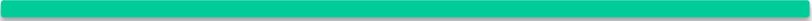
CURL -UP: Lie flat on your back with knees bent so that your feet are flat on the floor, legs slightly apart, and arms straight out by your side and hands flat on ground. Keeping heels in contact with the floor at all times, curl up slowly sliding fingers across the floor until they reach approximately 4-5 inches from heels; then return back to floor.

Tips:

- Make sure feet and hands stay flat on ground when sitting up
- Motion should be slow and controlled and not jerky

WARM-UP: Do a plank for 15 seconds then hop, jog, or slide a lap around playing area.

MAIN EVENT

20 MINS. 

Toilet Tag

Select 1-3 students to be the "its" (depending on class size and area). The "its" will attempt to tag the players. When a player is tagged, he/she must assume a toilet position (one knee on the ground and the other knee up, one arm straight out to the side). The tagged player must remain frozen in this position until they are rescued by another player. To be rescued, a player must sit on the knee of the frozen player, grab their straight arm and make a WHOOSH sound while pulling the arm down to simulate the flushing of a commode. Once a player flushes the toilet of a frozen player, the frozen player is freed. Once a player is tagged three times, they come to the sideline, and re-enter the game as an "it". The game ends when a certain time limit has been met or when all players are frozen.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK EIGHT

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
INSTEAD OF RUNNING DURING
MAIN EVENT, HAVE CHILDREN
SKIP, HOP, GALLOP, OR SLIDE

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS. 

CURL -UP: Lie flat on your back with knees bent so that your feet are flat on the floor, legs slightly apart, and arms straight out by your side and hands flat on ground. Keeping heels in contact with the floor at all times, curl up slowly sliding fingers across the floor until they reach approximately 4-5 inches from heels; then return back to floor.

Tips:

- Make sure feet and hands stay flat on ground when sitting up
- Motion should be slow and controlled and not jerky

WARM-UP: Do a plank for 15 seconds then hop, jog, or slide a lap around playing area.

MAIN EVENT

20 MINS. 

Horde vs. Alliance

Divide the class into two teams, one team being the *Horde* and the other team being the *Alliance*. To begin teams are lined up at opposite ends of the playing area. Start by having the Horde facing away from the Alliance. At this point the *Alliance* sneaks up on the Horde. When the teacher thinks they are close enough he shouts "here come the Alliance", the *Horde* then turn around and chase the *Alliance* back to their home while attempting to tag as many as possible. Any *Alliance* tagged becomes Horde. This time the Alliance turn around, and the Horde sneak up to the Alliance. This game may be played with a time limit or until all players are on one team.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT

WEEK EIGHT

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
ADD MULTIPLE TAGGERS TO
START THE GAME

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

CURL -UP: Lie flat on your back with knees bent so that your feet are flat on the floor, legs slightly apart, and arms straight out by your side and hands flat on ground. Keeping heels in contact with the floor at all times, curl up slowly sliding fingers across the floor until they reach approximately 4-5 inches from heels; then return back to floor.

Tips:

- Make sure feet and hands stay flat on ground when sitting up
- Motion should be slow and controlled and not jerky

WARM-UP: Do a plank for 15 seconds then hop, jog, or slide a lap around playing area.

MAIN EVENT

20 MINS.

Cats in the Corner

Class is divided into four groups, keep one person out to be the "it". Each group is given a corner, which is a safe area. To begin the game, the "It" will say: cats in the corner. On this signal the players must run to another corner before being tagged by the "it". Any players that get tagged while moving between corners is also an "it". The last player to be tagged is the winner and by be "it" the next game if he chooses.

Variation - all players in your group must go to the same corner. Also players may have to go to corners in a particular order.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK EIGHT

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
HAVE CHILDREN CHECK THEIR
HEART RATES AFTER MAIN
EVENT AND COOL-DOWN

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

CURL -UP: Lie flat on your back with knees bent so that your feet are flat on the floor, legs slightly apart, and arms straight out by your side and hands flat on ground. Keeping heels in contact with the floor at all times, curl up slowly sliding fingers across the floor until they reach approximately 4-5 inches from heels; then return back to floor.

Tips:

- Make sure feet and hands stay flat on ground when sitting up
- Motion should be slow and controlled and not jerky

WARM-UP: Do a plank for 15 seconds then hop, jog, or slide a lap around playing area.

MAIN EVENT

20 MINS.

Zookeeper

Designate two zookeepers (one boy and one girl). All other children will be assigned to be lions, tigers, or bears. The zookeepers will call out one of the animals to run across the playing area. If one of the children is tagged, he/she does 10 wall jumps to re-enter the game. If the zookeepers call "Zookeepers!" all animals run across the gym.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK EIGHT

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
HAVE CHILDREN ASSESS THEIR
RPE BEFORE AND AFTER EACH
ACTIVITY

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

CURL -UP: Lie flat on your back with knees bent so that your feet are flat on the floor, legs slightly apart, and arms straight out by your side and hands flat on ground. Keeping heels in contact with the floor at all times, curl up slowly sliding fingers across the floor until they reach approximately 4-5 inches from heels; then return back to floor.

Tips:

- Make sure feet and hands stay flat on ground when sitting up
- Motion should be slow and controlled and not jerky

WARM-UP: Do a plank for 15 seconds then hop, jog, or slide a lap around playing area.

MAIN EVENT

20 MINS.

Loose Caboose

Divide the class into teams of 3 or 4 (The smaller the train, the less whipping motion for the last player). Select remaining players (depending on the number of teams) to be the "Loose Caboose" (these players will be playing as individuals and do not have a team at the start of the game). The teams of four will now form a train by placing their hands on the hips of the player in front of them. You should now have several main trains scattered about the playing area. On the signal, the "Loose Caboose" will attempt to run and latch on the back of another train (the trains are trying to keep this from happening). If a "Loose Caboose" is successful in latching on to a train, the engine (front person) must leave the train and become the new "Loose Caboose" and attempt to join onto a new train.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK

NINE





Y KIDS ARE FIT WEEK NINE

EQUIPMENT LIST:
RACQUET
GATOR BALL

SUGGESTION:
WHEN PERFORMING THE
LUNGE KEEP BACK STRAIGHT
AND EYES FORWARD

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

LUNGE: Take Large step forward with back straight and knee in line with toe. Back knee should be slightly bent, but not touching the ground. Eyes should be looking straight ahead and hands should be at side. Return to starting position and repeat with opposite leg.

WARM-UP: Do 10 lunges in place and skip 1 lap and gallop 1 lap

MAIN EVENT

20 MINS. 

Alfonso Ball

The goal of the game is to score the most runs. The game is played with a tennis racquet and a small gator skin ball. It can also be played by kicking the ball instead of hitting it with a racquet (like kickball).

Rules of the game:

1. Hitter stands at the baseline of the basketball court and hits the ball with the tennis racquet.
2. The defense must be outside of the three-point line and cannot enter inside of it until the ball is hit.
3. The pitcher must make a fair underhand pitch. (The game is designed so that the hitter has a lesser chance of getting out, however if they swing and miss and the pitch was fair they are out)
4. There are no foul balls in the game so the hitter can hit the ball backwards if they want. The defense has no catcher. (No one can be inside of the three-point line or behind the baseline until the ball is hit.)
5. At the beginning of the game all of the players on offense can run when the ball is hit. If you have a class of 40, then 20 may be running at the same time. (It is a good idea to keep 2 or 3 hitters back in case they are needed.)
6. The bases are the out of bounds area behind both baskets. There is no baseline. The students run from one end of the gym to the other trying to avoid being hit with the ball. The runners do not have to run when the ball is hit. They run at their discretion. Runners can steal bases when the pitcher has the ball. The pitcher can fake a pitch and try to get runners stealing out.
7. Three outs are given and are awarded when a hit ball is caught in the air or a runner is hit with the ball below the waist (unless they are in the act of dodging the ball by ducking or jumping.)
8. A run is scored when a runner makes it successfully down and back without being hit with the ball. The runners stay on base the entire time and they can hit when they get an opportunity.

Other comments: The hitter is the only player that must run on the pitch. Balls hit off the walls or goals are playable but not out if caught.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK NINE

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION:
INSTEAD OF RUNNING DURING
MAIN EVENT, HAVE CHILDREN
SKIP, HOP, GALLOP, OR SLIDE

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

LUNGE: Take Large step forward with back straight and knee in line with toe. Back knee should be slightly bent, but not touching the ground. Eyes should be looking straight ahead and hands should be at side. Return to starting position and repeat with opposite leg.

WARM-UP: Do 10 lunges in place and skip 1 lap and gallop 1 lap

MAIN EVENT

20 MINS. 

Tunnel Tag

Select 1 - 3 students to be the "its", depending on your class size and space. The remainder of the class is given time to scatter about the area. On the signal, the "its" will attempt to tag the other players. When a child gets tagged, he/she must use their body to form a tunnel. Some examples might be: standing with feet spread, hands and feet touching with body arched crab walk, one hand and one foot on the ground. Once tagged, child must freeze in the form of a tunnel. To become unfrozen, another child must go through their tunnel. Once a child goes through the tunnel, the frozen player is now freed to rejoin the game. The game ends when all the players are frozen or a given period of time ends the game.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK NINE

**EQUIPMENT LIST:
MUSIC (OPTIONAL)**

**SUGGESTION:
MAKE A SUPERHERO CATEGORY
FOR EACH GAME**

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

LUNGE: Take Large step forward with back straight and knee in line with toe. Back knee should be slightly bent, but not touching the ground. Eyes should be looking straight ahead and hands should be at side. Return to starting position and repeat with opposite leg.

WARM-UP: Do 10 lunges in place and skip 1 lap and gallop 1 lap

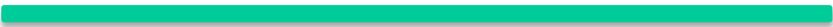
MAIN EVENT

20 MINS. 

Superhero Tag

Select 2-4 children (depending on size of group) to be the "villains". The rest of the group is the "superheroes." As the villains go to tag the superheroes, the superheroes have to yell out the name of a superhero before the villain tags him/her. If the villain is able to tag the superhero before he/she is able to call out the name of a superhero, the superhero becomes a villain.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK NINE

EQUIPMENT LIST:
OBJECTS TO USE AS FOOD FOR
PREDATORS

SUGGESTION:
IF CHILD GETS TAGGED BY
PREDATOR, HE/SHE WOULD
HAVE TO SAY THE Y-CORE
VALUES INSTEAD OF AN
EXERCISE TO RE-ENTER THE
GAME

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

LUNGE: Take Large step forward with back straight and knee in line with toe. Back knee should be slightly bent, but not touching the ground. Eyes should be looking straight ahead and hands should be at side. Return to starting position and repeat with opposite leg.

WARM-UP: Do 10 lunges in place and skip 1 lap and gallop 1 lap

MAIN EVENT

20 MINS.

Predator vs. Prey

Choose two children to be the predators (boy and girl). The rest of the group is designated as the prey. On one end of the gym the predators have "food" to protect (food can be a variety of equipment: as much as possible). On the other end of the gym is the prey's "home" (designate a line on the floor to create a home/safe zone for prey). The prey tries to steal the predator's food without getting tagged. Prey are only allowed to steal one piece of food at a time (if tagged, the predators get the food back and prey go to side of the gym to perform a set number of push-ups, sit-ups, etc. to re-enter the game). If the prey crosses the home/safe zone line they cannot be tagged by the predators. Game is over when prey collects all food or all prey is tagged.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK NINE

**EQUIPMENT LIST:
MUSIC (OPTIONAL)**

SUGGESTION:

DO NOT LET TEAMS HOLD EQUIPMENT ON THEIR SIDE SO THAT THEY CAN THROW IT ALL OVER AT THE LAST MINUTE

RPE for Warm-Up (Relative Perceived Exertion)
1-3

RPE for Main Event (Relative Perceived Exertion)
4-7

RPE for Cool-Down (Relative Perceived Exertion)
1-2

WARM-UP

5 MINS.

LUNGE: Take Large step forward with back straight and knee in line with toe. Back knee should be slightly bent, but not touching the ground. Eyes should be looking straight ahead and hands should be at side. Return to starting position and repeat with opposite leg.

WARM-UP: Do 10 lunges in place and skip 1 lap and gallop 1 lap

MAIN EVENT

20 MINS.

Clean Your Room

Divide the children into two equal teams. One team will be on the side of the playing area and the other team is on the other. They cannot cross onto the other team's side. Spread all of the objects (Trash) around the playing area on both teams' sides. Explain that each team needs to clean their side (their room) of as much trash as they can. When the instructor says "Go," they can kick or underhand throw all of the trash from their side to the other teams side. After about 5 minutes count down from 10 and then say freeze. Have each side count what is on their side. The team with the least amount of trash wins.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



WEEK TEN





Y KIDS ARE FIT WEEK TEN

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
TEACH CHILDREN TO LAND
WARM-UP LEAPS SOFTLY

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

HOP: Short bouncing motion with both feet off the ground

SKIP: Legs move in step-hop motion landing on ball of foot

LEAP: Take off from one foot and land on the opposite foot. While in the air, extend arms, legs and toes

WARM-UP: Alternate hop, skip and leap around the playing area two times

MAIN EVENT

20 MINS.

Run Rabbit Run

Instructions

Scatter poly-spots around play area. Scatter beanbags around play area. Place hula-hoops together in an area at the end of the play area. Arrange the children into two groups, one consisting of about $\frac{3}{4}$ of the children, the second with the remaining $\frac{1}{4}$. The large group is the Rabbit family, whose homes are the hula hoops. Have the Rabbit family stand in their homes. The small group is the Fox Family, whose homes are the woods (remaining playing space). Have the Fox family stand scattered in the woods. The poly-spots, which are scattered throughout the woods, are rabbit holes. Only rabbits can go in the rabbit holes. The beanbags, also scattered throughout the woods, are Rabbit food. Inform the Rabbit family that they must leave their homes to go into the woods and find food. However, they must hop through the woods! No walking and running! The Fox family must chase them back to their homes or holes in the woods, tagging as many as possible. However, foxes must crawl on hands and feet! No walking and running! If a rabbit "hides" in a hole, he/she must perform eight (8) jumping jacks and then immediately exit for the woods. No more time in the hole is allowed. If a rabbit finds food, he/she must immediately bring it home. If tagged by a fox, the food must remain where it is and the rabbit then becomes a fox. If food is successfully brought home, the rabbit must do ten (10) celebratory jumping jacks prior to returning to the woods. If a fox successfully tags a rabbit, he/she must also do ten (10) celebratory jumping jacks. Run Rabbit Run continues until all rabbits are foxes. For the next round, choose new rabbits and foxes to begin the game. All children should have the opportunity to be a rabbit and a fox. Continue as necessary. During each round, pretend that you are either a rabbit or a fox too! Remember to be fair! The idea is for you to be involved, doing the exercises, and having fun with the kids. You are a leader, not a player. Be sure to keep the activity controlled, safe, and most of all... FUN!

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TEN

EQUIPMENT LIST:
4 HULA HOOPS
16 DODGEBALLS OR
DODGEBALL SUPPLEMENTS

SUGGESTION :
TEACH CHILDREN HOW TO
CHECK HEART RATE

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS. 

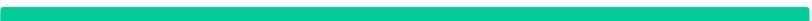
HOP: Short bouncing motion with both feet off the ground

SKIP: Legs move in step-hop motion landing on ball of foot

LEAP: Take off from one foot and land on the opposite foot. While in the air, extend arms, legs and toes

WARM-UP: Alternate hop, skip and leap around the playing area two times

MAIN EVENT

20 MINS. 

Scrambled Eggs

Arrange children in a scattered formation.

When the Fitness Activity Leader calls out, "Scramble!" the children pretend that they are eggs in a frying pan (jumping, sizzling, wiggling, etc). Prior to each "Scrambling", select one child to choose an ingredient to add to the eggs. The chosen ingredient will be the signal to stop. For example, let's say 'broccoli' is chosen (encourage children to choose healthy ingredients), when the Fitness Activity Leader calls out, "Scramble!" the children pretend they are eggs frying in a pan until the Leader calls out, "Broccoli!" At this time the children must stop moving. With each new "scrambling", select a new child and a new ingredient.

Adaptations:

With each new "scrambling", add a prop with which the children must interact. For example, provide each child with a hula-hoop. Or, inflate several balloons and instruct the children to keep them afloat while scrambling.

Challenge the children to scramble on one leg or while on hands and feet. Challenge them to recall all the preceding ingredients before stopping with the new one.

They can pretend to be stirring each time they are stopped.

They can categorize all the preceding ingredients by food groups prior to stopping with the new one.

COOL-DOWN

5 MINS. 

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TEN

EQUIPMENT LIST:

SOCCER BALL OR KICK BALL
FULL COURT BASKETBALL GYM
DESIGNATED GOALS (CAN USE
BASKETBALL KEY)

SUGGESTION :

PAUSE MAIN EVENT AFTER 5
MIN TO DISCUSS TEAM
STRATEGIES

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

HOP: Short bouncing motion with both feet off the ground

SKIP: Legs move in step-hop motion landing on ball of foot

LEAP: Take off from one foot and land on the opposite foot. While in the air, extend arms, legs and toes

WARM-UP: Alternate hop, skip and leap around the playing area two times

MAIN EVENT

20 MINS.

Simon's Fitness Train

Arrange children in a single file line.

When the Fitness Activity Leader calls out, "Simon says, skip behind the leader!" the child at the head of the line begins skipping and leading the train around the activity area. The children in line follow the same command. When the Fitness Activity Leader calls out, "Simon says, Jumping Jacks!" all the children in line must stop in place and perform jumping jacks. As it is with any game of Simon Says, the only acceptable way to stop the jumping jacks is by following a new command, like "Simon says, hop behind the leader!"

Of course, switch it up, calling out commands with and without Simon Says preceding.

If a mistake is made, by anyone in the train, the leader moves around to the end creating a new train leader.

Use as many callisthenic exercises and locomotor movements as necessary throughout the game.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TEN

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
DURING WARM UP, TEACH
CHILDREN TO LAND SOFTLY ON
LEAPS

**RPE for Warm-Up (Relative
Perceived Exertion)**
1-3

**RPE for Main Event (Relative
Perceived Exertion)**
4-7

**RPE for Cool-Down (Relative
Perceived Exertion)**
1-2

WARM-UP

5 MINS.

HOP: Short bouncing motion with both feet off the ground

SKIP: Legs move in step-hop motion landing on ball of foot

LEAP: Take off from one foot and land on the opposite foot. While in the air, extend arms, legs and toes

WARM-UP: Alternate hop, skip and leap around the playing area two times

MAIN EVENT

20 MINS.

Thinning The Ranks

Arrange children in a scattered formation throughout the playing area.

Also within the playing area, place several hula-hoops. Children are to stand outside of the hula-hoops. On the Fitness Activity Leaders signal (or music), all of the children are to perform a locomotor movement, like jump roping, jog-on-the-spots, etc. When the Fitness Activity Leader signals to stop (or ends music), the children are to quickly find a hula-hoop and stand in it, balancing only on one leg. More than one child is allowed in a hoop at any given time. After 30-seconds of balancing, the Fitness Leader signals to begin again, using the same or a different locomotor movement. During this time, the Leader removes 2 –3 hula-hoops and soon signals the children to stop. Again, the children move quickly to the nearest hula-hoop and balance on one leg with in it. Eventually, the children will be challenged to fit everyone within the remaining hoops, or hoop. Encourage teamwork by suggesting to the children ways to make the arrangements successful.

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX



Y KIDS ARE FIT WEEK TEN

EQUIPMENT LIST:
MUSIC (OPTIONAL)

SUGGESTION :
HAVE CHILDREN ASSESS THEIR
RPE BEFORE AND AFTER EACH
ACTIVITY

RPE for Warm-Up (Relative
Perceived Exertion)
1-3

RPE for Main Event (Relative
Perceived Exertion)
4-7

RPE for Cool-Down (Relative
Perceived Exertion)
1-2

WARM-UP

5 MINS.

HOP: Short bouncing motion with both feet off the ground

SKIP: Legs move in step-hop motion landing on ball of foot

LEAP: Take off from one foot and land on the opposite foot. While in the air, extend arms, legs and toes

WARM-UP: Alternate hop, skip and leap around the playing area two times

MAIN EVENT

20 MINS.

While E. Coyote's Revenge

Arrange children in a single file line.

The child at the head of the line is the designated "Road Runner". The child at the end of the line is the designated "Wile E. Coyote". The children in between follow the Road Runner. The game starts with the Road Runner calling out "Beep, beep!" at which time he/she begins to jog around the defined playing area. All the children, including the Coyote, follow suit, being careful not to pass each other or fall behind.

After a short while, the Road Runner calls out "Wile E. Coyote!" and all run faster, still following the leader. The Coyote must now run ahead of the other children and tag the Road Runner. When the Coyote finally tags the Road Runner the game resumes with a slow jog. The Road Runner becomes the new Coyote at the end of the line. The original Coyote also returns to the end of the line, however, is placed just ahead of the new Coyote. Continue until all children have been the either the Coyote or the Road Runner

COOL-DOWN

5 MINS.

PICK A BREATHING EXERCISE IN THE APPENDIX

PICK TWO YOGA POSES OR THREE STRETCHING ROUTINES IN THE APPENDIX

APPENDIX

COOL-DOWN OVERVIEW

PART 1

BREATHING EXERCISES AND YOGA POSES



COOL-DOWN OVERVIEW PART 1

COOL-DOWN PART 1

Breathing Exercises

Overview

Breathing exercises help make use of the entire lung and keep the chest muscles active. They allow for more oxygen with each breath and to breathe with less effort. Breathing exercises can also reduce symptoms caused by anxiety and stress and can improve performance during physical activity. Learning to control breath rate is a big benefit.

This section focus on three types of breathing exercises:

- Pursed Lip Breathing
- Deep Breathing
- Diaphragm Breathing

During the breathing exercises, it is important not to use your neck or shoulder muscles. Generally, ten breath cycles per session is adequate.

Yoga Poses and Routines

Overview

Each Balance Routine is numbered to assist referencing. When a routine is used, be sure to record the reference number and exercises on the lesson plan. Additionally, record the number of rotations, or sets, and the time under tension performed for the exercises within the routine.

The time spent during the Yoga Poses can vary, however, be sure that at least five minutes is spent performing this cool-down activity.

The performance of Yoga Poses, which engage the whole mind and body, have the ability to improve balance, memory, and concentration. Additional benefits are as follows:

- Improves circulation
- Improves digestion and respiration
- Increases blood to the brain
- Strengthens the nerves
- Promotes health of all joints
- Builds overall strength, flexibility
- Corrects postural imbalance
- Teaches the skill of relaxation
- Uplifts depression, brooding, and melancholy
- Improves self esteem
- Facilitates self-control
- Builds self-confidence

Allow participants to partake in the routines in the manner they feel most comfortable and yet within the framework of safety and reason. It is recommended the Fitness Activity Leader demonstrate the postures prior to instructing participants. Move throughout the group of participants and coach each individual if possible.



APPENDIX

**BREATHING
EXERCISES**



BREATHING EXERCISES APPENDIX

BREATHING EXERCISES

A. Pierced Lip Breathing

Cues:

Breathe in slowly through your nose for 1 to 2 seconds.

Purse your lips as if you were going to whistle. Breathe out gently through pursed lips twice as slowly as you inhaled. Let the air escape naturally and don't force the air out of your lungs. Continue as necessary or for ten cycles.

B. Deep Breathing

Cues:

Sit or stand, pull your elbows back firmly, and inhale deeply.

Hold your breath for about 5 counts.

Exhale slowly and completely.

Continue as necessary or for ten cycles.

C. Diaphragm Breathing

Cues:

Lie on your back with your knees bent.

Place your fingers on your belly just below your ribcage.

Inhale deeply for a count of 3 (your belly and lower ribs should rise while your chest remains fairly still)

Exhale for a count of 6 (puckering your lips can help you exhale slowly)

Continue as necessary or for ten cycles.



APPENDIX

YOGA POSES



YOGA POSES APPENDIX (PICTURES ON PAGES 103-105)

YOGA POSES

A. Warrior III

Cues: Step one foot forward and shift all of your weight onto this leg. Inhale, lift the arms over your head, and interlace the fingers, pointing the index finger up. As you exhale, lift the left leg up and out, hinging at the hips to lower the arms and torso down towards the floor. Look down at the floor and stare at a point for balance. Reach out through the toes and the crown and fingers making one straight line. Breathe and hold for 2-6 breaths. Repeat on other side.

B. Tree

Cues: Bend one knee shifting all the weight into the other leg. Turn the bent knee to the wall resting the heel against the straight leg. Look down at the floor and stare at one point. Slowly slide the foot up the straight leg, only as high up as you can maintain your balance. When you are balanced here, slowly bring the palms together to prayer position in front of the heart. The shoulders are down and back and the chest is pressing forward. Breathe and hold for 4-8 breaths.

C. Bound Angle

Cues: From a seated position, bring the bottoms of the feet together in towards the hips with the knees bent out to the sides. Interlace the fingers around the toes; use the arms to drop the shoulders down and back and to press the chest forward. Inhale and slowly lean back to lift the feet an inch or two off of the floor. Slowly lift the feet up to the level of the heart. Press the bottoms of the feet together and kick the feet into the arms, pull the feet towards the chest, and press the chest towards the feet. Stare at the big toes for balance. Breathe and hold for 2-6 breaths. (Prayer hand position shown at left)

... Repeat up to 2 more times

D. Dancer

Cues: Bend one knee, bringing all your weight into the other leg. Stare at a point on the floor for balance. Slowly inhale and lift the bent leg up while holding the foot or ankle. Inhale the free hand up towards the ceiling. As you exhale, kick the foot into the arm, allowing the leg and foot to lift up towards the ceiling. As the leg lifts up, hinge at the hips and with a straight back lower the arm and torso down towards the floor. Keep the hips parallel to the floor. Breathe deeply and hold for 2-4 breaths. Repeat on other side.

E. Eagle

Cues: With both arms raised, exhale and wrap the left arm under the right, bend the elbows and bring the palms together with the thumbs crossed. Gently pull the elbows down, working on bringing the fingertips below the level of the nose. Exhale and bend both knees. Shift your weight to the right foot. Inhale and lift the left up, crossing it over the right knee and wrapping it around the right leg. Bring the left toes behind the right ankle. Keep the knees and elbows in line under the nose. Press the shoulders back to keep from leaning forward. Breathe and hold for 2-6 breaths.

YOGA POSES APPENDIX

YOGA POSES

F. Boat

Cues: Bend the knees, bringing the feet flat to the floor with the legs together. Interlace the fingers around the knees. Press down through the hips and up through the crown to lengthen the spine. Use the arms to drop the shoulders down and back and to press the chest forward. Release the arms forward, parallel to the floor with the palms facing down. Slowly inhale and lean back lifting the heels and inch or two off of the floor. Keep the chest open and the shoulders down and back. Slowly begin to straighten the legs, kicking out through the heels, lifting the legs up as high as comfortable. Keep the chest open and the shoulders down and back. Breathe and hold for 2-6 breaths.

... Repeat up to 2 more times

J. Half Moon

Cues: From a standing position, interlace the fingers, pointing the index finger up over the head, press the feet into the floor and reach the fingers and crown up while relaxing the shoulders down and back. Exhale and press the hips forward, arching the spine back. Keep the feet grounded and the legs and buttocks engaged. Reach up and out through the fingers and crown. Breathe and hold for 2-6 breaths.

K. Bear

Cues: From a seated position, hold on to each foot with each hand. Inhale and lean backwards to lift both heels an inch or two off of the floor. Stare at a point on the floor for balance, keep the shoulders down and back with the chest pressing forward and up towards the ceiling. Slowly inhale and kick the legs into the arms, straightening the legs and lifting them up and out towards the corners of the room. Breathe and hold for 2-6 breaths.

L. Side Plank

Cues: From push-up position, bring the right palm to center on the floor. Bring the outside of the right foot on the floor in line with the palm. Stack the left foot on top of the right, with the inner edges of the feet in contact. Press the right hand down into the floor and lift the hips making the legs and torso one straight line. When you feel balanced, lift the left hand up towards the ceiling, making the arms one straight line. Scissor the legs for additional stability if needed. Look straight ahead, with the chin off the chest. Breathe and hold for 2-5 breaths. Repeat on other side.

... Repeat up to 2 more times

G. Head to knee

Cues: Shift your weight to one foot and slowly bend and lift the other knee in towards the chest, interlacing the fingers below the kneecap. Stare at one point on the floor or the wall to maintain balance. Move the fingers from the knee to the left foot, pulling the leg in towards the torso. Slowly extend the left leg out, kicking the foot into the arms. Keep the shoulders down and back and the chest open. Round the spine, pressing the forehead to the left leg. Let your gaze shift to the kneecap or the floor. Breathe and hold for 2-4 breaths.

Repeat on other side.

YOGA POSES APPENDIX

YOGA POSES

H. Prayer

Cues: Move in to a squat position, pressing the hips down towards the heels. Walk the feet a little further apart until the torso is not resting against the thighs. The feet can either be flat to the floor or the toes can remain tucked under. Slowly bring the palms together in front of the heart with the elbows pressing against the knees. Use the arms to press the knees apart, deepening the stretch in the hips. Stare at one point on the floor for balance. Roll the shoulders down and back and press the chest towards the thumbs. Breathe and hold for 4-8 breaths.

I. Table

Cues: From hands and knees, inhale the right leg up parallel to the floor, reaching the toes towards the back wall. Staring at a point between the palms, slowly inhale the left arm up parallel to the floor, reaching the fingers towards the front wall. Breathe and hold for 3-6 breaths. Repeat on other side

... Repeat up to 2 more times

M. Triangle

Cues: From a lunge position with the left foot forward, inhale and step forward into the left foot, straightening the left leg.

Straighten the right leg up parallel to the floor. Staring at a point on the floor, place the left palm directly under the left shoulder and carefully bring the right hand to the right hip. Roll the right hip up and back so the hips face the sidewall. Inhale the right fingertips up towards the ceiling. Turn the head to face the sidewall. Work on turning the whole torso to face the sidewall. Breathe and hold for 3-5 breaths. Repeat on other side.

N. Downward Dog

Cues: From hands and knees, tuck the toes under and lift the hips up towards the ceiling. Place palms shoulder width apart, pressing into the floor. Using straight arms, press the hips up and back. Keep the spine straight and long. The feet are hip's width apart with the toes facing forward. Press the heels into the floor while keeping legs straight or you can have a small bend at the knees to keep the back flat. Let the head and neck hang freely from the shoulders or look up at the belly button. Breathe and hold for 2-6 breaths.

O. Boat

Cues: Bend the knees, bringing the feet flat to the floor with the legs together. Interlace the fingers around the knees. Press down through the hips and up through the crown to lengthen the spine. Use the arms to drop the shoulders down and back and to press the chest forward. Release the arms forward, parallel to the floor with the palms facing down. Slowly inhale and lean back lifting the heels and inch or two off of the floor. Keep the chest open and the shoulders down and back. Slowly begin to straighten the legs, kicking out through the heels, lifting the legs up as high as comfortable. Keep the chest open and the shoulders down and back. Breathe and hold for 2-6 breaths.

... Repeat up to 2 more times

YOGA POSES APPENDIX

YOGA POSES

P. Half Moon Twist

Cues: From a lunge position, with the right leg forward, place left palm on the floor. Inhale and lift the left leg up, straightening both legs, bringing the left leg parallel to the floor. Stare at a point on the floor for balance. Slowly inhale and lift the left hand up to the left hip. Roll the left hip up towards the ceiling, turning the hips towards the sidewall. Slowly inhale and reach the left hand up towards the ceiling. Slowly turn and look at the sidewall, staring a one point. Breathe and hold for 3-6 breaths. Repeat on other side.

Q. Half Lotus Forward Fold

Cues: From standing position, shift your weight to the right foot and slowly bring the left foot above the thigh with knee bent to side. Reach the left arm around your back. Keep the shoulders down, the chest open and the hips and chest facing forward. Inhale the right arm up towards the ceiling. Let your gaze drop towards the floor, staring at one point for balance. Exhale and slowly fold forward, bringing the right palm or fingers to the floor. Keep the standing leg straight; press the bent knee towards the back wall. Gently pull your forehead closer to your right leg. Breathe and hold for 2-6 breaths.

R. Hand To Toe

Cues: From standing position, slightly bend the right knee shifting your weight to the left foot. Stare at a point on the floor or in front of you for balance. Inhale and lift the right foot up, interlace the right middle and index finger around the right big toe. Bring your left hand on the left hip. Roll the shoulders down and back and press the chest open. Slowly inhale and begin to straighten the right leg out in front of you, towards the front wall. Press out through the heel, gently pull back on the toe and press the right shoulder blade towards the back wall. Breathe and hold for 3-6 breaths, keeping your gaze locked onto one point. Repeat on other side.

... Repeat up to 2 more times

APPENDIX

COOL-DOWN OVERVIEW

PART 2

STRETCHING ROUTINES



COOL-DOWN OVERVIEW PART 2

COOL-DOWN PART 2

Stretching

Conditions

The Stretching component of the daily lesson should be included at the end of the cool-down. It is advised that stretching exercises be performed only at this time and not prior to any of the activities.

Range of movement is critical to good performance; a lack of it can contribute to improper biomechanics, overuse injuries and fatigue. The repetitive action of many exercise activities can easily create a muscular imbalance if stretching is not included as an integral part of the routine.

Objective

The stretching exercises are intended to offset potential problems and contribute to improved performance by increasing the range of movement within each joint. Additionally, stretching can promote muscular relaxation and postural awareness while returning muscles to pre-exercise length.

Guidelines

Before implementing the stretching routines in your lessons, make certain to have learned how to perform and demonstrate each of the exercises. Additionally, review the Time Under Tension; Tempo Schematic, the Routine Rotation Schematic, and The Leader's Technique, and Using The Lesson Plans to ensure a full command of the subject. Never stretch a cold muscle and only stretch to a position of mild tension, never pain. The stretching component should last for about 5 minutes. Each stretch is to be static, or in other words, performed slowly, with control, and held as still as possible.

Stretching Routines

Overview

Each Stretching Routine is numbered to assist referencing. When a routine is used, be sure to record the reference number and the stretches on the lesson plan. Additionally, record the number of rotations, or sets, and the time under tension performed for the exercises within the routine. Refer to the Routine Rotation and Time Under Tension Tempo Schematics when planning the daily lesson.

Stretching Routines

The time spent during the Callisthenic Routines can vary; however, allot about five minutes for this component. Remember the importance of control during the performance of the stretching exercises. Allow participants to partake in the routines in the manner they feel most comfortable and yet within the framework of safety and reason. It is recommended the Fitness Activity Leader demonstrate the stretches prior to instructing participants. Move throughout the group of participants and coach each individual if possible.



APPENDIX

**STRETCHING
ROUTINES**



STRETCHING ROUTINES APPENDIX (PICTURES ON PAGES 106 AND 107)

STRETCHING ROUTINES

A. Big Hug

Cues: While standing, take each hand and grab as far around to the back of the opposite shoulder as you can. You should now look like you are giving yourself a big hug! Tuck your chin in towards your chest and crunch your stomach muscles. Be sure to breath freely through the stretch.

B. Big Fish

Cues: Open your arms as wide as you can, as if you were saying "I caught a fish this big!" Be sure to pull your arms way behind your body by squeezing the muscles between your shoulder blades. If you are doing this stretch correctly, you will feel the stretch across your chest and bicep muscles.

C. Toe Jam

Cues: Sit on the floor with your legs straight out in front of you. Keeping your knees extended, reach as far towards your toes as you can. With your hands, see how far down on your legs you can touch without it hurting! Remember not to bounce.

G. Booboo On My Elbow

Cues: Take one arm across your chest while the hand of the opposite arm gently pulls it further across and into your body. It should look like you are trying to get a better look your elbow! Repeat on the next side.

H. Tree Top

Cues: With one arm, reach far over your head and gently over to the opposite side of your body. It's as if the wind were blowing at your treetop, making your trunk curve to the side. If you are doing this one correctly, you should feel the stretch along the side of your body. Repeat this stretch in the other windward direction.

I. Butterfly

Cues: Sitting down with legs extended, draw both feet in towards your buttocks. Using your forearms and elbows, gently push downward on your legs. It should look as if you created butterfly wings! However, there will be no flying here today, so hold those wings down! If you are doing this one right you should feel a stretch on the inner thigh area of both legs.

... Repeat up to 2 more times

D. Up, Up & Away

Cues: Reach both arms straight over your head like you are trying to fly off of the ground! Not flying? Reach further towards the sky! Come on! R-E-A-C-H-I!

E. Shrunken Y-Kid

Cues: While standing with your feet shoulder width apart, squat all the way down until you are sitting on your heels. Open your knees a bit so as to let your upper body fit between them. Reach both arms forward and as far away from your body as you can. Try tucking your chin and letting your bottom drop toward your feet.

F. Pizza Pie

Cues: Extend your legs out in front of you and separate them so as to create a pie shape. Using your hands, reach towards the middle. From that point, move towards one foot, hold, and then move across to the other foot. Go slow



APPENDIX

TESTING

PROCEDURES



PHYSICAL FITNESS TESTING

Fitness testing has long been considered an essential element of any physical activity program, including those for youth. Testing establishes a baseline from which participants can set goals and check progress. It also helps young people gain a better understanding of the components of fitness.

Fitness Tests are as follows:

TEST 1: SHUTTLE RUN

Procedures:

1. Child should perform a short warm-up activity prior to this test.
2. Mark two parallel lines 30-feet apart.
3. Place 2 sandbags, or a similar object, behind one of the lines.
4. Child starts behind opposite line.
5. Using a stopwatch, the Fitness Leader should begin the test by saying, "Ready?" "Go!"
6. On "Go!" the child should run to opposite line, pick up the object and run back to starting line.
7. Child should cross the line and place object down.
8. Child should run back and pick up 2nd object and run back, again, to starting line.
9. Stopwatch is turned off when child completely crosses the starting line.
10. Record number of seconds to complete run.

Helpful Tips:

Student must completely cross the line each time.
Blocks should not be thrown.
Scores are recorded to the nearest tenth.

TEST 2: CURL-UPS

Pre-test Procedures:

1. Child should have performed the shuttle run prior to this test.
2. Tape is placed on the floor extending the length of 40-inches.
3. Child should lie-down on his/her back and across (perpendicular) the strip of tape.
4. Child should assume a hook-lying position, keeping the knees bent at a 90° angle.
5. Child's hands should face palm-down with fingertips touching the strip of tape.

Test Procedures:

6. In the performance of a curl-up, there is an initial "flattening out" of the low-back region followed by a "curling-up" of the upper spine. The child's fingertips should slide along the floor and over the strip of tape.
7. This curl-up is followed by a return to the starting position until the back of the child's head touches the fitness Leader's hand.
8. Using a stopwatch, the Fitness Leader should begin the 1-minute test by saying, "Go".
9. At "Go", the test begins with the child performing as many curl-up as possible within the 1-minute allotment.
10. The "score" is the total number of curl-ups completed within 1-minute.

Helpful Tips:

Child should exhale on the curl-up and inhale on the return.

Fitness Leader should ensure that the knees of the child stay hooked at 90°, however, the child's feet should not be pressed down.

Child should breathe normally during the test and should not hold his/her breath at any time.

Fitness Leader's hand should always remain at the point on the floor that the child's head will make contact with. This is to prevent any injury do to contact.

TEST 3: SIT N' REACH

Pre-test Procedures:

1. Child should have performed the curl-up prior to this test.
2. It is also recommended that the child refrain from fast, jerky movements, which may increase the possibility of injury.
3. The child's shoes should be removed, however, socks may remain on.
4. Tape is placed on the floor extending the length of 30 inches. Beginning at exactly half the distance of the tape (15"), mark the measurements in ½-inch increments toward the end of the tapeline. Repeat this process again, starting at the mid-point, but marking the ½-inch increments in the opposite direction. You should now have a length of tape that reads 15" – 0" (negative #'s) and 0" – 15" (positive #'s). Place one piece of tape at a right angle at the 0-inch mark.
5. Child sits with the tape between the legs and with the heels of the feet touching the edge of the 0-inch tapeline. Feet should not extend beyond the 0-inch mark, and conversely, should not fall behind it. Feet are to be 10-12 inches apart.

Test Procedures:

6. Child should slowly reach forward with both hands as far as possible on the tapeline, holding this position momentarily. Be sure child holds the hands parallel and does not lead with one hand. Fingertips can be overlapped and should be in contact with the measuring tape.
7. The "score" is the most distant point reached on the tapeline with the fingertips. The best of three trials should be recorded.

Helpful Tips:

Child should exhale and drop the head between arms when reaching.

Fitness Leader should ensure that the knees of the child stay fully extended: however, the participant's knees should not be pressed down.

Child should breathe normally during the test and should not hold his/her breath at any time.

APPENDIX

YOGA AND STRETCHING PICTURES



A. WARRIOR III



D. DANCER



B. TREE



E. EAGLE



C. BOUND ANGLE



F. BOAT



G. HEAD TO KNEE



J. HALF MOON



H. PRAYER



K. BEAR



I. TABLE



L. SIDE PLANK



M. TRIANGLE



P. HALF MOON TWIST



N. DOWNWARD DOG



Q. HALF LOTUS FORWARD FOLD



O. BOAT



R. HAND TO TOE



A. BIG HUG



D. UP, UP & AWAY



B. BIG FISH



E. SHRUNKEN Y-KID



C. TOE JAM



F. PIZZA PIE



G. BOOBOO ON MY ELBOW



H. TREE TOP



I. BUTTERFLY



RESOURCES



Resources

PE Central
Activities
www.pecentral.org

Ohio Kids on the Move: Physical Activity Guidelines for Afterschool Programs
RPE Model
www.ohioafterschoolnetwork.org