

Active
KIDS + MINDS®
**FUNCTIONAL
FITNESS**
USA EDITION 2026/2027

**Built to Help Schools Prepare for The
Presidential Fitness Test**

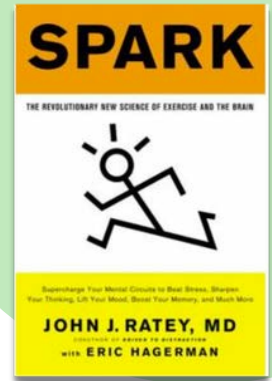
**12 Weeks of Fitness, Confidence & Fun
Concluding with the Ultimate Team Race**

FALL 2026 PILOT



A Note from Dr. John Ratey

SPARK



Exercise for kids is first and foremost about playing and having fun. It helps them develop physically (keeps them from being obese and diabetic), emotionally (decreases anxiety, bad behavior and poor mood) and is necessary for proper brain development (makes them smarter, more motivated, and helps their brains grow properly). Physically the goals for children are to develop endurance, strength and flexibility.

Emotionally play and vigorous activity will help them more easily deal with stress, provides better attention span, helps to fit in with their peers, as well as be more resilient. There is not one specific activity that is best for children but instead kids should engage in all exercise that demands endurance, strength, flexibility and is fun as well as goal oriented (competition with oneself and others). Thus, the Active Kids Functional Fitness Curriculum demands endurance, strength and flexibility in each and every lesson plan.

Getting children engaged in an array of sports and activities early on in life has the most beneficial effect to help keep children active throughout their life. I have been a strong supporter and advocate of the Active Kids program since its inception in 2009. I am proud of and encouraged by those who are taking matters into their own hands and bringing a much needed and evidence-based program to those who need it most- our children. By bringing Active Kids to your school or non-profit organization, you are a part of something much bigger than yourself. You are working towards solving a global physical inactivity crisis. Together, we can reverse this trend and change the trajectory of our youth, one child at a time.

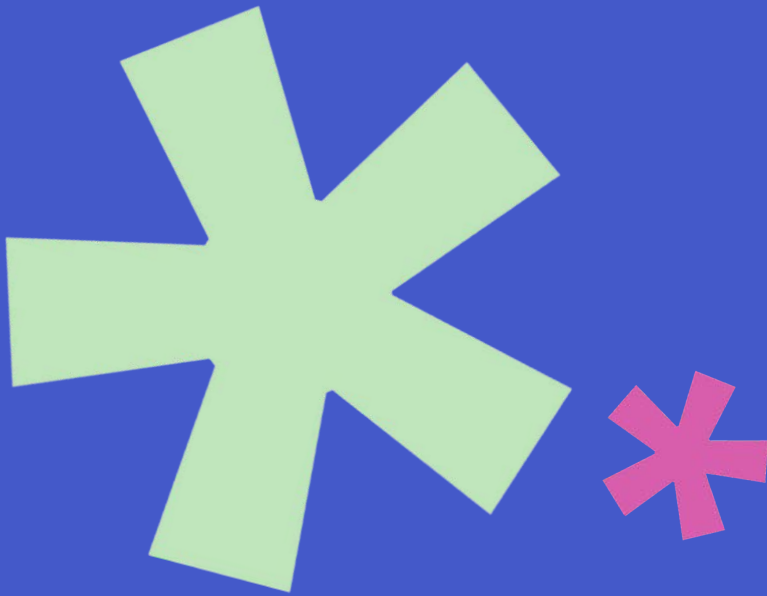


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Alignment with State Standards	

SESSION 2 LESSON PLANS (GO TO NEXT RESOURCE FOR ANOTHER 12 WEEKS)	
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Lesson Plans

The Active Kids and Minds lesson plans are designed so that all participants are continuously moving with moderate to vigorous intensity for at least 20 to 30 minutes during class. Try to keep kids in constant motion starting from the warm-up until the end of class game, whenever possible. Active Kids and Minds lesson plans have the following components:

01

DROP OFF/SET UP (5-10 MINUTES)

Participants are greeted by an Active Kids and Minds trainer who takes attendance and may distribute a colored wrist band, washable marking or sticker to divide the class into teams. Kids can enjoy free play with friends and socializing before class starts. Other trainers are working to set up the space for class.

02

MEETING (2 MINUTES)

Set the standard for how Active Kids and Minds will run for the session. Review the appropriate Active Kids and Minds behavior and safety and announce the Active Kid of the Week. Briefly introduce the Skill of the Week and why it is important. Finally, review the Class Agenda and finish with the Active Kids cheer!

03

WARM UP (5-10 MINUTES)

The kids will do an active warm up at with a moderate level of exertion. It is very important that the kids get a good warm up since we want them to be constantly moving for the next 20 minutes.

04

SKILL OF THE WEEK (10 MINUTES)

Every week all Active Kids and Minds participants practice a skill of the week. The first day, they are introduced to the skill and shown the proper form. In the subsequent days of the week, the skill can be practiced through stations, relay challenges and obstacle courses.

05

RUNNING AND/OR RUNNING-RELATED ACTIVITY (10 MINUTES)

We strongly encourage the kids to run during every class. We encourage you to run outside even in the winter.

06

GAME (5-10 MINUTES)

This can be a team or individual game. Trainers and volunteers should promote sportsmanship, encourage the kids to try their hardest, and have fun.

07

COOL DOWN, NUTRITION BIT, WRAP UP/TRANSITION (3-5 MINUTES)

A trainer leads the kids in a cool down stretch with some deep breaths. The lead trainer delivers an interactive discussion about the nutrition tip of the week. Kids collect their belongings and transition to class or school breakfast, as applicable. We suggest dismissing kids by grade: youngest first, oldest last.

The New U.S. Presidential Fitness Test (2026)

INTRODUCTION

In July 2025, President Donald Trump signed an executive order to bring back the Presidential Fitness Test in U.S. schools. The goal is to encourage physical fitness, healthy habits, and athletic achievement among students.

OBJECTIVES

- 01 Reintroduces physical fitness testing in schools
- 02 Measures strength, endurance, and cardiovascular fitness
- 03 All students participating will receive an award

TYPICAL TEST EVENTS

(expected to follow the traditional format)

- Core: curl-ups or plank
- Cardio: one-mile run or 20-meter beep test
- Upper body: right-angle push-ups or pull-ups

HIT YOUR FITNESS TARGETS
Pick out what you need to earn the Presidential Physical Fitness Award.

ABOUT THE TEST
The Presidential Fitness Test provides students with clear, age-appropriate benchmarks that encourage them to build strength, endurance, and healthy habits while striving for personal improvement. The standards below are based on a combination of historical fitness benchmarks and additional fitness data, creating meaningful goals that are both challenging and achievable. Two levels of achievement—**Presidential** and **National**—recognize students who meet established fitness benchmarks, while all students who complete the test may receive a **Certificate of Participation**. Together, these recognition levels encourage students to set goals, track progress, and celebrate their accomplishments.

PICK YOUR AWARD LEVEL

PRESIDENTIAL (TOP 10%) **NATIONAL** (90% TO 99% OF STUDENTS)

PICK YOUR GROUP

BOYS **GIRLS**

PICK YOUR AGE

6	7	8	9	10	11
12	13	14	15	16	17+

SHOWING PRESIDENTIAL TARGETS FOR BOYS, AGE 10 **E-10**

01 CORE STRENGTH
PICK ONE ... SET IT

45 IN 1 MINUTE	119 REPS/HOLD
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02 CARDIO
PICK ONE ... SET IT

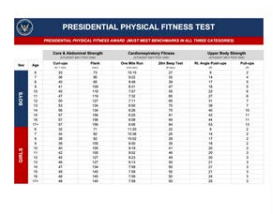
7:57 MINUTES : SECONDS	55 LAPS COMPLETED
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03 UPPER BODY
PICK ONE ... SET IT

22 TOTAL REPS	6 TOTAL REPS
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EARN THE PRESIDENTIAL AWARD
Hit at least one target in every category and you'll earn the Presidential Physical Fitness Award. Your best — you've got this!
Every student who completes the test receives a Certificate of Participation.

[MORE INFO](#) →



12-Week Skill Calendar

PRESIDENTIAL FITNESS + FUNCTIONAL MOVEMENT PROGRAM

The underlying reason to learn any of these movements is to be able to use the strength developed in everyday life. This is called functional fitness.

WEEK	THEME	SKILL OF THE WEEK	FITNESS FOCUS	PFT PROGRESSION	REAL-LIFE CONNECTION
1	Welcome to Presidential Fitness	Running Form & Movement Skills	Cardiorespiratory Fitness	Learn proper running form and introduce the Presidential Fitness Test 	Running, playing and staying active every day
2	Build Your Core	Plank • 400m Personal Best #1	Core + Cardio	Establish Your Starting Point  	Every journey begins with one step
3	Core Power	Curl-Ups	Core Strength	Practice Core + Reinforce Upper Body  	Sit up, twist and move with confidence
4	Push Your Potential	Right-Angle Push-Up	Upper Body Strength	Build arm, shoulder and chest strength  	Push, climb & carry
5	Pull Your Potential	Pull-ups or Pull Up progression	Upper Body Strength	Build arm, shoulder and chest strength  	Upper body strength
6	Strong Legs	Squats	Lower Body Strength	Develop powerful legs for sports and daily life   	Sit, stand and lift safely
7	Step With Strength	Walking Lunges	Balance & Lower Body Strength	Improve stability and coordination   	Walk, climb stairs and hike
8	Jump Into Action	Jumping Skills	Power	Generate explosive movement   	Jump over obstacles
9	Run Strong	Pacing & Endurance	Cardiorespiratory Fitness	Prepare for the Mile Run/Pacer   	Build a healthy heart and lungs
10	Personal Best Measurement	Functional Fitness Circuit + 400m Personal Best #2	Total Body Fitness	Compare Week 2 vs Week 10   	Celebrate your improvement
11	Presidential Physical Fitness Challenge	Official Assessment	Personal Best	Complete the Presidential Physical Fitness Test   	Celebrate your achievement
12	Keep Moving	Celebration • Team Challenge • Goal Setting	Lifelong Physical Activity	Reflection & Future Goals	Stay active for life



Core Strength



Cardiorespiratory (Running)



Upper & Lower Body Strength

Skill Video Library - Summary of Skills

Learn every movement with step-by-step video demonstrations.

01

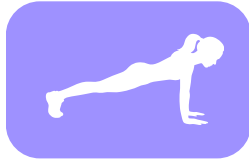
RUNNING SKILLS



Learn proper form, pacing breathing.

02

FRONT PLANK



Core engagement, body position, breathing, and progression tips.

03

CURL-UP



Proper technique, pacing, partner assistance, and scoring.

04

RIGHT-ANGLE PUSH-UPS



Proper body alignment, hand placement, depth, and common mistakes.

05

PULL-UP MODIFIED PULL-UP



Grip, body position, progressions, and modifications of all abilities.

06

SQUATS



Correct squat mechanics, functional movement, and teaching cues.

07

LUNGES



Reverse lunges, balance, posture, and movement quality.

08

JUMPING



Proper takeoff, soft landing, body control, and safe jumping technique.

09

400 METER METRIC



Pacing, running form, endurance, and tracking personal improvement.

10

BALANCE & COORDINATION



Balance, coordination, body control, and movement confidence.

11

FLEXIBILITY & STRETCHING



Sit and reach technique, safe stretching, and mobility exercises.

My Presidential Physical Fitness Passport

MY PERSONAL BEST JOURNEY

Name: _____ Grade: _____
Teacher: _____ School: _____

My Goal

I will do my best, encourage others, and celebrate my progress.

Week 2 - My 400m Personal Best

Time: _____

How did I feel? 😊 😐 😞

Week 10 - My New Personal Best

Time: _____

I improved by _____ seconds

🎉 Great job!

Presidential Physical Fitness Challenge

Core

Curl-Ups

Plank

Score: _____

Upper Body

Right-Angle Push-Ups

Pull-Ups

Score: _____

Cardiorespiratory

One Mile Run

PACER

Score: _____

My Reflection

The biggest improvement I made was: _____

I am most proud of: _____

One healthy habit I will continue: _____

My Personal Best

- ✓ I completed the 12-week program.
- ✓ I earned all twelve Personal Best Charms.
- ✓ I completed the Presidential Physical Fitness Challenge.
- ✓ I am ready for my next adventure.



My Presidential Physical Fitness

GROUP PROGRESS TRACKER

Pre-Test + Post-Test Progress Record

TRACK PROGRESS - NOT PERFECTION. Every participant is working toward their own Personal Best.

School / Program: _____

Grade / Team: _____

Coach / Teacher / Parent: _____

Start Date: _____

Post-Test Date: _____

Total Participants: _____

#	Participant	400m Pre/Post	1-Mile Pre/Post	Curl-Ups Pre/Post	Plank Pre/Post	Right-Angle Push-Ups Pre/Post	Pull-Ups Pre/Post	Personal Best
1								
2								
3								
4								
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25								

PFT OPTIONS: Core = Curl-Ups OR Plank | Upper Body = Right-Angle Push-Ups OR Pull-Ups

Group Progress Snapshot

Completed program: ____ / ____

Completed pre + post: ____ / ____

Personal Bests: ____ / ____

Avg. 400m improvement: _____ sec

Avg. 1-mile improvement: _____ sec

Active Kids & Minds Presidential Physical Fitness Recognition Package™

RECOGNIZING EFFORT

CELEBRATING GROWTH

INSPIRING LIFELONG MOVEMENT



The Active Kids & Minds Recognition Package celebrates every student's journey, not by comparing students to one another, but by recognizing participation, perseverance, improvement, and personal achievement.

Students earn a Personal Best Charm each week as they complete the program and work toward their own Personal Best.

WEEKLY PERSONAL BEST CHARM COLLECTION

WEEK	CHARM	RECOGNITION
1	First Step	Welcome to the journey
2	Running Shoe	400m Personal Best
3	Core Shield	Building a strong foundation
4	Flexed Arm	Upper Body Strength
5	Strong Legs	Functional Strength
6	Balance	Stability & Coordination
7	Lightning Bolt	Power & Agility
8	Healthy Heart	Endurance
9	Finish Line	Running Confidence
10	Personal Best Star	Celebrate Improvement
11	Presidential Challenge	Giving Your Best Effort
12	Graduate Medal	Program Complete



Students collect each charm on their Active Kids & Minds carabiner or backpack clip, creating a visible reminder of their accomplishments throughout the 12-week journey.

Meet the Fitness & Sport Mentors



Grace
Connolly

Grace Connolly is a full-circle example of the power of early movement. One of the original Active Kids (BOKS) participants, Grace grew up surrounded by a love of play, and sport. Her mom was one of the original BOKS trainers and a former Division I runner at the University of Connecticut, making running and physical activity a meaningful part of Grace's life from an early age.

That foundation helped fuel Grace's own running journey, eventually leading her to compete at the Division I level at Stanford University, where she recorded personal-best performances in the 5,000 meters while representing one of the nation's top collegiate programs.

Today, Grace's story brings the Active Kids & Minds mission full circle, showing how early access to movement, encouragement, and strong role models can help inspire a lifelong love of physical activity and achievement.

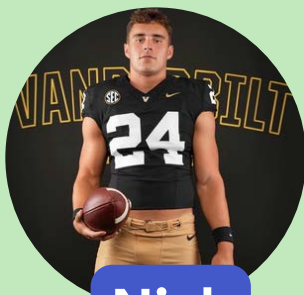
Emily Rubera is the owner of High Function Fitness in Woburn, Massachusetts, and a CrossFit and functional fitness coach at CompTrain New England. A lifelong multi-sport athlete, Emily grew up participating in rugby, football, soccer, basketball and cheerleading before discovering her passion for performance coaching in college.

After finding CrossFit in 2012, Emily immersed herself in functional fitness and ultimately opened her own gym. Today, she brings her experience as an athlete, gym owner, and coach to Active Kids & Minds, helping young people build strength, confidence and a lifelong love of movement through fun, approachable functional fitness.

Outside the gym, Emily is also a devoted dog lover and proud owner of two rescue dogs — another reflection of the energy, compassion and enthusiasm she brings to everything she does.



Emily
Rubera



Nick
Rinaldi

Nick Rinaldi is a standout linebacker and team captain for Vanderbilt University football, known for his work ethic, leadership, and impact both on and off the field. A Dover, Massachusetts native, Nick was one of the original Active Kids (BOKS) participants, where an early love of movement and sport was encouraged by his mom, Laura, one of the original BOKS trainers.

After joining Vanderbilt as a walk-on, Nick worked his way into becoming a key defensive contributor and earned SEC Football Scholar-Athlete of the Year honors, the first player in Vanderbilt program history to receive the award, while leading the Commodores in tackles and sacks during his breakout seasons.

Today, Nick brings that journey full circle with Active Kids & Minds, encouraging young people to work hard, believe in themselves, and discover the confidence and opportunities that can come from finding their own inner athlete.

Meet the Fitness & Sport Mentors



Marta

Saez

Marta Saez is a dedicated CrossFit coach with a passion for strength, movement, and community. She is a Level 2 CrossFit coach and leads CrossFit Kids and Teens programming at CrossFit Shapemiths in London and Barcelona. There, she helps young athletes build confidence, skills, and a strong foundation for lifelong fitness. Marta's coaching approach focuses on simple, sustainable strength training and empowering every athlete to find joy and progress through movement. Marta was a special education teacher for years.

Naomi Howell-Sivosh is a dedicated fitness coach blending her passion for movement with personalized training. She offers both online and in-person coaching through CrossFit Shapemiths, helping athletes and everyday clients reach their goals with intentional programming and supportive guidance. With a background that includes academic and professional experience in architecture and business development, Naomi brings creativity, structure, and community focus to everything she does.



Naomi

Howell Sivosh



Danica

Medeiros

Danica Medeiros is a shining example of growing up in a culture of movement and creativity. As an original Active Kids (BOKS) participant, Danica was immersed early in joyful, confidence-building physical activity, guided in part by her mom, Kimberley Medeiros, who served as Executive Director of BOKS Canada. Now a freshman in high school, Danica is an accomplished and competitive dancer, known for her talent, discipline, and expressive performance.

Owen Chase began his fitness journey in 4th grade, participating in the very first AK+M classes. He went on to compete for four years in Division I cross country and track, and has completed one marathon so far—with more planned. Driven by a lifelong passion for health and fitness, he now works in strategy at a healthcare company dedicated to improving overall community health.



Owen

Chase

Meet the Fitness & Sport Mentors



Denise
Thomas

Denise Thomas is currently a Coach Development Manager at CrossFit, LLC. She played professional soccer (Boston Renegades and Irish National Team) and holds a Master's in Exercise Physiology. She loves everything about fitness and sharing it with anyone and everyone willing to give it a try. Denise believes fitness can save lives and change the world.

Cameron Tullie is a 1st Lieutenant and Air Defense Officer in the United States Marine Corps and a powerful example of the long-term impact of early movement. As an original Active Kids (BOKS) participant, Cameron grew up immersed in sports and physical activity, competing across multiple sports throughout high school and college. His athletic drive extended into competitive CrossFit, where early in his high school career he ranked 1st in the country and in his age division. That foundation of discipline, resilience, and confidence continues to shape his leadership and performance today, both in uniform and beyond.



Cameron
Tullie



Conor
Murphy

Conor Murphy is a Boston Firefighter with a lifelong passion for fitness and service. His journey began playing football in high school and deepened when he enlisted in the United States Navy, where the physical demands of his role sparked a lasting interest in training and performance. After earning his first fitness certification in 2009, Conor turned that passion into a career and continues to build strength and resilience both on and off the job. He is currently a firefighter with the Boston Fire Department and is in the process of opening his own CrossFit gym in Charlestown. Fun fact: Conor has run the Boston Marathon twice in support of Active Kids (BOKS), with very little run training.

Meet the Fitness & Sport Mentors



Paige

Tullie

Paige Tullie grew up as an original Active Kid (BOKS), where her early love of movement and teamwork first took root. She continued that spirit of dedication and adventure at the University of Vermont, where she competed as a crew athlete. Passionate about the water, Paige also teaches scuba and rescue diving during summers in the Caribbean, sharing her skills and confidence with others. She currently works as an EMT in a local emergency room while attending nursing school at Northeastern University, blending her commitment to care, preparedness, and lifelong learning into both her work and her future in healthcare.

Nancy Ruggeri discovered her love of group fitness after taking her first CycleBar class in 2007 and instantly connecting with the energy and community of group fitness. Nancy began teaching at CycleBar in 2015 and is currently a RIDE instructor at B/Spoke studios and a personal trainer at Train Full Send, where she inspires others to work hard, have fun and believe in their potential. A mom of five, Nancy understands firsthand the importance of movement, balance, and mindset for both kids and adults. Her classes are known for their high energy, uplifting playlists, and welcoming environment that encourages progress over perfection. Nancy is passionate about helping kids and families build confidence through movement



Nancy

Ruggeri



Ava

Kaplan

Ava Kaplan is a former Active Kids (BOKS) participant whose early love of movement blossomed into a standout athletic career. She went on to play club lacrosse and soccer at Syracuse University, where she developed her skills, leadership, and competitive drive. Today, Ava applies that same passion and dedication working with sports teams at Northeastern University, supporting athletes and contributing to a culture of performance.

Kyle Chase is an original Active Kids (BOKS) participant whose early enthusiasm for movement and sport helped shape his athletic journey. He went on to play club golf at Fairfield University, where he further developed his game, discipline, and competitive mindset. Passionate about golf both on and off the course, Kyle plans to continue his involvement in the sport after graduation, pursuing opportunities that allow him to contribute to the golf community and stay connected to the game he loves.



Kyle

Chase



Session 1

Lesson Plans

Program Introduction & Movement Skills

INTRODUCTION

Welcome to the Presidential Youth Fitness Program! Over the next 12 weeks, you'll discover what your body can do while becoming stronger, faster, healthier, and more confident.

The Presidential Youth Fitness Test is about doing your personal best. Everyone begins at a different level, and every student has the opportunity to improve.

OBJECTIVES

- 01 Reintroduces physical fitness testing in schools.
- 02 Measures strength, endurance, flexibility, and cardiovascular fitness.
- 03 All students can earn the Presidential Fitness Award.

FITNESS FOCUS

The Three Fitness Domains You'll Build:

Core Strength

- Plank, or Curl-Ups

Upper Body Strength

- Right-Angle Push-Ups or Pull-Ups (grade dependent)

Cardiorespiratory Fitness

- Mile Run / PACER

Remember: Every week you'll learn one new skill, but you'll continue practicing all three fitness domains as you build toward your Presidential Fitness Challenge.

BENCHMARKING STUDENT PROGRESS

We recommend completing the fitness benchmarks in both Week 2 and Week 11. Establishing a baseline early in the program allows students to see and celebrate their progress and can be a powerful motivator!

If time, staffing, or resources are limited, it is perfectly fine to complete the benchmarks in Week 11 only. The most important goal is to keep the experience positive, encouraging, and focused on each student doing their personal best.

OVERVIEW OF THE PRESIDENTIAL FITNESS TEST



Emily Rubera | Fitness Coach



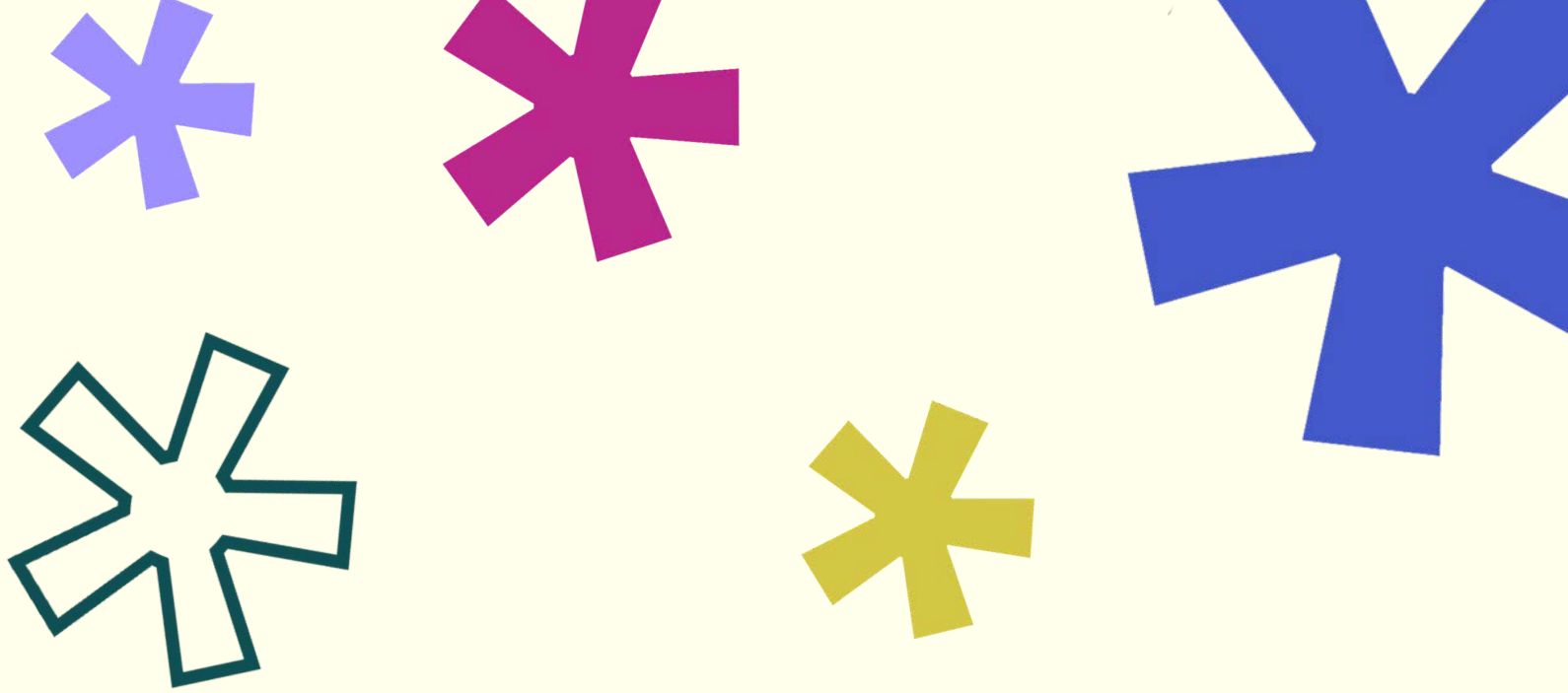
**Nick Rinaldi | Linebacker & Team Captain,
Vanderbilt Football**

Welcome to the Program

Hear from Emily and Nick on:

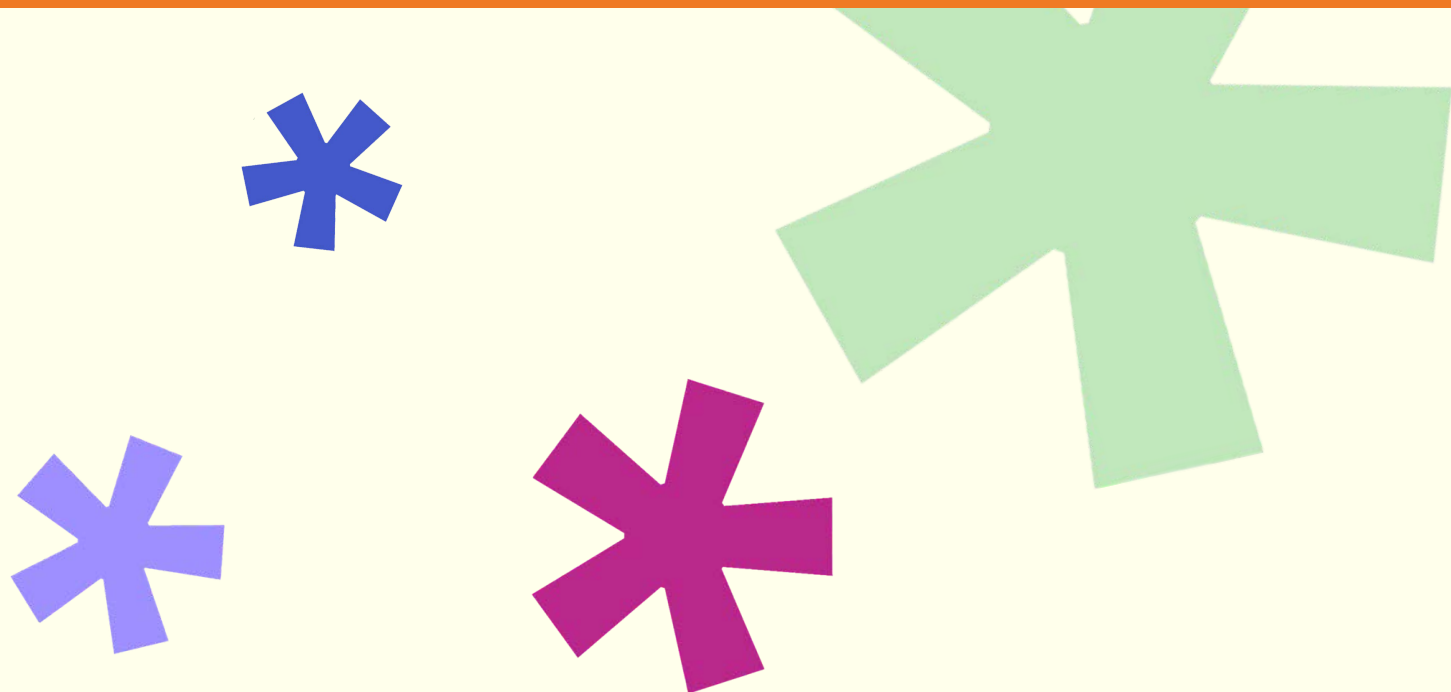
- Why Movement Matters
- Overview of the Presidential Youth Fitness Test
- The Importance of Always Trying Your Best





Week 1

Running



SKILL OF THE WEEK: RUNNING & CARDIO ENDURANCE

Running builds cardiovascular endurance, helping your heart, lungs, and muscles work stronger together. This week, you'll learn how to run with good form, find a pace you can maintain, control your breathing, and build endurance over time. The goal isn't to be the fastest, it's to keep moving, find your pace, and get stronger with every run.

01

02

03

04

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06

07

01 Drop Off / Set Up 10 minutes

- Arrive, check-in, receive name tag (1st week only) and color designation
- Put backpacks in designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02 Welcome Meeting 2 minutes (Initial class may take longer)

Welcome to the Presidential Youth Fitness Program!

Discuss:

- What is the Presidential Youth Fitness Program?
- We are going on a 12-week fitness adventure.
- Everyone starts somewhere.
- The goal is improvement—not perfection.
- Review safety expectations.
- Explain that today everyone will get to TRY all of the movement skills.
- Review the skills with either the videos or skill cards and live demonstrations.

03 Warm Up 5 minutes

FRUIT BASKET

- Materials: cones
- Directions:
 - Set your cones in the 4 corners and divide groups equally.
 - Call out 2 fruits and the team will run to switch places in the gym or the field.
 - Continue this for a few rounds.
 - Continue calling fruits, but now, instead of running, the kids must choose one of the following: skipping, hopping, galloping, walking on tiptoes, etc.
 - Finish the game by calling fruit salad - all the kids come in the middle and do 3 burpees. (Look for downloadable cards that accompany this game.)



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RUNNING SKILLS



Learn proper form,
pacing breathing.

SKILL OF THE WEEK: RUNNING & CARDIO ENDURANCE

Running builds cardiovascular endurance, helping your heart, lungs, and muscles work stronger together. This week, you'll learn how to run with good form, find a pace you can maintain, control your breathing, and build endurance over time. The goal isn't to be the fastest, it's to keep moving, find your pace, and get stronger with every run.

01

02

03

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07

04

Skill(s) of the Week 10 minutes

INTRODUCTION AND DEMONSTRATION OF RUNNING

- Running Form
 - Tall Posture: Keep your head up, eyes forward, and shoulders relaxed.
- Arm Swing:
 - Swing your arms naturally forward and back with your elbows bent at about 90 degrees.
- Light Feet:
 - Take quick, quiet steps and land softly beneath your body.
- Steady Breathing:
 - Breathe in through your nose and out through your mouth (or whatever feels comfortable) using slow, steady breaths to help your body get the oxygen it needs.
- Pacing:
 - Start at a comfortable pace that you can maintain. Run smoothly, save some energy for the end, and finish strong.

Activity:

- Have kids line up in relay lines and run 200 meters for each key point mentioned above.
- Observe and give feedback on their form.

05

Running 5-10 minutes

GROUP RUN

Materials: None

Directions:

- Group run for 5 minutes to get their bodies warm and ready



MATERIALS

Cones
Music

INTRODUCTION OF SKILLS TODAY AND KEY POINTS OF PERFORMANCE

RUNNING

- Run tall with your head up and eyes forward.
- Pump your arms forward and back with relaxed shoulders.
- Breathe steadily using slow, controlled breaths.
- Take light, quick steps and land softly.
- Find a comfortable pace that you can maintain from start to finish.

SKILL OF THE WEEK: RUNNING & CARDIO ENDURANCE

Running builds cardiovascular endurance, helping your heart, lungs, and muscles work stronger together. This week, you'll learn how to run with good form, find a pace you can maintain, control your breathing, and build endurance over time. The goal isn't to be the fastest, it's to keep moving, find your pace, and get stronger with every run.

01

02

03

04

05

06

07

06 **Game** 5 minutes

TOILET TAG

Format: Whole Group Activity

Materials: Cones (to define boundaries)

Set Up: Designate a safe playing area using cones. Choose 2-3 students to be "taggers" depending on class size.

Objective:

Students practice proper running form, pacing, and agility while trying to avoid being tagged.

Directions:

- Students move around the activity area using good running form.
- If a student is tagged, they become a "toilet."
- To become a toilet, students squat down with one arm extended to the side like a toilet handle.
- To be "flushed," another student must run over and gently push the toilet handle (the extended arm) while saying "Flush!"
- Once flushed, the student rejoins the game immediately.
- Change taggers every 1-2 minutes to keep everyone active.

07 **Cool Down** 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10.

Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Cones
Music

**Strength
grows every
time you try.**

SKILL OF THE WEEK: RUNNING & CARDIO ENDURANCE

Running builds cardiovascular endurance, helping your heart, lungs, and muscles work stronger together. This week, you'll learn how to run with good form, find a pace you can maintain, control your breathing, and build endurance over time. The goal isn't to be the fastest, it's to keep moving, find your pace, and get stronger with every run.

01

02

03

04

05

06

07

01 Drop Off / Set Up 10 minutes

- Arrive, check-in, receive name tag (1st week only) and color designation
- Put backpacks in designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02 Meeting 2 minutes

- Set the expectations for how Active Kids and Minds will run for the session
- Review appropriate behavior and safety
- Remind kids about the Active Kid of the Week
- Briefly state what the Skill of the Week is
- Review Class Agenda
- Cheer!

03 Warm Up 5 minutes

TRAFFIC

Format: Divide class in half to make 2 teams

Materials: Balls and cones

Set Up: Kids spread out across gym or field

Objective: Get moving!

Kids follow cues to change movements:

- Red Light - stop moving
- Green Light - run
- Yellow Light - side shuffle
- Speed Bump - bunny hops
- Carpool - get a partner and run together holding hands

Look for downloadable cards that accompany this game.



MATERIALS

Whiteboard
(optional)
Cones
Music



KEY POINTS OF PERFORMANCE

- Run tall with your head up and eyes forward.
- Pump your arms forward and back with relaxed shoulders.
- Breathe steadily using slow, controlled breaths.
- Take light, quick steps and land softly.
- Find a comfortable pace that you can maintain from start to finish.

SKILL OF THE WEEK: RUNNING & CARDIO ENDURANCE

Running builds cardiovascular endurance, helping your heart, lungs, and muscles work stronger together. This week, you'll learn how to run with good form, find a pace you can maintain, control your breathing, and build endurance over time. The goal isn't to be the fastest, it's to keep moving, find your pace, and get stronger with every run.

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04 Skill of the Week 10 minutes

RELAY CHALLENGE

Format: Team Relay

Materials:

- 30-60 red plastic cups (or enough for 8-12 cups per team)
- Cones to mark the running distance

Set Up:

Divide participants into teams of 4-6. Scatter the red cups at one end of the activity area. Place a designated "building zone" with a flat surface or hula hoop at the opposite end for each team.

Objective:

Practice proper running form, steady breathing, and pacing while working together to collect cups and build the tallest tower.

Directions:

- On the teacher's signal, the first player from each team runs to the cup area using good running form.
- Each player may collect one red cup and return to their team's building zone.
- The runner places the cup on the growing tower before tagging the next teammate.
- Continue until all cups have been collected or time is called.
- Teams then have one minute to carefully finish building the tallest free-standing tower using only the cups they collected.

05 Running 10 minutes

MUSICAL RUN

Format: Divide class in half to make 2 teams

Materials: Balls and cones

Set Up: Kids spread out across gym or field

Objective: Get moving!

Directions:

- Turn on the music and kids start jogging.
- Every time you stop the music give the kids a new movement.
- The kids can walk, jog, sprint, side shuffle, or skip.
- Continue for 8-10 minutes.
- If you don't have music, you can cue the kids by blowing a whistle.



MATERIALS

Whiteboard

(optional)

Cones

Music



KEY POINTS OF PERFORMANCE

- Run tall with your head up and eyes forward.
- Pump your arms forward and back with relaxed shoulders.
- Breathe steadily using slow, controlled breaths.
- Take light, quick steps and land softly.
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Game 5 Minutes

OCEAN

Materials:

- None (or use cones to mark boundaries)

Set Up:

- Mark two end lines approximately 30–40 feet apart.
- One student begins in the middle as the Shark.
- All other students ("Fish") line up behind one end line.

Directions:

- The Fish call out, "Fishy, Fishy, cross my ocean?"
- The Shark responds, "Only if you're wearing..." and names something (e.g. blue shoes, shorts, a ponytail, white socks, glasses).
- Any Fish matching that description must immediately run across the ocean to the opposite side while the Shark tries to tag them.
- Tagged Fish become Seaweed (or Mini Sharks):
- Option 1 (Seaweed): Stay where they were tagged and can only tag runners who pass within an arms reach.
- Option 2 (Mini Sharks): Join the Shark in the middle for the next round.
- Continue until only one Fish remains. That player becomes the next Shark.

02

07

Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

- Run tall with your head up and eyes forward.
- Pump your arms forward and back with relaxed shoulders.
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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, receive name tag (1st week only) and color designation
- Put backpacks in designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Set the expectations for how Active Kids and Minds will run for the session
- Review appropriate behavior and safety
- Remind kids about the Active Kid of the Week
- Briefly state what the Skill of the Week is
- Review Class Agenda
- Cheer!

03

Warm Up 5 minutes

Trainer says

Materials: None

Directions:

- Set Up: Kids spread out facing the Lead Trainer at the front of the room.
- Lead Trainer calls movements either saying "Trainer says" or leave out "Trainer".
- The kid calls out an exercise movement, quickly to keep kids moving.
- If they do not say "Trainer says" before the movement, kids should not move.

★ This game can be used to fill up some down time too.



MATERIALS

Whiteboard
(optional)
Cones
Balls



KEY POINTS OF PERFORMANCE

- Run tall with your head up and eyes forward.
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Skill of the Week 10 minutes

OBSTACLE COURSE RUNNING

- Cone zig zag, animal movement (bear crawl), jump rope 3X, plank for 10 seconds.
- Use cones to designate movement changes.
- Have kids start on your cue, so they are moving continuously, without waiting in line.
- Set up 2 courses if needed!

05

Running

RELAY CHALLENGE RUN 10 minutes

Format: Team activity

Materials: Cones and batons

Set up: 8 – 12 cones, lined up on opposite sides of the gym or field

Objective: Pass the baton and be the first team to finish!

- Form lines behind all the cones based on color groups.
- There should be an equal number of kids from the color group lined up on opposite sides.
- You can create batons out of paper towel holders and colored tape.
- Give one baton to each color or team.
- 3-2-1- go, have the kids cycle through sprinting to the opposite cone and passing the baton to the next runner.
- Continue running until each kid has had at least a few turns (5 – 10 minutes worth).
- You can add in a few repetitions of the skill of the week movement in here to change things up.
- You can also add in other movements besides running, like skipping, side shuffle, grapevine etc., as long as kids keep up the intensity of the pace.



MATERIALS

Whiteboard
(optional)
Cones
Balls



KEY POINTS OF PERFORMANCE

- Run tall with your head up and eyes forward.
- Pump your arms forward and back with relaxed shoulders.
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01

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Game 5 minutes

OVER AND UNDER

Format: Divide kids by color groups

Materials: 2 cones and a ball per team

Set Up: Place cones at starting line and the end of the gym.

Objective: Get your team past the end cone first.

- Kids form a straight line, facing away from the other side of the gym.
- The first kid in line passes the ball overhead to the next kid. When done with the pass, the first kid runs to the end of the line.
- The next kid then passes the ball along underneath his/her legs to the next kid. When done with the pass, the first kid runs to the end of the line.
- Continue until the team reaches the other side of the gym and together goes into a plank.
- The first team with everyone in a plank wins.

Suggestion: Time the group as a whole to see how long it takes them all to work as a team and complete the game. Challenge the group to beat specific times.

02

07

Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

- Run tall with your head up and eyes forward.
- Pump your arms forward and back with relaxed shoulders.
- Breathe steadily using slow, controlled breaths.
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Running builds cardiovascular endurance, helping your heart, lungs, and muscles work stronger together. This week, you'll learn how to run with good form, find a pace you can maintain, control your breathing, and build endurance over time. The goal isn't to be the fastest, it's to keep moving, find your pace, and get stronger with every run.

ADPTIVE & INCLUSIVE SKILL MODIFICATIONS

Every child can participate. Modify the movement, distance, time, resistance, or equipment based on each child's abilities. Focus on effort, safe movement, and personal progress – not comparison with others.

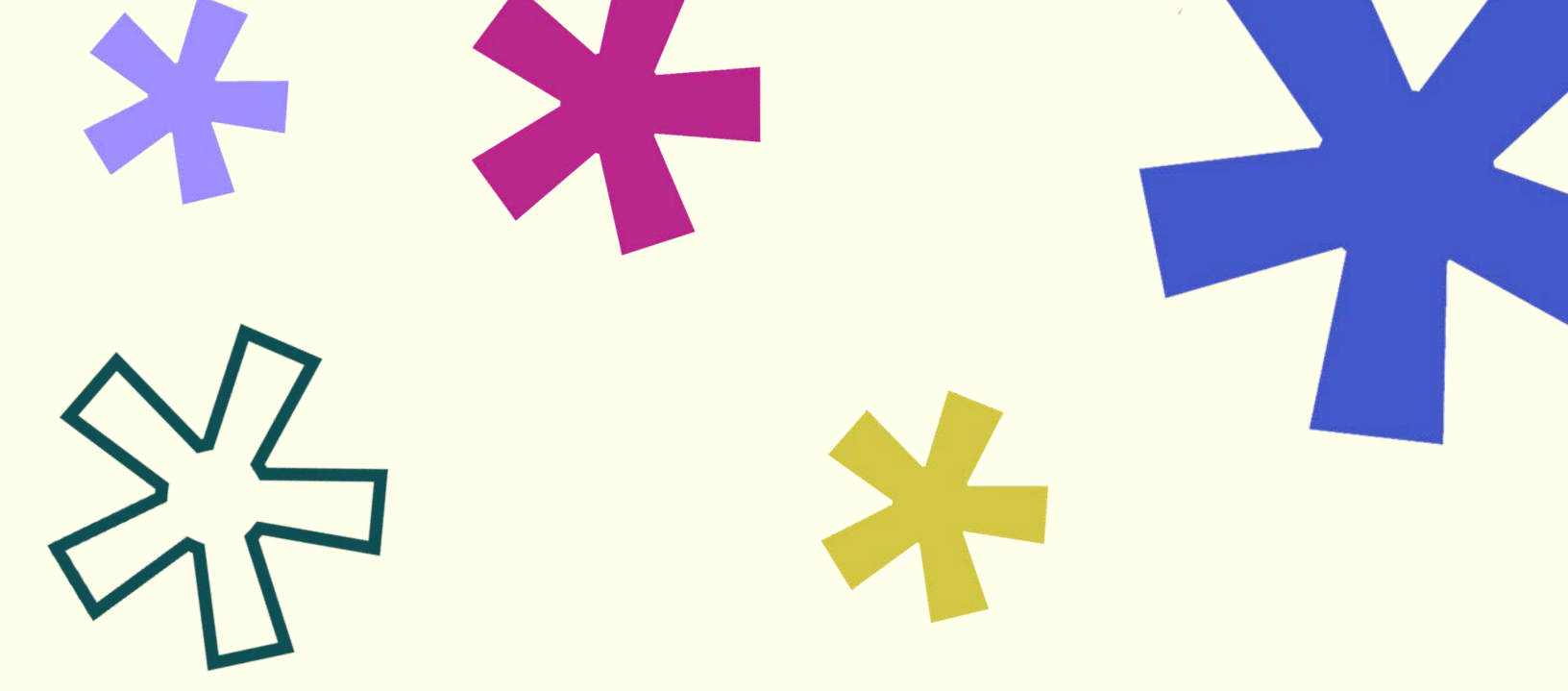
RUNNING

Skill Goal: Cardiovascular endurance and movement.

Try:

- Walk, power walk, jog, or run.
- Shorten the distance.
- Reduce the time or number of laps.
- Use a wheelchair or mobility device.
- Allow rest breaks as needed.
- Use a partner or peer buddy.
- Complete seated fast arm movements if lower-body movement is limited.

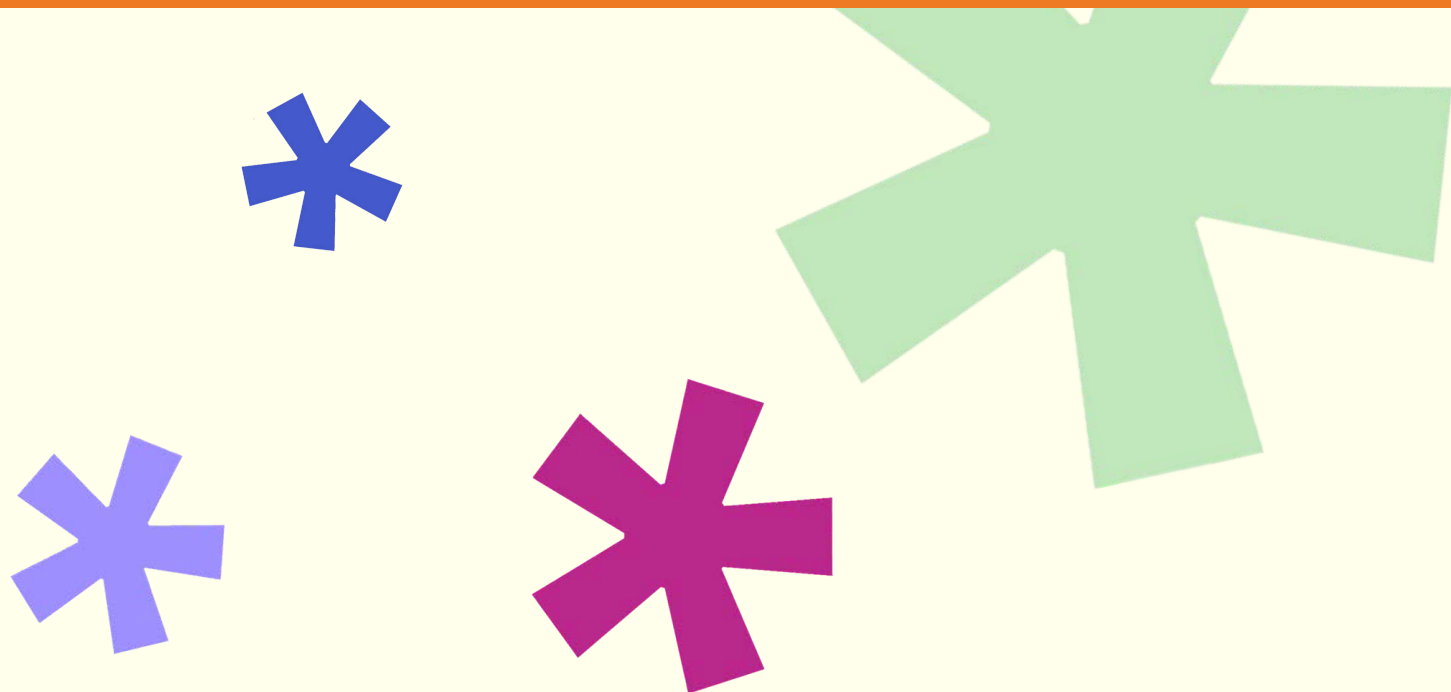
Remember: Keep moving in whatever way works for you!



Week 2

Planks & 400 Meter Run

Optional: Baseline PFT testing



Skill of the Week: Planks & Fitness Benchmarking

Planks build core strength and stability, helping support good posture, balance, running, and everyday movement. This week, you'll practice proper plank form and establish a 400-meter running benchmark to track your progress. Teachers may also choose to record baseline results for other Presidential Fitness Test skills. These benchmarks aren't about comparing yourself to others, they're your starting point for seeing how much stronger you become.

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NOTE TO TRAINERS: This week, students will complete a baseline 400-meter run. If you have the time and staff resources, you may also choose to collect baseline benchmarks for the Presidential Youth Fitness Test skills. We recommend following the testing instructions provided in Week 11 to ensure consistency when comparing results later in the program.

01

Drop Off / Set Up 10 minutes

- Arrive, check-in, receive name tag (1st week only) and color designation
- Put backpacks in designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Set the expectations for how Active Kids and Minds will run for the session
- Review appropriate Active Kids behavior and safety
- Remind kids about the Active Kid of the Week
- Briefly state what the Skill of the Week is
- Review Class Agenda
- Cheer!

03

Warm Up 5 minutes

FRUIT BASKET

Materials: Cones, Fruit signs if you have them.

Directions

- Call out 2 fruits and the team will run to switch places in the gym or the field.
- Continue this for a few rounds.
- Continue calling fruits, but now, instead of running, the kids must choose one of the following: skipping, hopping, galloping, walking on tiptoes, etc.
- Finish the game by calling fruit salad - all the kids come in the middle and do 3 burpees. (Look for downloadable cards that accompany this game.)



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

FRONT PLANK



Skill of the Week: Planks & Fitness Benchmarking

Planks build core strength and stability, helping support good posture, balance, running, and everyday movement. This week, you'll practice proper plank form and establish a 400-meter running benchmark to track your progress. Teachers may also choose to record baseline results for other Presidential Fitness Test skills. These benchmarks aren't about comparing yourself to others, they're your starting point for seeing how much stronger you become.

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04

Skill(s) of the Week 15 minutes

THE ANIMAL MOVEMENT CHALLENGE

Materials: Cones

Directions:

- Teach the Forearm Plank: Have students lie on their stomach, then place their forearms on the floor with elbows directly under their shoulders. Extend legs behind them and lift onto their toes.
 - Keep the body in a straight line from head to heels.
 - Tighten the core and squeeze the glutes.
 - Keep hips level – not sagging down or lifting too high.
 - Look toward the floor to keep the head and neck neutral.
 - Breathe normally while holding the position.
- Practice: Start with short 10–20 second forearm plank holds, focusing on proper form rather than how long students can hold.
- Skill of the Week – Plank & Move: Set up four cones around the gym. Students travel from cone to cone using a different movement. At each cone, they stop and perform a 10–20 second forearm plank before moving on.
 - Bear Crawl
 - Crab Walk
 - Frog Jumps
- On the teacher's signal, students rotate to the next cone and movement.
- Coaching cue: "Elbows under shoulders, body straight, core tight – quality over time!"
- At the end, have students choose which movement challenged their core the most and finish with one final best-form forearm plank.

05

Running 5 minutes

Materials: None

Directions:

- Group run for 5 minutes to get their bodies warm and ready



MATERIALS

Cones
Music



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Keep belly and butt in a straight line
- Keep knees off the ground
- Keep weight evenly distributed between hands and feet

Skill of the Week: Planks & Fitness Benchmarking

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Game 5 minutes

ACTIVE KIDS BRIDGE

Format: Partner Activity

Materials: None

Set Up: Partner A gets into a plank position. Partner B is standing up.

Objective: Jump and crawl.

- Partner A gets into a plank on the ground and Partner B is standing up. Partner B hops over Partner A's backside, then Partner A makes a mountain and pushes up to his toes, making their bottom go up in the air.
- Partner B then crawls under Partner A back to the starting place.
- Partner B does this 3 times.
- Partner B goes on the ground and Partner A does the hopping and crawling 3 times.
- They get 2 turns in each position.

02

07

Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)
Cones
Music



KEY POINTS OF PERFORMANCE

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- Keep weight evenly distributed between hands and feet

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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, receive name tag (1st week only) and color designation
- Put backpacks in designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02 Meeting 2 minutes

- Set the expectations for how Active Kids and Minds will run for the session
- Review appropriate Active Kids behavior and safety
- Remind kids about the Active Kid of the Week
- Briefly state what the Skill of the Week is
- Review Class Agenda
- Cheer!

03 Warm Up 5 minutes

TRAFFIC

Format: Divide class in half to make 2 teams

Materials: Balls and cones

Set Up: Kids spread out across gym or field

Objective: Get moving!

- Kids follow cues to change movements:
 - Red Light - stop moving
 - Green Light - run
 - Yellow Light - side shuffle
 - Speed Bump - bunny hops
 - Carpool - get a partner and run together holding hands
- Look for downloadable cards that accompany this game



MATERIALS

Cones

Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

FRONT PLANK



Skill of the Week: Planks & Fitness Benchmarking

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Skill (s) of the Week 10 minutes

ANIMAL RELAY #1 (BUNNY HOP, CRAB WALK)

Materials:

Directions:

- Set up 2 cones per team, place cones at start and end of gym.
- Kids bunny hop to end of gym, then turns around and does crab walk back to start.
- Next kid begins.

Easy Just Jumping #1(jumping jacks)

- Set up 2 cones per team, place cones at the start and end of the gym.
- Kids do 3 jumping jacks, runs to the end cone, does 3 more jumping jacks, then sprints back to the start.
- The next kid begins.

05

Running 10 minutes

MUSICAL RUN

Format: Divide class in half to make 2 teams

Materials: Balls and cones

Set Up: Kids spread out across gym or field

Objective: Get moving!

- Turn on the music and kids start jogging.
- Every time you stop the music give the kids a new movement.
- The kids can walk, jog, sprint, side shuffle, or skip.
- Continue for 8-10 minutes.
- If you don't have music, you can cue the kids by blowing a whistle.



MATERIALS

Cones

Music



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Keep belly and butt in a straight line
- Keep knees off the ground
- Keep weight evenly distributed between hands and feet

Skill of the Week: Planks & Fitness Benchmarking

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06 Game 5 minutes

CRAB WALK SOCCER

Format: Divide class in half to make 2 teams

Materials: All the balls, cones

Set Up: Kids line up with teams on opposite sides of the gym, divide balls equally between teams, set up two cones far apart as the goals.

Objective: Each team tries to get all the balls out of their side of the gym and into the goal at other side.

- All kids assume crab walk position.
- The kids need to kick the balls across the gym and into the goal.
- When all of the balls are out of play, see which team has the most goals.

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Keep belly and butt in a straight line
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- Keep weight evenly distributed between hands and feet

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02 Meeting 2 minutes

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- Cheer!

03 Warm Up 5 minutes

TRAINER SAYS - LIKE SIMON SAYS

Format: Individual Activity

Materials: None

Set Up: The kids spread out facing the Lead Trainer at the front of the room.

Objective: Do what "Trainer" says to do

- Lead Trainer calls movements either saying "Trainer says" or leave out "Trainer".
- The kid calls out an exercise movement, quickly to keep kids moving.
- If they do not say "Trainer says" before the movement, the kid should not move.
- This game can be used to fill up some down time too.



MATERIALS

Cones

Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

FRONT PLANK



Skill of the Week: Planks & Fitness Benchmarking

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04 Skill(s) of the Week 10 minutes

PLANK BALL ROLL

Materials: 1 soft ball per team, cones

Directions:

- Divide students into teams of 4–6 and line up side-by-side in a forearm plank, leaving space for the ball to roll underneath.
- The first student rolls the ball under the team. The last student retrieves it, moves to the front, gets into a plank, and rolls it again.
- Continue until everyone has had a turn rolling and retrieving the ball.
- Focus on strong plank form. Students may drop to their knees, reset, and rejoin as needed.
- Challenge: Repeat and see if the team can move from one cone to another while maintaining good form and teamwork.

Coaching Cue: "Elbows under shoulders, hips level, belly tight – make a strong tunnel!"

05 Running

MUSICAL RUN 10 minutes

Format: Divide class in half to make 2 teams

Materials: Balls and cones

Set Up: Kids spread out across gym or field

Objective: Get moving!

- Turn on the music and kids start jogging.
- Every time you stop the music give the kids a new movement.
- The kids can walk, jog, sprint, side shuffle, or skip.
- Continue for 8–10 minutes.
- If you don't have music, you can cue the kids by blowing a whistle.



MATERIALS

Cones
Music
Balls



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06 Game 5 minutes

OVER AND UNDER

Format: Divide the kids by color groups

Materials: 2 cones per team and a ball

Set Up: Place cones at the starting line and at the end of the gym.

Objective: Get your team past the end cone first.

- Kids form a straight line, facing away from the other side of the gym.
- The first kid in line passes the ball overhead to the next kid.
- When done with the pass, the first kid runs to the end of the line.
- The next kid then passes the ball underneath his/her legs to the next kid.
- When done with the pass, the first kid runs to the end of the line.
- Continue until the team reaches the other side of the gym and together go into a plank.
- The first team with everyone in a plank wins.

Suggestion: Time the group as a whole to see how long it takes them all to work as a team and complete the game. Challenge the group to beat specific times.

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Keep belly and butt in a straight line
- Keep knees off the ground
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ADPTIVE & INCLUSIVE SKILL MODIFICATIONS

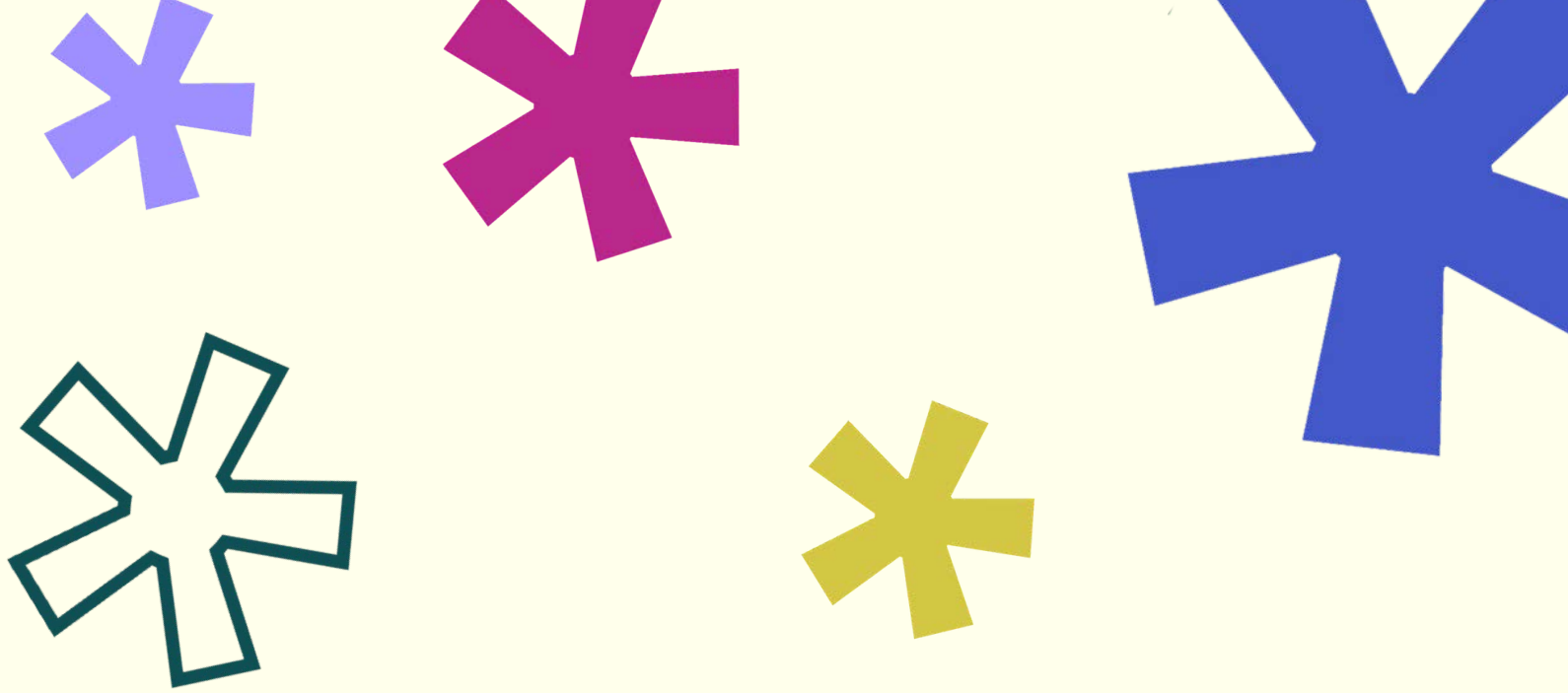
PLANK

Skill Goal: Core strength and stability.

Try:

- Plank against a wall.
- Plank with hands on a bench or chair.
- Plank from knees instead of toes.
- Hold for shorter periods with breaks.
- Perform a seated core brace: sit tall, tighten the core, hold and release.

Remember: Strong and steady beats longer!



Week 2

400-meter metric



Metrics Protocol

400-METER RUN

HOW TO COMPLETE

At the beginning and end of each session, we strongly encourage the Active Kids & Minds participants to perform a physical benchmark or metric to measure the changes in their physical activity abilities. By participating in Active Kids continuously over the session, it is expected that the children will show physical improvements in terms of speed and stamina. These physical changes can impact confidence levels, motivation, and self-esteem.

Watch Below



1. 400-meter run should be completed outside, but it can also be done inside. The lead trainer is responsible for determining and measuring the course.
2. It is important to set up the run in a way that can be duplicated at the end of the session, making sure both runs can be consistent.
3. Make sure all trainers and volunteers understand:
 - How to use the stopwatches,
 - When to start the watch (start at go, see below)
 - When to stop the watch (stop when foot crosses line)
4. You should determine in advance how many trainers and volunteers are available. If you do not have enough trainers, you can have some of the older children help, before or after they run. This is also an opportunity to get your school community involved. See if you can enlist the PE teacher or other teachers to help, keeping the children organized or assisting in some way.
5. The children can run as a group, since they will be finishing sporadically. Each child does not need a designated timer:
 - One suggestion is to divide class by grades, K-1, 2-3, 4-5.
 - Start the runs with the oldest children, the 4th and 5th graders. They will be able to follow directions and set an example.
 - You can stagger older children around the course after they have completed to cheer on the younger children. This provides an opportunity to "feel good" that they have participated in making this successful.
 - Consider limiting the number of runners in each group to 10, to make sure you can accurately capture the running times.
6. Before metrics day:
 - Determine the running heats in advance of class
 - Assign trainers specific tasks to help make the process go smoothly (playing games with heats not running, watching the finish line, recording times, etc.)
 - Make name tags or assign numbers to students so you know who to call up to run and how best to record times. This process may evolve as you go and see what works best at your school.
 - You may want to consider printing a special metrics class list from your attendance template. You can sort the children's names by grade instead of alphabetically.
7. Make sure the children are familiar with the running course before you start. You should have the children run the course several times during the prior classes to get used to the course and the distance. You can also have an older child run the course to show remind the younger children.

Metrics Protocol

400-METER RUN

8. Make sure the participants understand what the rules are and why they are running:
 - Try to run THEIR fastest around the marked area (explain how many times if more than once).
 - It is not a race, they are trying to do THEIR personal best.
9. Trainers do not need to share the times with the participants. Trainers can stress children did a SUPER job! Some children will be motivated to run harder if they know their previous time. Please make sure to have the information handy just in case. You do not need to share the times unless you think it would help.
10. Day of preparation suggestions:
 - Mark start and end lines (can be the same) with chalk, cones or another kind of marker.
 - Drop cones to indicate the pathway of the run for the children.
 - Assess the weather – if it is rainy, slippery or in climate in some other way, make sure you have left enough time in your session to cancel and reschedule the metrics day.
11. Make sure that all children receive the same instruction before leaving the start line. Tell the children the start protocol:
 - You will start to run on my cue. I will count down backwards from 3 (3,2,1, go)
 - Stick to the path outlined and run all the way through the finish line (indicate where that is)
 - You should run fast. You should run hard, so that if you had to talk, it would be really hard. Try very hard to keep running and not walk. If you get tired try to slow down, before you stop. You may find that if you slow down, you are able to keep running instead of stopping. .
 - When you cross the finish line, shout out your name to confirm you have finished.
 - We will record your time and then compare it to your time at the end of the session (or vice versa).
 - Do the best that you can today. Try to keep a positive attitude and remember that you have run this route before, and you can do it again now.
 - At the end of the session, you can remind the children how hard they have worked on their running during the session.
 - This is an opportunity to see how fit you become during BOKS this session.
12. As the children complete the run, they can cheer on their classmates until the entire group has finished. Definitely encourage enthusiasm between participants.
13. The other trainers and volunteers should take the remaining children to another area and execute a modified lesson while they wait for their turn.
 - After the oldest children have completed the metrics, have the youngest group start the run.
 - The 2nd and 3rd grade children will remember what happened from this class to the next if they don't get their turn.
 - If you have a lot of children missing from a particular grade, start with a different group so you don't need to make up the times for a large group of children.
14. You will need to have a make-up day for children that missed the initial timing. You can also have children run the metric again if they want, but YOU MUST USE THE INITIAL TIME! This is to ensure the legitimacy of the metric.
15. The metrics spreadsheet should be used to record the times. We must have both the initial and final times for each child. If you do not have both, you do not need to record the time on the spreadsheet.
16. To record times, log into the sheet that was provided for your school or The Trainer Hub and go to the session you are in. Once there, click on each participant and you will see the space where you enter that child's time. The calculation will be done automatically.

Other Tips

FOR THE 400-METER RUN

1. Make sure you and your team of trainers have run the 400-meter course a few times to get a feel for it.
2. Take pride in this part of the BOKS Program. The 400-meter is very important to us and reflects how effective your physical activity has been during the session. Be proud of the kids' improvement!
3. Remind children that the metrics are essential. We want them to see how they can improve during the session. They work very hard during Active Kids, and it will be fun to see the results of this work.
4. Encourage the children to try not to stop, but some may need to stop. The key is to explain that stopping isn't the only option when you are tired – slowing down should be attempted first.
5. Tell the children that even if they need to slow down or stop, they can try to run again when they start to have energy. Slowing down or walking is okay, but encourage the kids to start running again after they have rested. Encourage trainers to yell out to children while the timing is going on.
(i.e. "Why don't you try to run again – I think you can do it")
6. You can spotlight some great performances. By reminding children that is not necessarily about the fastest times, but rather about improvement over the session can be a great motivation tool. One suggestion is to announce the top three children that have made the greatest improvement over the session. If you have extra trinkets or incentives, you can offer these to the children for doing such a great job.
7. Please ensure your course is easy enough to follow and will not allow kids to cheat. It is a good idea to measure your course more than one time to make sure the distance is accurate. Avoid making a course that has sharp turns or hills if possible. Consider taking the kids to a track for the metrics if you have a track nearby. It will be fun for them and easier for you!
8. To have a gauge, most children will run a 400 meter in between 90 seconds and 3 minutes, assuming they keep moving. If children run faster than 90 seconds, they would be an athlete in your group.
9. You can tell children that everyone has an off day and should not be discouraged if they do not feel good about their run. They can always rerun the course another time to get a sense of how they have improved, assuming you have time in your schedule.
10. Some children may be very resistant to running the metrics. We don't want to force a child if it will be too upsetting.
11. There are many ways to improve running times during the session, not just by running the course over and over again. Some effective strategies include:
 - Repetitive shorter sprints (100-meter, 200-meter, wind sprints or tabatas)
 - Longer endurance runs like an 800/1200/1600-meter run
 - Trail run if your school has the space
 - Practice on a hill if you can do so safely.
12. Based on experience, we have found that the most effective way to get accurate times is to have the same person time all of the children. Other trainers will run the lesson for the rest of the class, listen to times shouted out, help identify children, write down the times and manage the group that has just completed their run.

The more metrics you run, the easier it gets. You develop your own ways to run them that best suit your space and class.
13. You can always run them more than once if the first time doesn't go well. For suggestions, be sure to check the Forum on the Trainer HUB and the BOKS Facebook page. If you still have questions, email info@activekids.org.

Your muscles need oxygen to keep moving! Today we'll practice breathing steadily and finding a pace that feels "just right" so you can keep running without getting tired too quickly.

ADAPTIVE & INSTRUCTION

06 400-METER RUN

Adaptive & Inclusive Modification

Goal: Give every student an opportunity to establish a baseline and measure their personal progress in cardiovascular endurance.

CHOOSE THE BEST OPTION

1. Walk / Run 400m

Students may walk, jog, run, or combine movements. Record total time.

2. Shorter Distance

Use 50m, 100m, or 200m when 400m is not appropriate. Record distance and time.

3. Time-Based Challenge

Have the student move for 2 or 4 minutes and record the distance completed.

4. Wheelchair / Mobility Device

02 Complete 400m or an appropriate shorter distance using the student's usual mobility device. Record distance and time.

5. Assisted Option

Allow a peer buddy, aide, visual/verbal cues, rest breaks, or other appropriate supports.

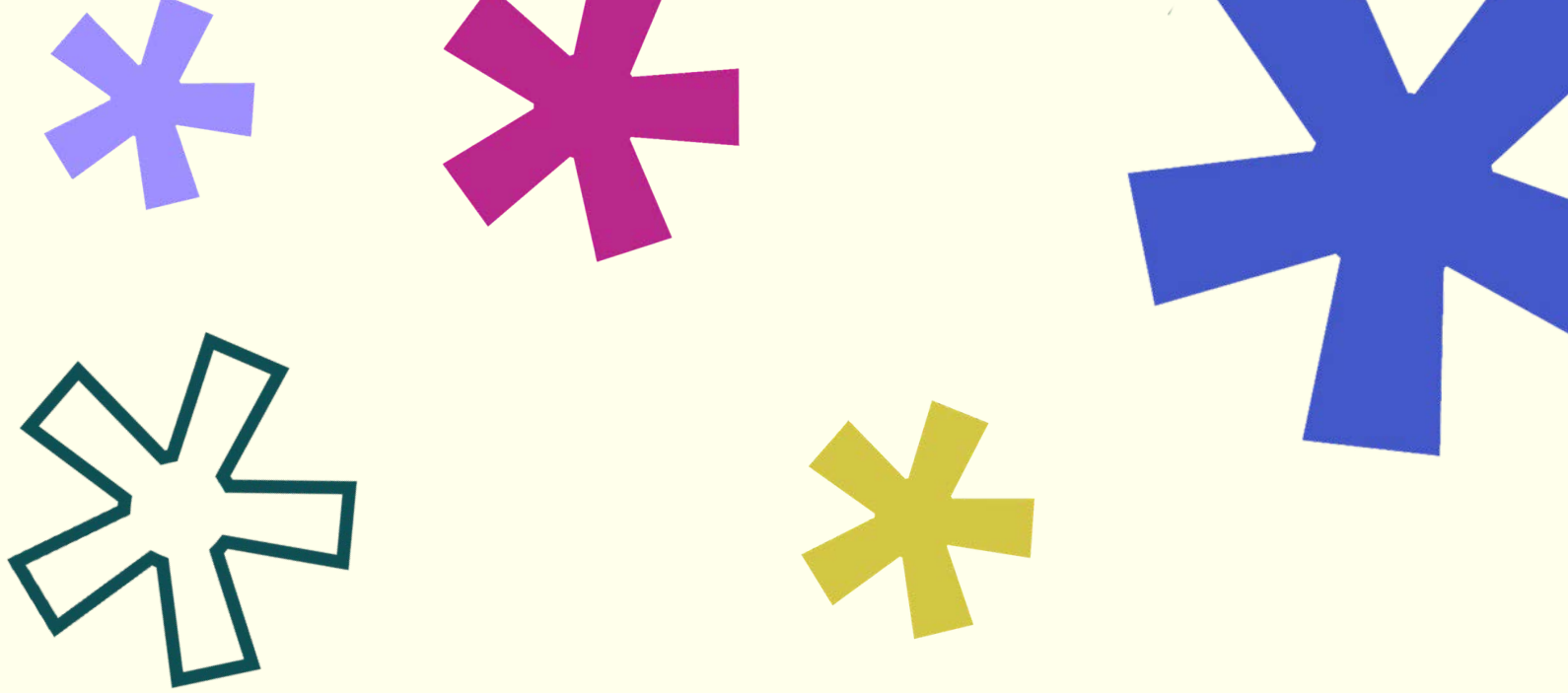
RECORD THE RESULTS

IMPORTANT

- Whenever possible, use the same distance, movement, equipment, course, and assistance for the pre- and post-test so progress can be measured accurately.
- Follow each student's established accommodations and consult the Adapted PE or special education team when appropriate.

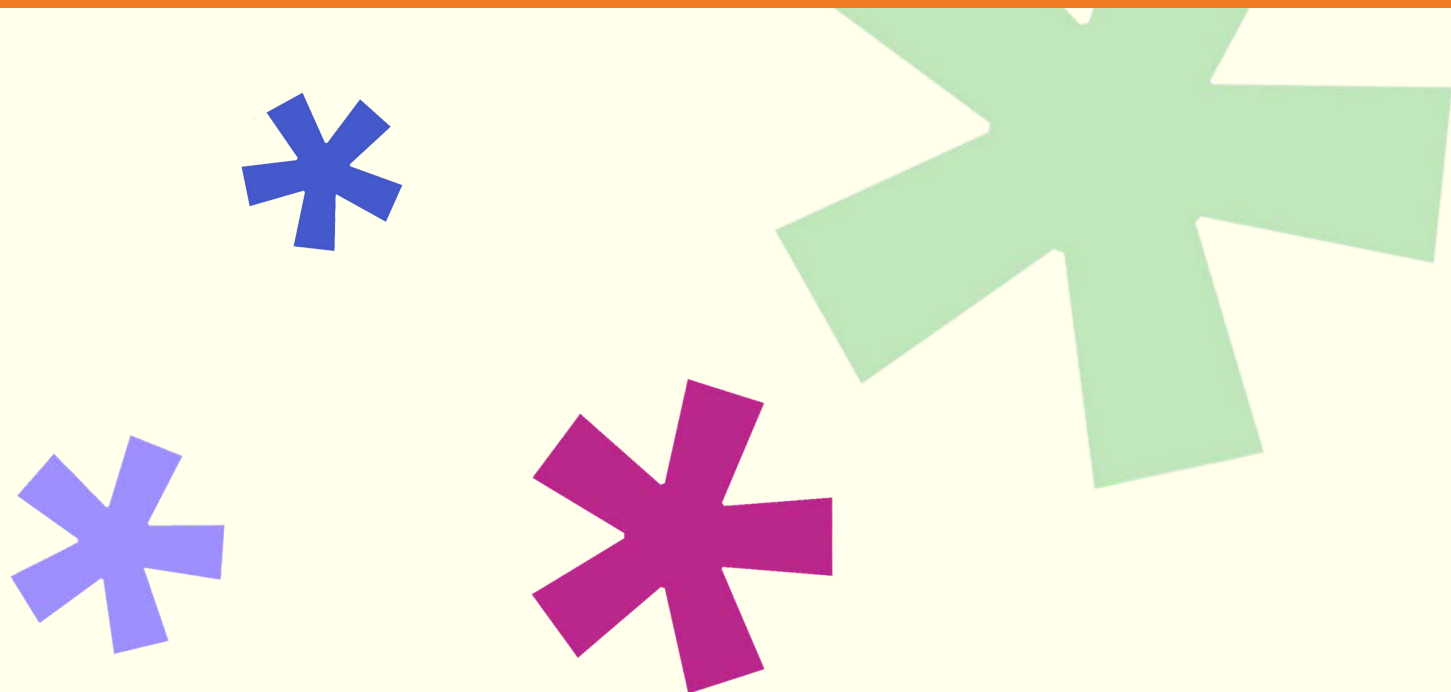
PERSONAL BEST

- The goal is not for every child to complete the test the same way.
- The goal is for every child to participate, improve, and achieve their own Personal Best.



Week 3

Curl Ups



Skill of the week: Curl Ups

Curl-ups build a strong core, which helps with posture, balance, running, and everyday movement. Practice good form and control as you work toward completing as many quality curl-ups as you can in one minute.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO



KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
- Cross arms over chest, hands on opposite shoulders
- Curl up until elbows/forearms touch thighs
- Lower until shoulder blades touch the floor
- Keep movements controlled – no bouncing
- Complete as many correct reps as possible in 1 minute

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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02 Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review Class Agenda
- Cheer!

03 Warm Up 5 minutes

TAKE FIVE FOR FITNESS

Format: Individual Activity

Materials: None

Set Up: Kids stand in an open area

Objective: Get moving!

- The trainer and/or volunteers pick 5 exercises.
- The group will perform each exercise for 1 minute.

Examples:

- | | | |
|-----------------|--------------------|--------------|
| ◦ Chair dips | ◦ Push-ups | ◦ Free dance |
| ◦ Sit-ups | ◦ Jogging in place | ◦ Crab Crawl |
| ◦ Lunges | ◦ Squats | ◦ Burpees |
| ◦ Jumping jacks | ◦ Bear crawl | ◦ High knees |

Skill of the week: Curl Ups

Curl-ups build a strong core, which helps with posture, balance, running, and everyday movement. Practice good form and control as you work toward completing as many quality curl-ups as you can in one minute.

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04 Skill (s) of the Week 10 minutes

TAKE FIVE FOR FITNESS

Materials: Mats or floor space

Teach the Skill: 3–4 Minutes

- Lie on your back, knees bent and feet flat, arms straight by your sides.
- Tighten your core and slowly curl your shoulders off the floor, sliding your hands toward your heels.
- Keep feet down and neck relaxed.
- Lower slowly with control.
- Practice a few together, focusing on quality over speed.

Curl-Up Tabata: 5–6 Minutes

- Complete 6 rounds: 20 seconds curl-ups / 20 seconds rest.
- Perform slow, controlled curl-ups during each work period.
- Rest, reset, and repeat.

Coaching Cue: “Curl up, reach forward, control it down — smooth and strong!”

05 Running 10 minutes

ACTIVE SPRINTS

Format: Team activity

Materials: Cones

Set up: 3 cones per team, place cones equal distance, 1/3 down the gym, 2/3 down and all the way down

Objective: Improve endurance for metrics

- Kid runs down to first cone and back to start, then down to second cone and back to start, then down to third cone and back to start, then tags next kid in line.
- Next kid begins to run.
- Continue until all kids have gone through at least once.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
- Cross arms over chest, hands on opposite shoulders
- Curl up until elbows/forearms touch thighs
- Lower until shoulder blades touch the floor
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- Complete as many correct reps as possible in 1 minute

Skill of the week: Curl Ups

Curl-ups build a strong core, which helps with posture, balance, running, and everyday movement. Practice good form and control as you work toward completing as many quality curl-ups as you can in one minute.

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Game 5 minutes

BAD FISH

Materials: Cones to mark boundaries

Objective: Keep moving, react quickly, and have fun!

- Students move around the playing area by jogging, skipping, shuffling, or hopping.
- When the teacher calls "Dead Fish!", everyone quickly drops to the floor and lies still.
- The teacher walks around looking for movement. Anyone caught moving completes 3 curl-ups and immediately rejoins the game.
- Call "Fish Alive!"; everyone gets up and starts moving again.
- Change the movement each round to keep students active.
- Add other calls such as "Starfish!" (spread arms and legs wide) or "School of Fish!" (quickly get into groups of 3-4).

Coaching Cue: "Keep moving, listen for the call, and react quickly!"

07

Cool Down 3 minutes

TREE POSE

Stand up straight. Take right foot and place it on the upper inner thigh of left foot and balance. Place hands in a "prayer" position or lift over- head like tree branches. Hold for a few seconds and then repeat with opposite foot.

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)
Cones
Music



KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
- Cross arms over chest, hands on opposite shoulders
- Curl up until elbows/forearms touch thighs
- Lower until shoulder blades touch the floor
- Keep movements controlled — no bouncing
- Complete as many correct reps as possible in 1 minute

Skill of the week: Curl Ups

Curl-ups build a strong core, which helps with posture, balance, running, and everyday movement. Practice good form and control as you work toward completing as many quality curl-ups as you can in one minute.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO



KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

ACTIVE KIDS SAY

Format: Individual Activity

Materials: None

Set Up: Kids spread out facing the Lead Trainer at the front of the room.

Objective: Do what "Active Kids" say to do

- Lead Trainer is the "Active Kid"
- The participant calls out exercise movements, quickly to keep kids moving.
- If they do not say "Active Kids say" before the movement, the kids should not move.
- This game can be used to fill up some down time too.

Skill of the week: Curl Ups

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04 Skill (s) of the Week 10 minutes

Skill of the Week: Curl-Up Relay

Divide students into teams of 4–6 and line each team up behind a starting cone.

How to Play:

- On “GO,” the first player runs to the curl-up station, completes 5 quality curl-ups, then runs back and tags the next teammate. Continue until every teammate has completed the relay.
- Make it more fun: Add a movement challenge between the start and curl-up station — weave through cones, jump over 2–3 low hurdles, or bear crawl for a short distance.
- Round 2: Change the movement — skip, side shuffle, or hop to the curl-up station.
- Focus: Proper curl-up form over speed. If students start losing form, reduce the number of reps.
- Coach Cue: “Fast feet. Strong core. Great form!”

05 Running 10 minutes

RUN, TOUCH & GO RELAY

Materials: Cones

Set-Up: Place 3–4 cones around the gym or field to create a short loop for each team.

Objective: Build running endurance, pacing, and teamwork.

- Divide students into teams of 4–6.
- One student from each team runs the cone loop and returns to tag the next runner.
- Lap 1: Comfortable, steady pace.
- Lap 2: Pick up the pace.
- Lap 3: Strong finish!
- Continue until everyone completes each pace.
- Encourage students to control their speed rather than sprint every lap.

Coaching Cue: “Start steady, build your pace, finish strong!”



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
- Cross arms over chest, hands on opposite shoulders
- Curl up until elbows/forearms touch thighs
- Lower until shoulder blades touch the floor
- Keep movements controlled — no bouncing
- Complete as many correct reps as possible in 1 minute

Skill of the week: Curl Ups

Curl-ups build a strong core, which helps with posture, balance, running, and everyday movement. Practice good form and control as you work toward completing as many quality curl-ups as you can in one minute.

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06 Game 5 minutes

UP AND DOWN

Format: Divide into 2 teams, Team Up and Team Down

Materials: All the cones

Set Up: Lay out all the cones randomly throughout the gym or field

Objective: Get Moving!

- Kids race around the gym trying to move the cones.
- Team Up tries to keep the cones standing up. Team Down tries to keep the cones lying down.
- After a few minutes, cue the kids to freeze. See which team has more cones up or down.
- Play again, but this time, Team Up is now Team Down and vice versa. You can repeat for as long as you have time.

Suggestion: You can have the kids stop using their hands, move around doing a crab walk or on their hands and knees to slow them down. Keep alternating how the kids need to move around.

07 Cool Down 3 minutes

TREE POSE

Stand up straight. Take right foot and place it on the upper inner thigh of left foot and balance. Place hands in a “prayer” position or lift over- head like tree branches. Hold for a few seconds and then repeat with opposite foot.

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02 Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03 Warm Up 5 minutes

DECK OF CARDS

Format: Individual Activity

Materials: White board to write down suits, deck of cards (face cards removed)

Set Up: Kids spread out

Objective: Get moving!

- Each suit is an exercise, for example, hearts are jumping jacks, diamonds are burpees, spades are push-ups and clubs are air squats.
- Lead Trainer flips a card and the kids need to do the number of repetitions shown on the card of the designated exercise (i.e. 2 of diamonds = 2 burpees). Keep flipping cards for the allotted period of time.
- This can be used at the end of the session as a skill review too by changing the movements that match the suits partially through the game.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO



KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
- Cross arms over chest, hands on opposite shoulders
- Curl up until elbows/forearms touch thighs
- Lower until shoulder blades touch the floor
- Keep movements controlled – no bouncing
- Complete as many correct reps as possible in 1 minute

Skill of the week: Curl Ups

Curl-ups build a strong core, which helps with posture, balance, running, and everyday movement. Practice good form and control as you work toward completing as many quality curl-ups as you can in one minute.

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04 Skill of the Week 10 minutes

SIT-UP TABATA

Materials: Tumbling Mat

Directions:

- Kids to spread out on tumbling mat, if available
- Lead trainer will cue kids to rest and resume.
- Cue kids to assume their position and countdown to start movement.
- Do as many sit-ups as possible in 20 seconds, then rest for 10 seconds.
- Repeat for a total between 4 and 8 times.
- You could vary it by switching partners during the resting period.

05 Running 10 minutes

LONG RUN – 600-800 METERS

Materials: None

Directions:

- This will boost endurance and help with their metrics!
- If possible, go outdoors or use the entire gym.
- The goal is for the kids to run for 10 minutes and practice pacing themselves.
- If they need to slow down to a walk, that's ok, but try to keep the kids moving continuously without stopping completely!



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY AND KEY POINTS OF PERFORMANCE

- Knees bent, feet about 12 inches from your bottom
- Cross arms over chest, hands on opposite shoulders
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06 Game 10 minutes

DELIVERY TRUCK

Format: Divide kids by color groups

Materials: Cones, hula hoops, bean bags, dice or other small objects (at least 5 per group)

Set Up: Place cones at starting line and the finish line in gym or on the field. Place about 7 objects next to each ending cone for that group to use.

Objective: Move all the bean bags, dice or other small objects from one side of the gym to the other.

- Kids line up behind cones with their color group. Keep groups under 7 kids if possible. One person gets inside the hula hoop and runs to the opposite side of the gym, picks up 1 item and brings it back to their group.
- The next person in line, now holds onto the outside of the hula hoop and runs with the first person down to the other side of the gym and picks up 1 more object to bring back to their starting line.
- The next person holds on to the outside of the hula hoop now (so there are 3 people) and they all run down, pick up 1 more item and bring it back to their team.
- Continue until everyone in the line (all 7 people) are running down to pick up the last item together. If time allows, you can continue and return all of the items to their original spot and let one person off each time instead of picking one person up.

02

07 Cool Down 3 minutes

SWAN DIVE

Start in mountain pose arms above head. Spread out your arms wide and exhale, bending at waist towards the floor.

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

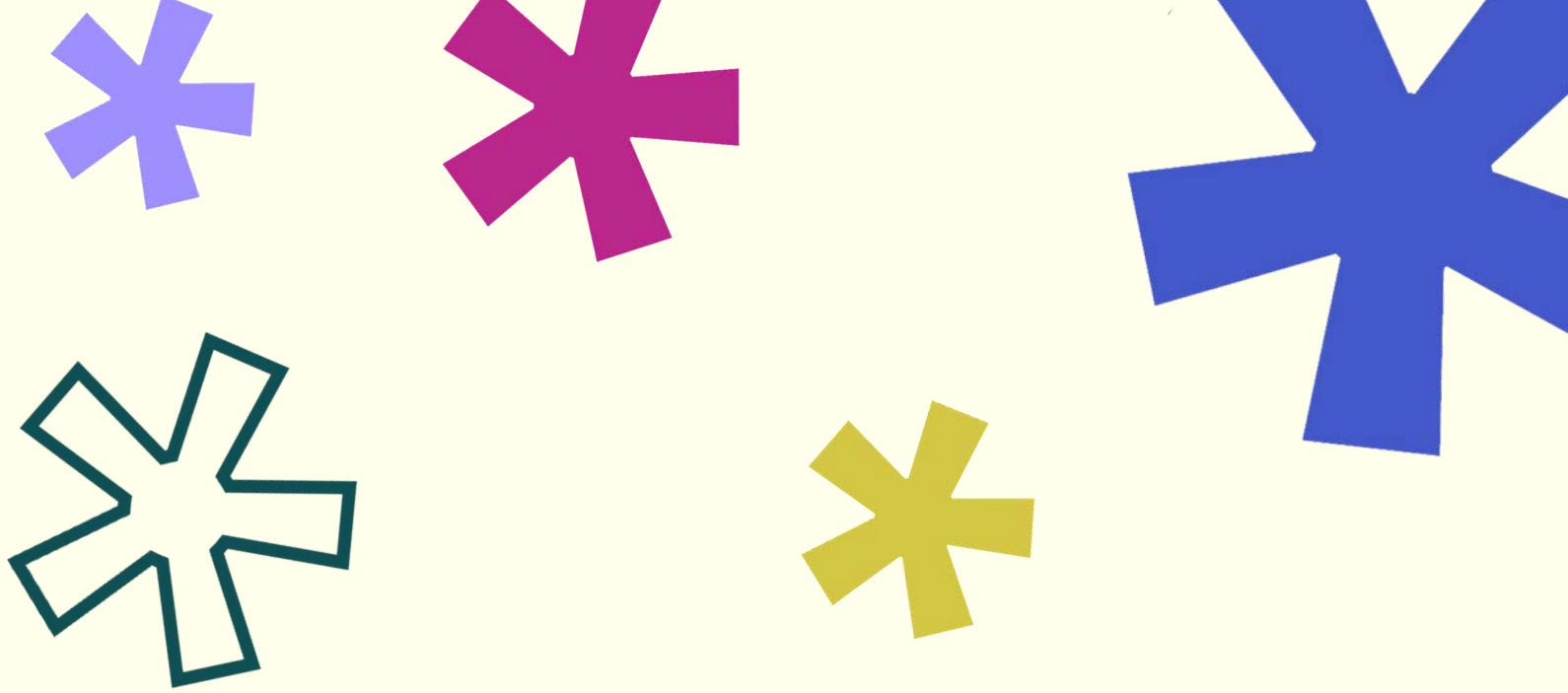
- Knees bent, feet about 12 inches from your bottom
- Cross arms over chest, hands on opposite shoulders
- Curl up until elbows/forearms touch thighs
- Lower until shoulder blades touch the floor
- Keep movements controlled — no bouncing
- Complete as many correct reps as possible in 1 minute

ADAPTIVE & INSTRUCTION

Adaptive Curl-Ups

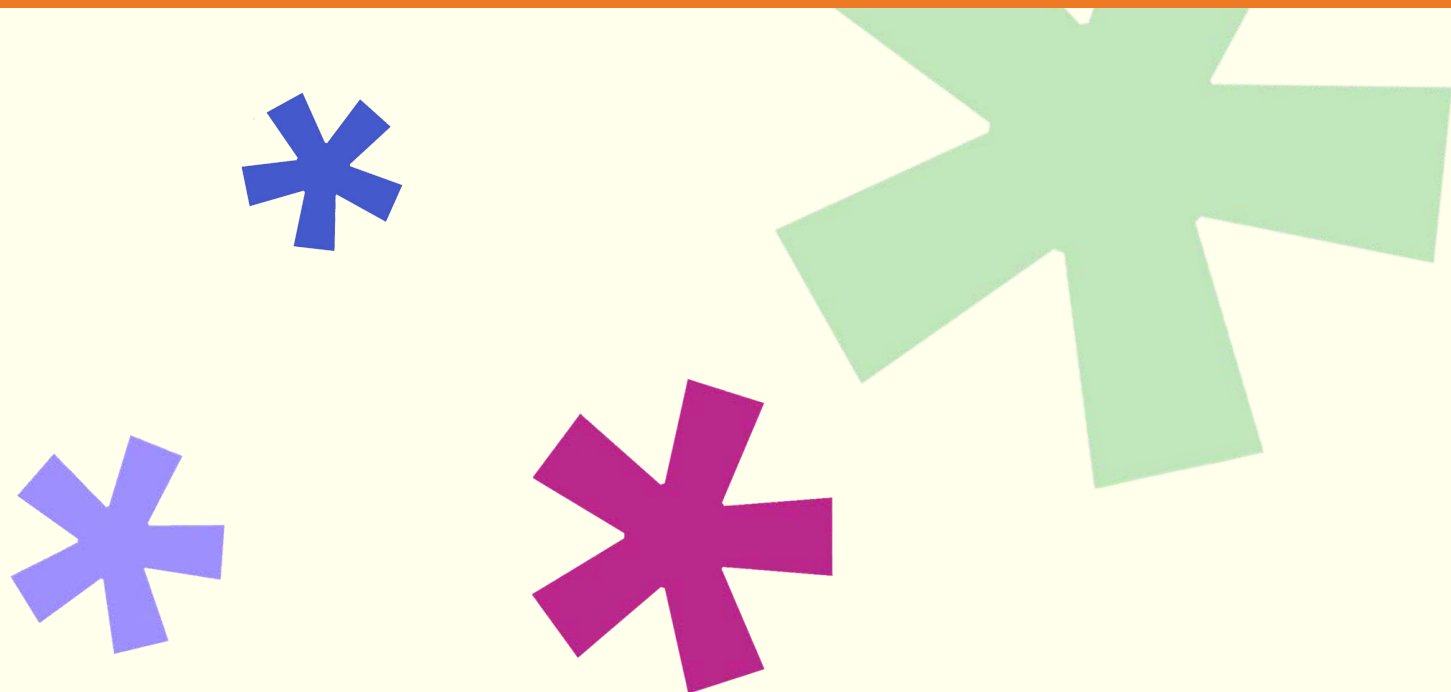
Students should use the variation that allows them to move safely and successfully through their greatest comfortable range of motion.

- **Supported Curl-Up:** Lie on your back with knees bent and feet on the floor. A partner or trainer may gently stabilize the feet if needed. Curl the head, shoulders, and upper back off the floor, then slowly lower.
- **Partial Curl-Up:** If a full curl-up is difficult, lift the head and shoulders as far as comfortably possible. Focus on engaging the abdominal muscles rather than how high you come up.
- **Seated Curl-Back:** Sit with knees bent and feet supported. Lean back slightly until the core engages, then return to an upright seated position. Use hands for support if needed.
- **Assisted Curl-Up:** A trainer, partner, resistance band, or stable support may provide light assistance through the movement.
- **Key Goal:** Encourage controlled movement, core engagement, and individual progress rather than requiring every student to perform the same range of motion.



Week 4

Right-Angle Push-Ups



Skill of the week: Right Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02 Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03 Warm Up 5 minutes

Materials: None

Directions:

- 1 minute – Jog & Arm Movements
- Light jog around the space while mixing in:
 - Arm circles, arm swings across the chest, reach overhead
- 1 minute – Wrist & Shoulder Prep
 - Wrist circles, shake out hands, shoulder rolls, hug yourself arm swings
- 1 minute – Bear Crawl
 - Bear crawl forward to a line/cone and back.
 - Cue: Hands under shoulders, knees low, strong belly.
- 1 minute – High Plank Games
- Hold a high plank and call out:
 - Touch right shoulder, touch left shoulder, tap the floor in front, freeze!
- 1 minute – Push-Up Practice
 - Practice slow, controlled push-ups from the appropriate level:
- Progression: Wall, bench/raised surface, knees, full push-up
 - Teacher cue: "Strong body, strong core, chest lowers toward the floor, then PUSH the ground away!"



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RIGHT-ANGLE PUSH-UPS



KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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Skill of the Week 10 minutes

Materials: None

Directions:

Teach & Demonstrate – 2 min

Show proper form. Cue: "Straight body. Lower to 90°. Push back up."

Plank & 90° Practice – 3 min

Practice a strong high plank, then slowly lower until elbows reach 90°. Complete 3–5 quality reps at a time.

Choose Your Level – 3 min

Practice using the level that allows good form:

- Wall push-up
- Incline push-up
- Knee push-up
- Right-angle push-up

Personal Best – 2 min

Complete as many quality right-angle push-ups as possible while maintaining proper form. Focus on control, strength, and personal improvement.

05

Running 10 minutes

SHUFFLE AND RUN

- Start each color group in a different corner of the room.
- Have all kids run the long side of your space and side shuffle the short side



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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06 Game 5 minutes

FOX AND RABBIT

Format: Divide class into teams, 20 kids each or set up different games.

Materials: None, this should be played in a gym or on the field

Set Up: Assign 5 foxes, the rest of the group is rabbits

Objective: Foxes try to catch the rabbits.

- The rabbits get a 10 second head start to get away from foxes.
- The foxes chase after the rabbits and tag them.
- If a rabbit is tagged, they turn into a fox and helps catch the other rabbits.
- Play until all rabbits are "caught".

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

MOUNTAIN POSE MOUNTAIN

Stand up tall with arms resting at side. Take a deep breath in and raise arms overhead. Stretch up towards the sky. Exhale and return arms to original position



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RIGHT-ANGLE PUSH-UPS



KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

TRAFFIC

Format: Individual activity

Materials: None or white board to write down cues

Set Up: Kids spread out across gym or field

Objective: Get moving!

Kids follow cues to change movements:

- Red Light - stop moving
- Green Light - run
- Yellow Light - side shuffle
- Speed Bump - bunny hops
- Carpool - get a partner and run together holding hands
- Deer Crossing - gallop

Look for downloadable cards that accompany this game.

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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04 Skill of the Week 10 minutes

Materials: Cones

Directions:

- Divide students into teams. Place a cone 10–15 yards away from each team.
- First student completes 3–5 right-angle push-ups.
- Run to the cone, go around it, and return.
- Tag the next teammate.
- Continue until everyone has completed the relay.
- Repeat and challenge teams to improve their first round.
- Modify: Students can use wall, incline, or knee push-ups while building toward the full right-angle push-up.
- Focus: Good form first — “Lower to 90°. Push up strong. Then run!”

05 Running 10 minutes

GO BACK HIT IT

Format: Individual Activity

Materials: Cones

Set Up: Teams in colored groups; cones at each end of the gym

Objective: Practice the Skill of the Week

- First student in each line starts on “GO!”
- GO: Sprint toward the opposite cone.
- BACK: Run backward.
- HIT IT: Drop down, pop back up, and keep running.
- Alternate commands until students reach the end.
- Rotate through so everyone gets several turns.
- Encourage all-out effort on each sprint.
- Variation: Replace “Hit It” with a squat, jump, push-up, or other movement.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up — Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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06 Game 5 minutes

TRICKY TWOSOME TAG

Format: This can be whole group or you can divide into smaller group as needed. All kids find a partner and choose 1 to 2 pairs to be taggers .

Materials: Cones

Set Up: Kids spread out across gym or field with their partner. Set up one safety zone, marking off a circle with cones

Objective: Don't get tagged!

- The taggers will link arms and chase after partners.
- If you are tagged, your team becomes taggers too.
- Once tagged link arms with the taggers and everyone forms a blob.
- As more partners get tagged the blob becomes larger.
- Partners can rest in safety zone for a minute if they need to.
- Play until all most of the kids are caught and let the winning pair be the taggers on the next round

07 Cool Down 3 minutes

FULL BODY STRETCH

Lie down on back. Stretch arms and fingertips above head, as high as possible, while stretching legs as long as possible and pointing toes.

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RIGHT-ANGLE PUSH-UPS



KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

ACTIVE CORNERS

Format: Large Group Game

Materials: Music

Set Up: Divide play area into 4 corners; one team per corner

Objective: Get moving!

- Play music as teams run around the space.
- Call "Active Corners!" and teams race back to their corner.
- Call out a movement; teams complete it together.
- Start the music and repeat.

Movements: Push-ups, curl-ups, squats, lunges, donkey kicks, or jumping jacks.

Challenge: Last team finished completes 1-2 extra reps.

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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04 Skill of the Week 10 minutes

SIT-UP/PUSH-UP LADDER

Materials: None

Directions:

- Review push-ups, list 3 key points of performance. Have a kid demonstrate all forms
- Students get with a partner (A and B).
- Take turns doing sit ups and push ups (partner A does 1, then B does 1, continue increasing by 1 till you get to 10 with each exercise).
- Give the class ten minutes and challenge them to get as many rounds as possible

05 Running 10 minutes

RUNNING WILD RELAY CHALLENGE

Format: Team activity

Materials: Cones

Set up: 2 cones per team, place cones at start and end of gym

Objective: Practice running and skipping in a fun setting

- Kids start out by running to end cone, then skipping all the way back to the start.
- The next kid begins to run.
- Continue until all kids have gone through at least once.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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Game 5 minutes

UNCLE SAM

Format: Individual Activity

Materials: None

Set Up: Kids spread out across one side of the gym or field, there is a safety zone at opposite side of the field.

Objective: Last kid remaining is the winner!

- The Active Kid of the Week or the Trainers are Uncle Sam.
- The group would say "Uncle Sam, Uncle Sam, May I cross your dam?"
- The taggers say, "Yes you may, yes you may, if you're wearing the color I say."
- Then they pick a color, and any kid wearing that color CANNOT be tagged, they just have to get to the other side doing the movement you are working on that week (hops, lunges, broad jumps, etc.).
- The other kids who are not wearing that color have to run to the other wall and try not to get tagged.
- If they get tagged they join the taggers until all the kids are tagged.

02

07

Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

SUPINE TWIST

Lie down on back with legs straight. Lift left leg up and bend knee towards chest. Grab left knee with right hand, pull knee across body and push knee down to the ground. Hold for a few seconds. Return legs to original position and repeat on other side.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



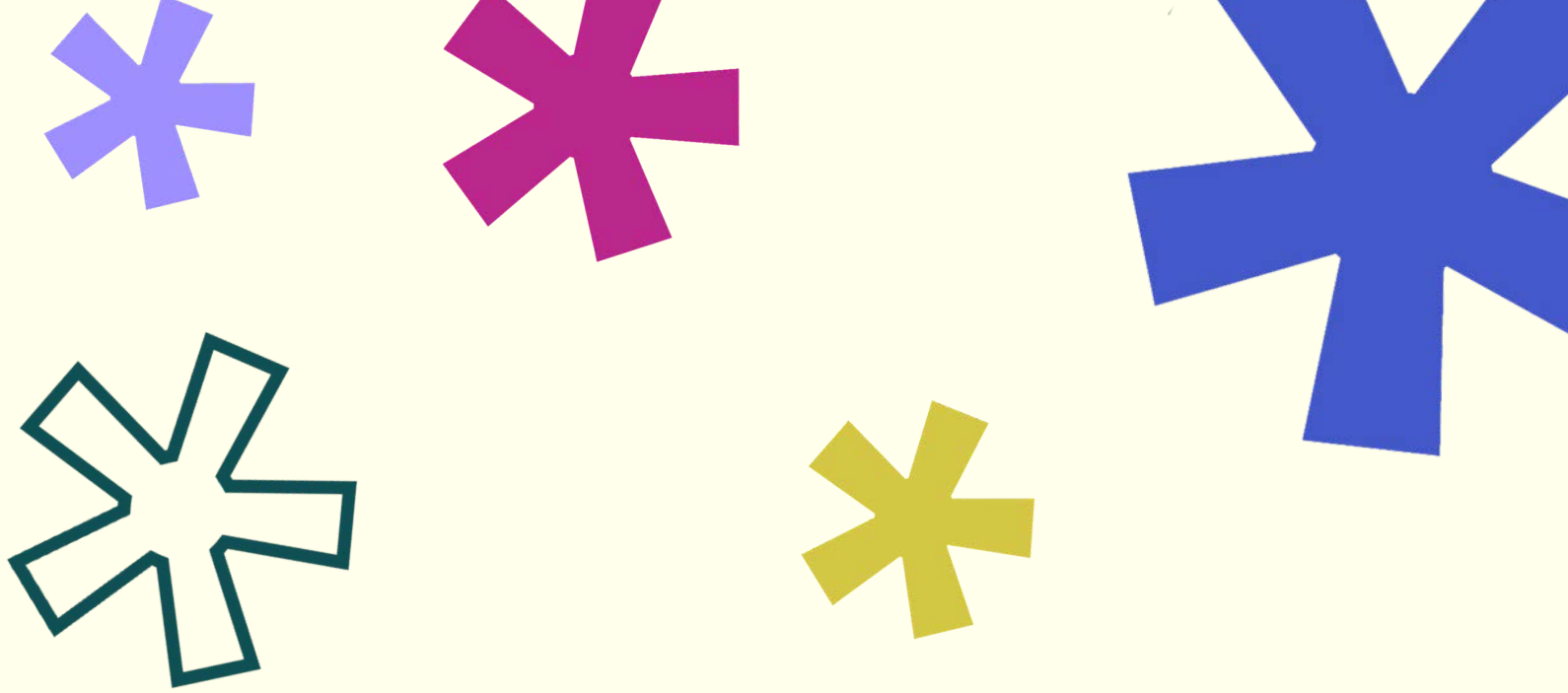
KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

ADAPTIVE & INSTRUCTION:**Adaptive Modifications – Right-Angle Push-Ups**

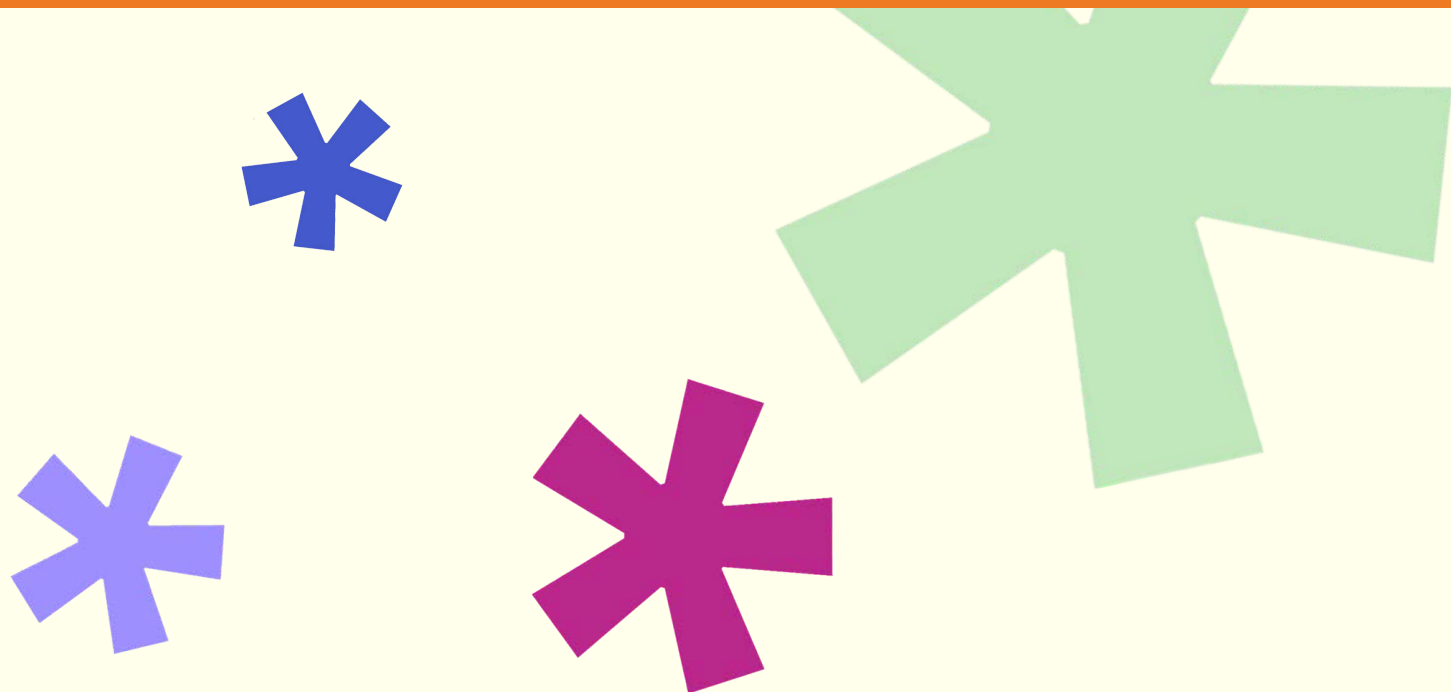
- Wall Push-Up: Perform the push-up standing with hands against a wall.
- Incline Push-Up: Place hands on a bench, table, or other stable raised surface.
- Knee Push-Up: Keep knees on the floor while lowering the chest with control.
- Reduced Range: Lower only as far as the student can while maintaining good form.
- Seated Press: From a chair or wheelchair, press hands into armrests or a stable surface to engage the arms, shoulders, and chest.
- Assisted Push-Up: A partner or teacher may provide light support as needed.

Focus: Encourage each student to use the version that allows for safe, controlled movement and their personal best.



Week 5

Pull-Ups,
Modified Pull-Ups and Circuits



Skill of the Week: Pull-Ups

Pull-ups build upper-body, grip, and core strength while developing body control. Students work toward a full pull-up using hangs, supported or assisted pull-ups, and low-bar pulls so every child can participate and progress.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

PULL-UP
MODIFIED PULL-UP



KEY POINTS OF PERFORMANCE

- Grip bar slightly wider than shoulders
- Start with arms straight
- Pull body up with control
- Chin clears the bar
- Lower to straight arms
- Keep body controlled throughout variations
- Supported or assisted pull-up
- Flexed-arm hang
- Low-bar/body row
- Bar hang for grip strength
- Limited bars: rotate through pull-up prep station

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

Materials:

Directions:

- 1 min – Jog & Arm Movements
 - Light jog with arm circles, swings, and overhead reaches.
- 1 min – Shoulder Prep
 - Shoulder rolls, arm swings, reach and pull down.
- 1 min – Bear Crawl
 - Crawl to a cone and back. Keep core tight.
- 1 min – Grip & Hang
 - Practice 5–10 second hangs or supported hangs.
- 1 min – Pull-Up Practice
 - Choose your level: supported pull, flexed-arm hang, assisted pull-up, or full pull-up.
 - Cue: “Grip strong. Pull up. Lower with control.”

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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Skill of the Week 10 minutes

Materials: Pull-up bar, resistance bands, rings/straps or other available equipment

Teach the Skill: 3–4 Minutes

Grip the bar with hands about shoulder-width apart.

Start with arms extended and body controlled.

Pull your body upward, bringing your chin toward/above the bar.

Lower slowly and with control.

Focus on good form rather than number of repetitions.

No Pull-Up Bar?

Practice the same pulling muscles with:

- Resistance Band Rows
- Ring/Suspension Rows
- Seated Band Rows
- Partner Towel Pulls

Practice: 5–6 Minutes

Set up stations using the equipment available. Students rotate through different pulling exercises, focusing on slow, controlled repetitions and proper form.

Coaching Cue: “Pull strong, elbows back, control it down!”

05

Running 10 minutes

SHUFFLE AND RUN

Materials: Cones

Directions:

- Separate the group into 4 colors on each corner of the room.
- Each group starts running and shuffling at the same time.
- Have all kids run the long side of your space and side shuffle the short.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up — Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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06 Game 5 minutes

FOX AND RABBIT

Format: Divide class into teams, 20 kids each or set up different games.

Materials: None, this should be played in a gym or on the field

Set Up: Assign 5 foxes, the rest of the group is rabbits

Objective: Foxes try to catch the rabbits.

- The rabbits get a 10 second head start to get away from foxes.
- The foxes chase after the rabbits and tag them.
- If a rabbit is tagged, they turn into a fox and help to catch the other rabbits.
- Play until all rabbits are "caught".

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

MOUNTAIN POSE MOUNTAIN

Stand up tall with arms resting at side. Take a deep breath in and raise arms overhead. Stretch up towards the sky. Exhale and return arms to the original position



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the Week: Pull-Ups

Pull-ups build upper-body, grip, and core strength while developing body control. Students work toward a full pull-up using hangs, supported or assisted pull-ups, and low-bar pulls so every child can participate and progress.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

PULL-UP
MODIFIED PULL-UP



KEY POINTS OF PERFORMANCE

- Grip bar slightly wider than shoulders
- Start with arms straight
- Pull body up with control
- Chin clears the bar
- Lower to straight arms
- Keep body controlled throughout

Variations

- Supported or assisted pull-up
- Flexed-arm hang
- Low-bar/body row
- Bar hang for grip strength
- Limited bars: rotate through pull-up prep station

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

Format: Individual activity

Materials: None or white board to write down cues

Set Up: Kids spread out across gym or field

Objective: Get moving!

• Kids follow cues to change movements:

- Red Light - stop moving
- Green Light - run
- Yellow Light - side shuffle
- Speed Bump - bunny hops
- Carpool - get a partner and run together holding hands
- Deer Crossing - gallop

Look for downloadable cards that accompany this game.

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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04 Skill of the Week 10 minutes

PULL-UPS FIVE STATIONS CIRCUIT

Materials: Cones, pull-up bar, resistance bands, rings/TRX, or sturdy low bar/table if available

Directions:

Divide the class into five even groups and assign each group starting with cone/color.

Students work at each station for 1 minute, then rotate to the right.

Play music and encourage good form and personal effort.

1. SQUATS – How many controlled squats can you complete in 1 minute?
2. FOREARM PLANK – Hold with good form; rest and restart as needed.
3. PUSH UPS – Perform right-angle, knee, or wall push-ups.
4. PULL UPS / PULLING STRENGTH – Use a pull-up bar if available. No bar? Try inverted rows, resistance-band rows, or prone pull-downs.
5. LINE JUMPS – Jump side-to-side over a line for 1 minute. Step side-to-side as an alternative.

Repeat twice.

Coach's Tip: Quality over quantity! Encourage students to choose the option that allows them to perform each movement with good form.

05 Running 10 minutes

SHUFFLE AND RUN

Materials: Cones

Directions:

- Separate the group into 4 colors on each corner of the room.
- Each group starts running and shuffling at the same time.
- Have all kids run the long side of your space and side shuffle the short.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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Game 5 minutes

FITNESS FREEZE TAG

Materials: Cones to mark the playing area

Directions:

Choose 2–3 students to be taggers. Everyone else spreads out inside the designated area.

How to Play:

- On “GO,” students move around the area while avoiding the taggers.
- If tagged, freeze in place.
- To rejoin the game, complete 5 squats, 5 jumping jacks, or hold a plank for 10 seconds.
- Once completed, immediately return to the game.
- Switch taggers every 1–2 minutes.

Mix It Up: Change the movement each round—jogging, skipping, side shuffle, or hopping.

Coach’s Tip: Keep moving, watch your space, and have fun!

07

Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

MOUNTAIN POSE MOUNTAIN

Stand up tall with arms resting at side. Take a deep breath in and raise arms overhead. Stretch up towards the sky. Exhale and return arms to original position.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the Week: Pull-Ups

Pull-ups build upper-body, grip, and core strength while developing body control. Students work toward a full pull-up using hangs, supported or assisted pull-ups, and low-bar pulls so every child can participate and progress.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

PULL-UP
MODIFIED PULL-UP



KEY POINTS OF PERFORMANCE

- Grip bar slightly wider than shoulders
- Start with arms straight
- Pull body up with control
- Chin clears the bar
- Lower to straight arms
- Keep body controlled throughout

Variations

- Supported or assisted pull-up
- Flexed-arm hang
- Low-bar/body row
- Bar hang for grip strength
- Limited bars: rotate through pull-up prep station

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety
- Remind kids about the Active Kid of the Week
- Briefly state what the Skill of the Week is
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

ACTIVE CORNERS

Format: Large Group Game

Materials: Music

Set Up: Divide class into four teams, one per corner

Objective: Get moving!

- Play music while students run around the space
- Call "Active Corners!" and teams race back to their corner
- Call a movement for the whole team to complete
- Start the music and repeat
- Movements: Push-ups, curl-ups, squats, lunges, jumping jacks, or donkey kicks
- Challenge: Last team finished does 1-2 extra reps

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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Skill of the Week 10 minutes

FIVE STATIONS CIRCUIT

Materials: Cones, pull-up bar, resistance bands, rings/TRX, or sturdy low bar/table if available.

Directions:

- Leader will split the class into even groups at each station. We recommend using colors and having students start at their corresponding cone color.
- Create five circle stations and play music.
- Students begin on the leader's command.
- Complete each station for 1 minute, then rotate to the right.
 - CURL UPS – How many can you complete in 1 minute?
 - PLANK – Practice holding a proper plank for 1 minute.
 - RIGHT ANGLE PUSH UP – How many can you complete in 1 minute?
 - PULL UPS / PULLING STRENGTH – Use a pull-up bar if available. No bar? Perform inverted rows using rings/TRX or a sturdy low bar/table, resistance-band rows, or prone pull-downs with no equipment.
 - SHUTTLE RUN – Shuttle between two lines, counting your touches for 1 minute.
- Repeat twice.

05

Running 10 minutes

RUNNING WILD RELAY CHALLENGE

Format: Team activity

Materials: Cones

Set up: 2 cones per team, place cones at start and end of gym

Objective: Practice running and skipping in a fun setting

- Kids start out by running to the end cone, then skip all the way back to the start.
- The next kid begins to run.
- Continue until all the kids have gone through at least once.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

Skill of the week: Right-Angle Push-Ups

Right-angle push-ups build upper-body and core strength while teaching body control and stability. Students practice lowering with control until the elbows reach a 90-degree angle, then push back to the starting position while maintaining good form.

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06 Game 5 minutes

UNCLE SAM

Format: Individual Activity

Materials: None

Set Up: Kids spread out across one side of the gym or field, there is a safety zone at opposite side of the field.

Objective: Last kid remaining is the winner!

- The Active Kid of the Week or the Trainers are Uncle Sam.
- The group would say "Uncle Sam, Uncle Sam, May I cross your dam?"
- The taggers say, "Yes you may, yes you may, if you're wearing the color I say."
- Then they pick a color, and any kid wearing that color CANNOT be tagged, they just have to get to the other side doing the movement you are working on that week (hops, lunges, broad jumps, etc.).
- The other kids who are not wearing that color have to run to the other wall and try not to get tagged.
- If they get tagged they join the taggers until all the kids are tagged.

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from the class.

MOUNTAIN POSE MOUNTAIN

Stand up tall with arms resting at side. Take a deep breath in and raise arms overhead. Stretch up towards the sky. Exhale and return arms to original position



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



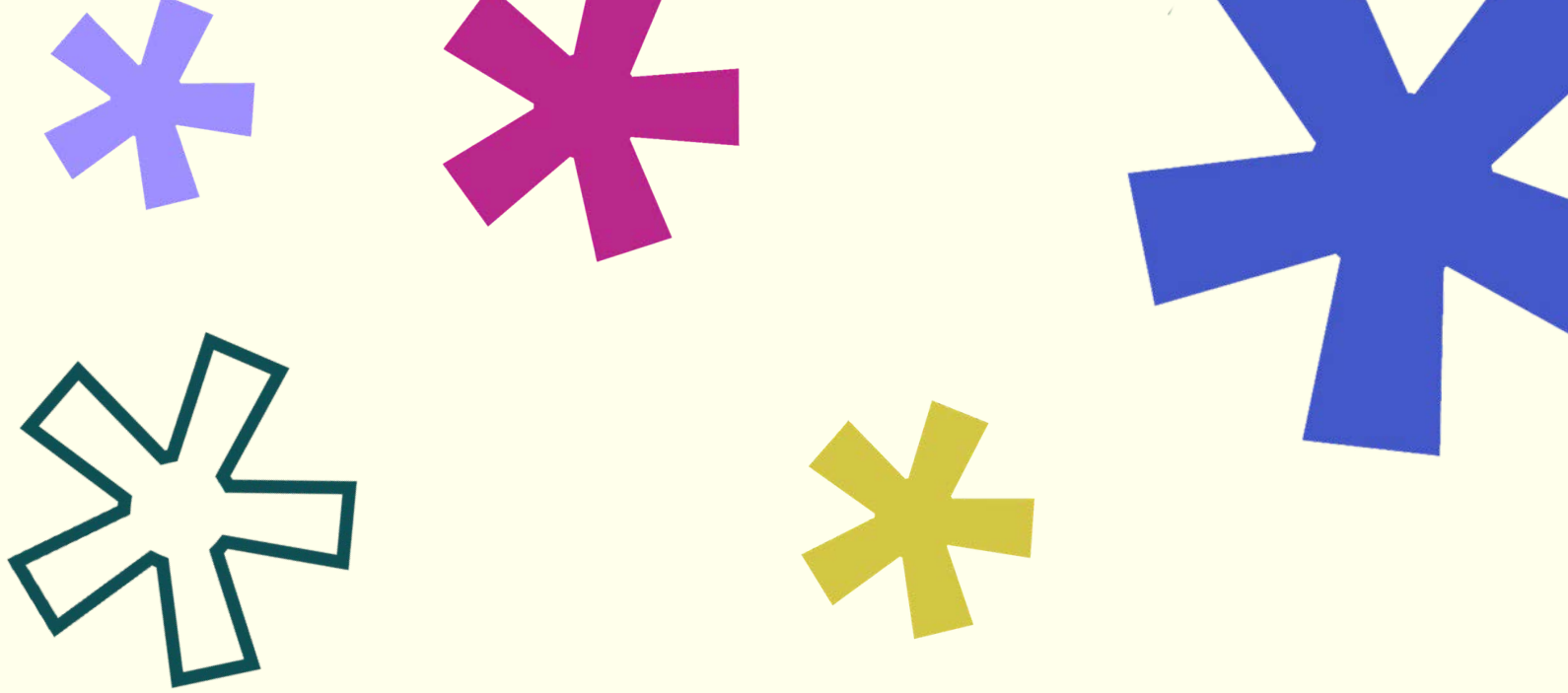
KEY POINTS OF PERFORMANCE

- Right-Angle Push-Up – Points of Performance
- Hands slightly wider than shoulders
- Body straight from head to heels
- Keep core tight and hips level
- Lower body as one unit
- Bend elbows to a 90° angle
- Push back up until arms are straight
- Maintain good form with each rep

ADAPTIVE & INSTRUCTION:

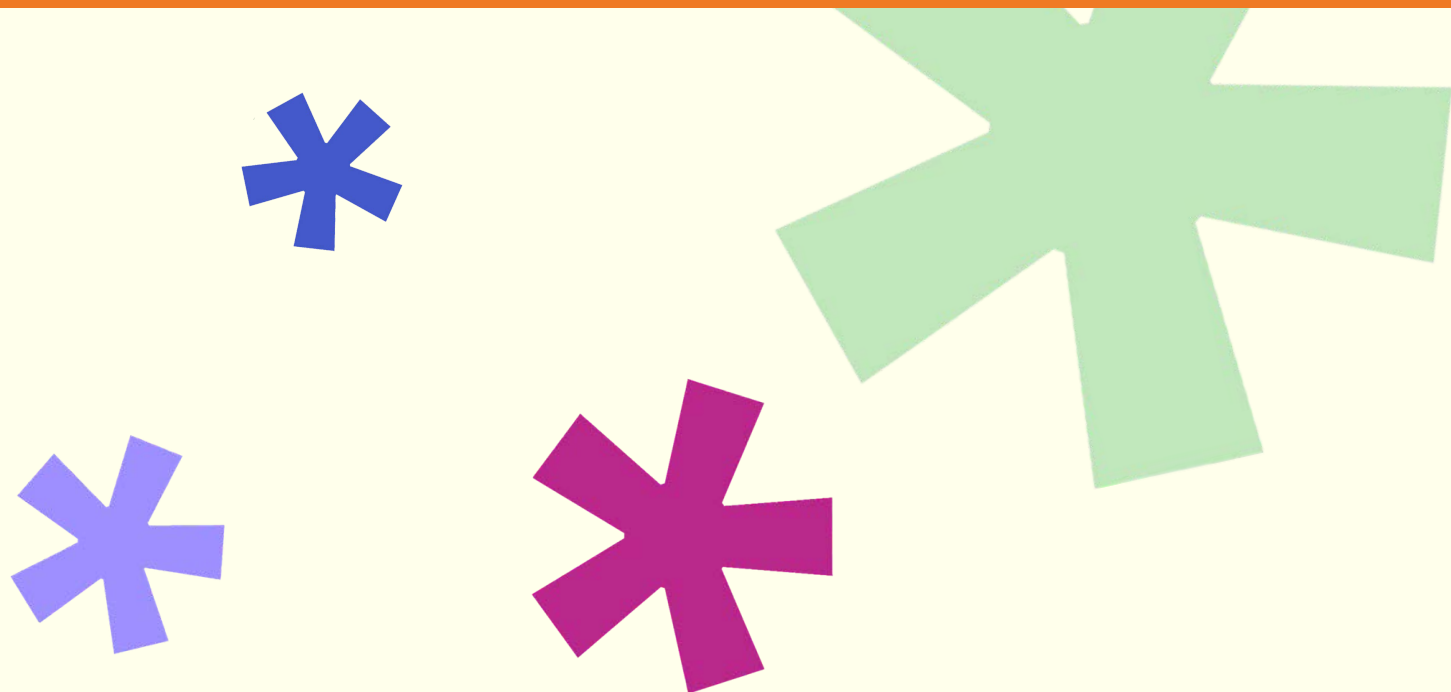
Adaptive Options – Pull-Ups

- Feet-Assisted Pull-Up: Use a low bar with feet on the floor for support.
- Body/Ring Row: From a standing or seated position, pull the body or chest toward a low bar or rings.
- Band-Assisted Pull: Use a resistance band to practice the pulling motion.
- Flexed-Arm Hang: Hold the chin above the bar for as long as comfortably possible.
- Seated Resistance-Band Pull: From a chair or wheelchair, secure a resistance band in front of the student. Pull the elbows back toward the body, squeeze the shoulder blades, and slowly release.
- One-Arm/Individualized Pull: Students with limited use of one arm may perform the pulling movement with their stronger arm or use assistance as appropriate.



Week 6

Squats



Skill of the Week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

SQUATS



KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

FRUIT BASKET

Format: Divide class into four teams

Materials: None, can be outside or inside

Set Up: Assign each group to be a fruit - watermelon, strawberries, bananas, grapes

Objective: Get moving!

- Call out two fruits and the team will run to switch places in the gym or the field.
- Continue this for a few rounds.
- Continue calling fruits, but now instead of running, kids need to skip, hop, gallop, walk on tip toes, etc.
- Finish the game by calling fruit salad - all the kids come in the middle and do three burpees.
- Look for downloadable cards that accompany this game on the Trainer Hub.

Skill of the Week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.

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04 Skill of the Week 10 minutes

FIVE STATIONS CIRCUIT

Materials: None

Directions:

- Learn the Squat – 2 min
- Review and practice proper form together.
- Freeze Squats – 2 min
- Squat and hold for three seconds while the trainer checks form.
- Target Squats – 2 min
- Squat toward a cone, bench, or imaginary chair, then stand tall.
- Perfect Squats – 2 min
- Partners perform five slow squats, checking: hips back, chest up, knees over toes.
- Finish Strong – 2 min
- Complete 10 perfect squats together: "Hips back – chest up – stand tall!"

Goal: Great form over more reps!

05 Running 10 minutes

Set up: Split the class into 2 groups (K-2) and (3-5).

Objective: Improve endurance

- Have the younger kids line up against the wall that creates the shorter distance from one side to the other.
- Have the older kids line up against the wall that creates the longer distance from one side to the other.
- On the LT's cue, the kids will alternate running back and forth as quickly as they can.
- The movements can change from running, to skipping, to shuffling.
- Continue for at least 5 – 7 minutes.
- Make sure the kids spread out when they line up, so they don't crash.
- Cue them to line up shoulder to shoulder

Suggestion: Try having the kids sprint to the center, then complete a movement, and then sprint to the opposite side.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

Skill of the week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.

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Game 5 minutes

TOILET TAG

Format: Divide kids by color groups

Materials: Pinnies for taggers

Set Up: Kids spread out across the gym

Objective: Don't get tagged, flush team mates.

- Choose a few kids to be the "taggers" and have them wear a pinnie.
- Kids run around the gym, trying not to be tagged.
- When tagged, squat down like on the toilet with 1 arm up.
- When a kid on same team "flushes" (pushes the arm down), the kid is back in the game.
- Alternate taggers every 2 minutes.
- Keep playing until time runs out, maximum 5 - 10 minutes.
- Have kids make a flushing sound when their arm is pushed if desired.

02

07

Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from the class.

MOUNTAIN POSE MOUNTAIN

Stand up tall with arms resting at side. Take a deep breath in and raise arms overhead. Stretch up towards the sky. Exhale and return arms to original position



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

Skill of the Week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.

01

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

SHADOW

Format: Partner activity, have each kid pick their own

Materials: None

Set Up: Spread out in gym with partner

Objective: Shadow your partner without bumping into each other

- First partner can start doing one of the following movements, while the second partner shadows (follows behind) doing the same movement:
 - Skipping
 - Side shuffle
 - Jumping
 - Butt kickers
- First partner can change movements at any time.
- The partners alternate positions when they bump into each other.
- Trainer can also yell out "free for all" and the leading partner can do whatever kind of movement they want.
- Play for 5 minutes.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

SQUATS



KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

Skill of the Week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.

01

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04

Skill of the Week 10 minutes

FIVE STATIONS CIRCUIT

Materials:

Directions:

- Learn the Squat – 2 min
- Review and practice proper form together.
- Freeze Squats – 2 min
- Squat and hold for 3 seconds while the trainer checks form.
- Target Squats – 2 min
- Squat toward a cone, bench, or imaginary chair, then stand tall.
- Perfect Squats – 2 min
- Partners perform 5 slow squats, checking: hips back, chest up, knees over toes.
- Finish Strong – 2 min
- Complete 10 perfect squats together: “Hips back – chest up – stand tall!”

05

Running 10 minutes

200 METER RUNS

Repeat at least 4 times, with 1 minute break in between.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

Skill of the week: Squats

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01

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06 Game 5 minutes

CAPTURE THE FLAG

Format: 2 teams

Materials: Cones, bean bags ("flags"), pinnies

Set Up: Divide the area in half. Place the flags at the back of each team's side and create a flag zone.

Objective: Capture all the other team's flags!

- Cross into opponent territory to steal a flag.
- If tagged, go to the flag zone.
- A teammate can tag you free.
- If tagged while carrying a flag, return it and go to the flag zone.
- First team to capture all the flags wins!

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

SWAN DIVE

Start with mountain above. Spread out your arms wide and exhale, bending at waist towards the floor. Repeat as desired.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

Skill of the Week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

SQUATS



KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

SHADOW

Format: Partner activity, have each kid pick their own

Materials: None

Set Up: Spread out in the gym with their partner

Objective: Shadow your partner without bumping into each other

- First partner can start doing one of the following movements, while second partner shadows (follows behind) doing the same movement:
 - Skipping
 - Side shuffle
 - Jumping
 - Butt kickers
- First partner can change movements at any time.
- The partners alternate positions when they bump into each other.
- Trainer can also yell out "free for all" and the leading partner can do whatever kind of movement they want.
- Play for 5 minutes.

Skill of the Week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.

01

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04 Skill of the Week 10 minutes

FIVE STATIONS TABATA

Materials:

Directions:

- Set Up: Kids spread out
 - Review proper form, list three key points of performance
 - Have the kids perform 20 seconds of squats and then rest for 10 seconds
- Lead trainer will cue the kids to rest and resume.
- Cue kids to assume their position and countdown to start the movement.
- Do as many squats in 20 seconds as possible, and then rest for 10 seconds.
- Repeat for a total between 4 and 8 times.
- Do this for four rounds and then give the kids a water break
- Repeat if time allows

05 Running 10 minutes

Note: Trainers, you can substitute Week 6 Day 3 running and game with the ultimate team race detailed at the end of Week 12.

GO BACK, HIT IT!

Format: Individual Activity

Materials: Cones

Set Up: Teams in lines, cones at each end of the gym

Objective: Practice the Skill of the Week

- "GO!" – Sprint toward the end.
- "BACK!" – Run backwards.
- "HIT IT!" – Stop, squat, and keep running.
- Alternate commands until kids reach the end, then rotate.
- Keep running at an all-out effort.
- Option: Replace "Hit It" with squats, jumps, or another skill.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

Skill of the week: Squats

Squats build strong legs, hips, and core muscles that help kids run, jump, play, and move with confidence. Learning good squat form also creates a foundation for many everyday and athletic movements.

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06 Game 5 minutes

SQUAT TAG

Format: Individual activity

Materials: None

Set Up: Kids spread out across the gym or field, choose a tagger or a few taggers

Objective: Try not to get tagged

- Kids run around the gym.
- In order to avoid getting tag, you must do squats.
- You can't get tagged while doing squats.
- If you get tagged, take a water break!
- Keep playing for a few minutes and then switch taggers.

Suggestion: Limit the number of squats the kids can do to make the game more challenging.

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from the class.

TREE POSE

Stand up straight. Take right foot and place it on the upper inner thigh of left foot and balance. Place hands in a "prayer" position or lift overhead like tree branches. Hold for a few seconds and then repeat with opposite foot.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

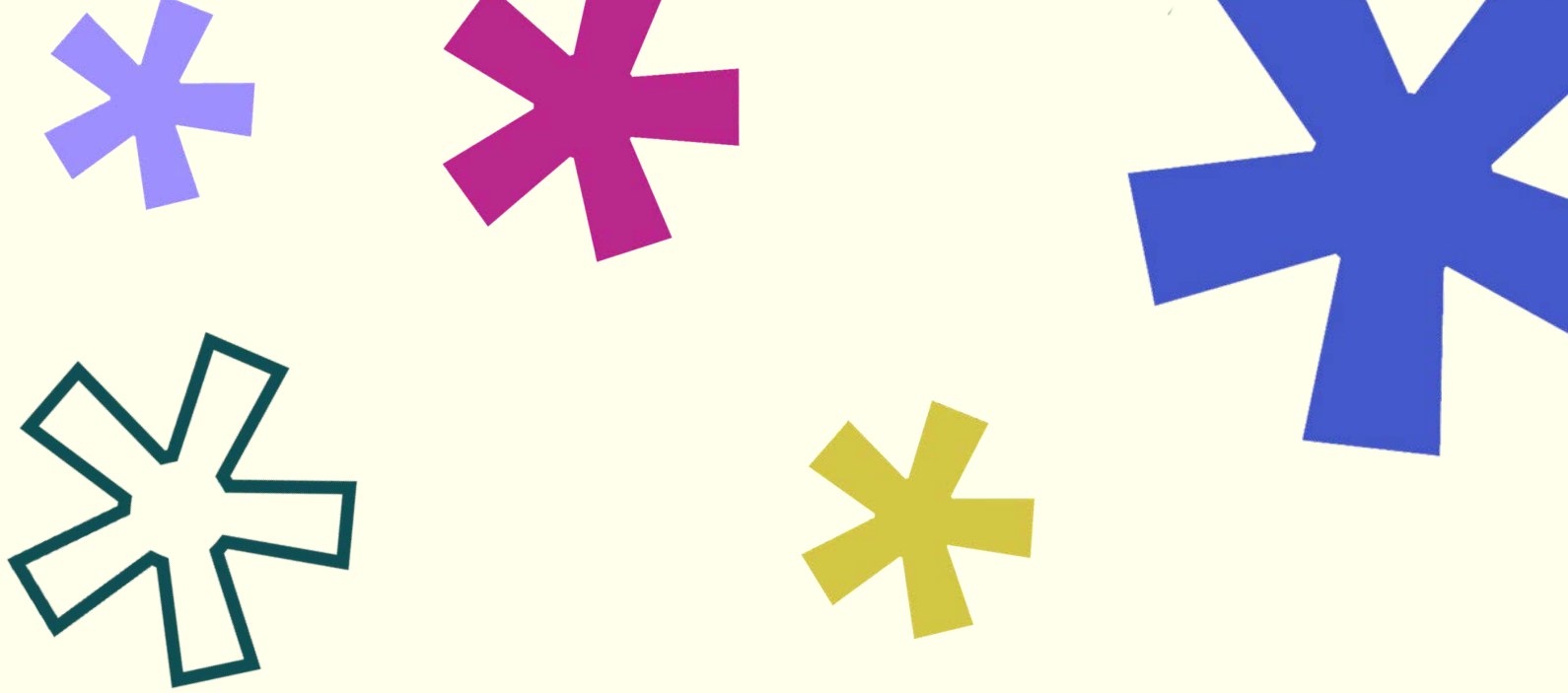
- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

ADAPTIVE & INSTRUCTION:

Adaptive Modifications – Squats

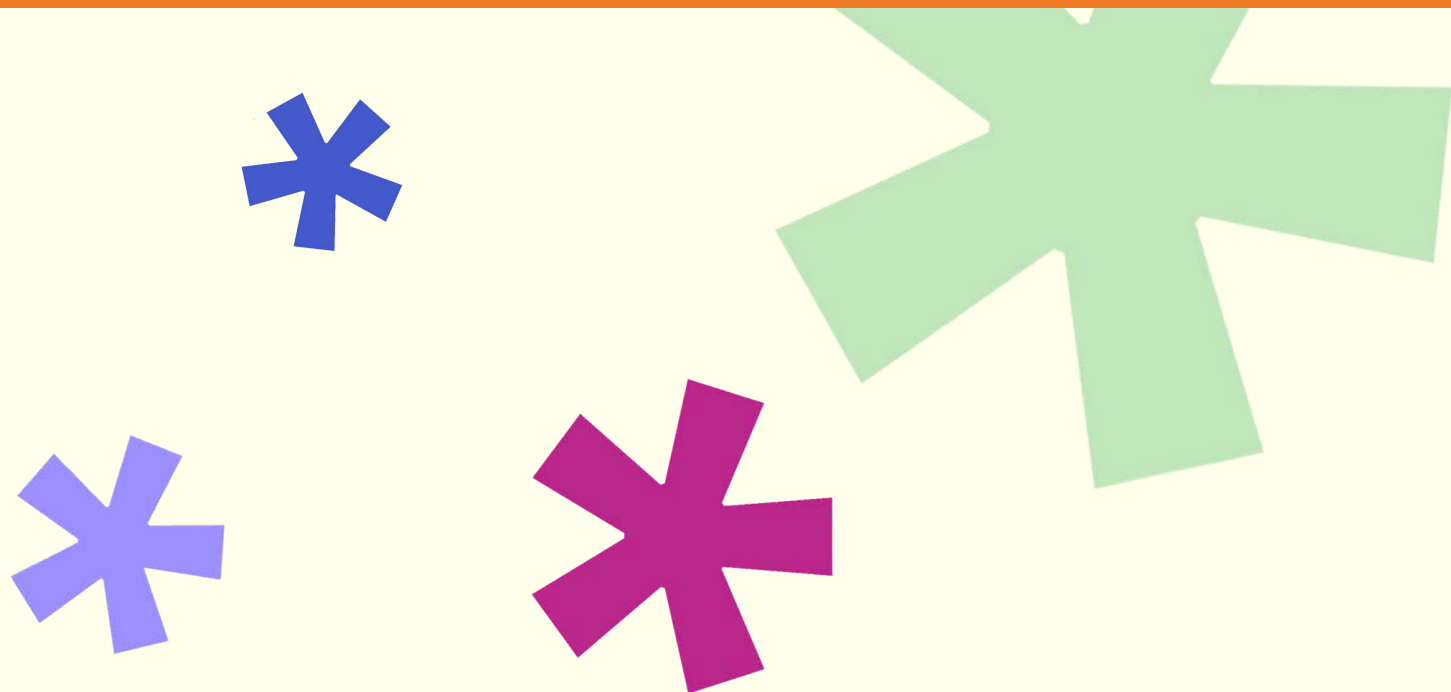
- Chair Squat: Squat down toward a chair or bench, lightly touch it, then stand back up. Adjust the height as needed.
- Supported Squat: Hold a wall, rail, stable bar, or partner for balance and support while squatting.
- Partial Squat: Lower only as far as is comfortable while maintaining good control and alignment.
- Sit-to-Stand: Begin seated in a chair and stand up, using the hands or armrests for assistance if needed, then slowly sit back down.
- Seated Leg Press: From a chair or wheelchair, press one or both feet into the floor or against a resistance band to engage the legs.
- Individualized Movement: Students with limited use of one or both legs may perform a smaller range of motion, use assistance, or practice an alternative lower-body strengthening movement appropriate to their abilities.

Key Goal: Focus on lower-body strength, balance, control, and personal progress rather than depth or number of repetitions.



Week 7

Lunges



Skill of the Week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

LUNGES



KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

HOPE SKIP FREEZE

Format: One large game inside gym or on field

Materials: None

Set Up: Use boundaries to create an appropriate size play area as needed

Objective: Get moving!

- Demonstrate how to avoid contact with each other.
- Kids should be able to repeat all rules and signals.
- Spread kids out to avoid contact and collisions.
- You must stay inside the boundaries (explain boundaries if needed),
- On 1st signal or music: kids begin hopping (skipping, jumping, etc.).
- On 2nd signal or music: kids must freeze in a balanced position (on 1 foot, 1 foot and 1 hand, etc.).
- Repeat several times – change what kids do for each signal.

Skill of the Week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.

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04 Skill of the Week 10 minutes

TEAM CHALLENGE RELAY

Materials

Directions:

- Demonstrate proper form, listing key points of performance. Have kids practice proper form!
- Team Challenge Relay: Break kids up into teams of 5; 2 kids on the team hold a plank at the starting line (side A), 2 kids practice jumping jacks at the finish line (side B).
- The 5th teammate does walking lunges from side A to side B, then changes place with 1 of the kids performing on side B.
- Keep going until everyone has had a turn doing all 3 movements.

05 Running 10 minutes

SHUTTLE AND SHUFFLE RUN

- Separate the group into 4 colors on each corner of the room.
- Each group starts running and shuffling at the same time.
- Have all kids run the long side of your space and side shuffle the short.
- Every 1-2 minutes, call out a new challenge:
 - "Speed Round!" – pick up the running pace.
 - "Low Shuffle!" – bend the knees and stay low.
 - "Switch!" – change the direction of the side shuffle.
 - "Team Challenge!" – can your whole color group stay together?
 - "Perfect Form!" – focus on great running and shuffle.
- Keep it moving rather than making it a race. The goal is continuous movement, good form, and having fun for the full 10 minutes!



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

Skill of the week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.

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Game 5 minutes

RED LIGHT, GREEN LIGHT

Format: Individual activity

Materials: None

Set Up: Kids spread out across one side of the gym or field; there is a finish line at opposite side of the field

Objective: Get to the finish line and get moving!

- Have a trainer or Active Kids of the Week be the "Stop light" and lead the game.
- The "Stop light" faces away from the group when they say Green light, but turns and faces the group when they say Red light.
- The "Stop light" cues the participants to start moving by saying
- "Green light". The participants should walk fast or jog, but not run. The participants will stop moving when they hear Red light and the "Stop light" turns around to make sure everyone is standing still and not still moving.
- If a kid is caught moving after you have said Red light, they are sent back to the starting line.
- Play until someone reaches the "Stop light" and tags him or her. They become the new "Stop light".
- All of the kids go back to the starting line and play again.

Suggestion: You can change the game up by having the kids do a different movement on the Green light cue, like skipping, galloping etc.

07

07

Cool Down 3 minutes

YOGA

Find your own yoga poses and deep breaths



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

Skill of the Week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

LUNGES



KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

01

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

TRAFFIC

Format: Individual activity

Materials: None or white board to write down cues

Set Up: Kids spread out across gym or field

Objective: Get moving!

- Kids follow cues to change movements:
 - Red Light - stop moving
 - Green Light - run
 - Yellow Light - side shuffle
 - Speed Bump - bunny hops
 - Carpool - get a partner and run together holding hands
 - Deer Crossing - gallop

Look for downloadable cards that accompany this game.

Skill of the Week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.

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Skill of the Week 10 minutes

TEAM CHALLENGE RELAY

Materials:

Directions:

- Review lunges, listing key points of performance
- Relays: Line kids up in teams of 4-5 behind starting cones.
- Round 1: Have kid "A" do walking lunges holding something overhead (cone, ball) to the finish line, put object down, then sprint to starting line.
- Kid B does the same thing followed by the rest of the kids on the team.
- Have each kid leave their object at the finish line!
- Round 2: Have each kid sprint to the finish line, pick up 1 object and lunge back to the starting line with it over head. Repeat Relay or modify if time allows

05

Running 10 minutes

SHUTTLE AND SHUFFLE RUN

Set Up: Divide students into color groups and start each group in a different corner of the gym.

- On "GO!", all groups move around the outside of the gym in the same direction.
- Long sides = RUN — eyes forward, arms pumping.
- Short sides = SIDE SHUFFLE — stay low and don't cross your feet.
- Start groups at the same time to help prevent backups.
- Every 1-2 minutes, call out a fun challenge: "Speed Round!" "Low Shuffle!" "Switch Direction!" or "Stay Together!"
- Keep students moving for the full 10 minutes, focusing on good form, control, and fun!



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

Skill of the week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.

01

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06

Game 5 minutes

RED LIGHT, GREEN LIGHT

Format: Individual activity

Materials: None

Set Up: Kids spread out across one side of the gym or field; there is a finish line at opposite side of the field

Objective: Get to the finish line and get moving!

- Have a trainer or Active Kids of the Week be the "Stop light" and lead the game.
- The "Stop light" faces away from the group when they say Green light, but turns and faces the group when they say Red light.
- The "Stop light" cues the participants to start moving by saying "Green light". The participants should walk fast or jog, but not run. The participants will stop moving when they hear Red light and the "Stop light" turns around to make sure everyone is standing still and not still moving.
- If a kid is caught moving after you have said Red light, they are sent back to the starting line.
- Play until someone reaches the "Stop light" and tags him or her. They become the new "Stop light".
- All of the kids go back to the starting line and play again.

Suggestion: You can change the game up by having the kids do a different movement on the Green light cue, like lunges.

07

Cool Down 3 minutes

YOGA

Find your own yoga poses and deep breaths



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

Skill of the Week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

LUNGES



KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

DECK OF CARDS

Format: Individual Activity

Materials: White board to write down suits, deck of cards (face cards removed)

Set Up: Kids spread out

Objective: Get moving!

- Each suit is an exercise, for example, hearts are jumping jacks, diamonds are burpees, spades are push-ups and clubs are air squats.
- Lead Trainer flips a card and kids need to do the number of repetitions shown on the card of the designated exercise (i.e. 2 of diamonds = 2 burpees).
- Keep flipping cards for the allotted period of time.
- This can be used at the end of the session as a skill review too by changing the movements that match the suits partially through the game.

Skill of the Week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.

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Skill of the Week 10 minutes

Review lunges, listing key points of performance

Relays: Line kids up in teams of 4-5 behind starting cones.

- Round 1: Have kid "A" do walking lunges holding something overhead, (cone, ball) to the finish line, put object down, then sprint to starting line.
- Kid B does the same thing followed by the rest of the kids on the team.
- Have each kid leave their object at the finish line!
- Round 2: Have each kid sprint to the finish line, pick up 1 object and lunge back to the starting line with it over head. Repeat Relay or modify if time allows.

05

Running 10 minutes

CROSS-GYM SPRINTS

Set up: Split the class into 2 groups (K-2) and (3-5).

Objective: Improve endurance

- Have the younger kids line up against the wall that creates the shorter distance from one side to the other.
- Have the older kids line up against the wall that creates the longer distance from one side to the other.
- On the LT's cue, the kids will alternate running back and forth as quickly as they can.
- The movements can change from running, to skipping to shuffling, to butt kickers etc.
- Continue for at least 5 – 7 minutes.
- Make sure the kids spread out when they line up so they don't crash.
- Cue them to line up shoulder to shoulder

Suggestion: Try having the kids sprint to the center, then complete a movement, then sprint to the opposite side.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

Skill of the week: Lunges

Lunges build strong legs, balance, and coordination while teaching the body to stay stable during movement. These skills help kids run, jump, change direction, climb stairs, and play sports with better control.

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06 Game 5 minutes

TRICKY TWOSOME TAG

Suggestions: Split the gym in 1/2 with cones. Have volunteers play with the kids.

Format: This can be whole group or you can divide into smaller group as needed. All kids find a partner and choose 1 to 2 pairs to be taggers.

Materials: Cones

Set Up: Kids spread out across gym or field with their partner. Set up one safety zone, marking off a circle with cones

Objective: Don't get tagged!

- The taggers will link arms and chase after partners.
- If you are tagged, your team becomes taggers too.
- Once tagged link arms with the taggers and everyone forms a blob.
- As more partners get tagged the blob becomes larger.
- Partners can rest in safety zone for a minute if they need to.
- Play until all most of the kids are caught and let the winning pair be the taggers on the next round

07 Cool Down 2 minutes

SUPINE TWIST

Lie down on back with legs straight. Lift left leg up and bend knee towards chest. Grab left knee with right hand, pull knee across body and push knee down to the ground. Hold for a few seconds. Return legs to original position and repeat on other side.

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

Stand tall with feet about hip-width apart.

- Step backward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest tall and core engaged.
- Push through your front foot to return to standing.
- Switch legs and repeat.
- Move slowly and stay balanced and controlled.

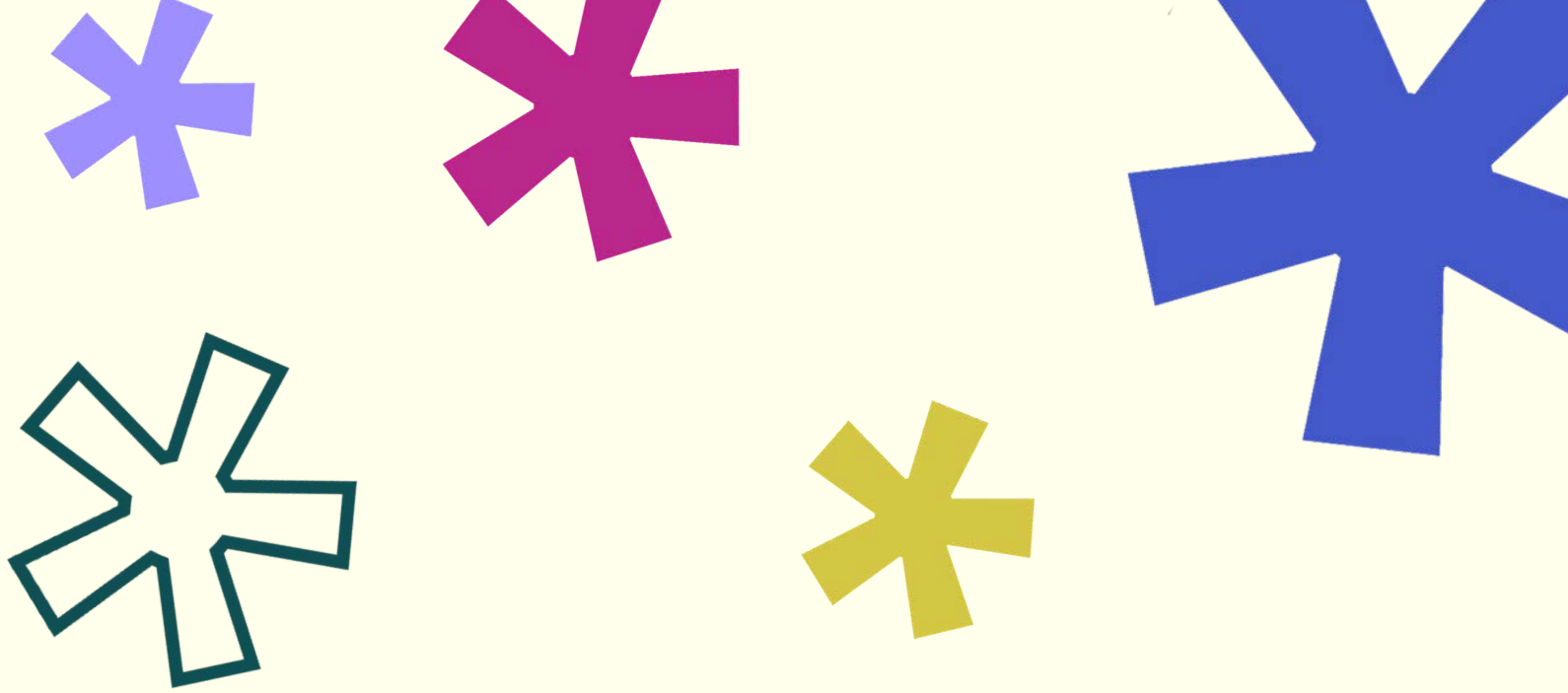
Kid-friendly cue:

"Step Back → Drop → Push → Switch!"

ADAPTIVE & INSTRUCTION:

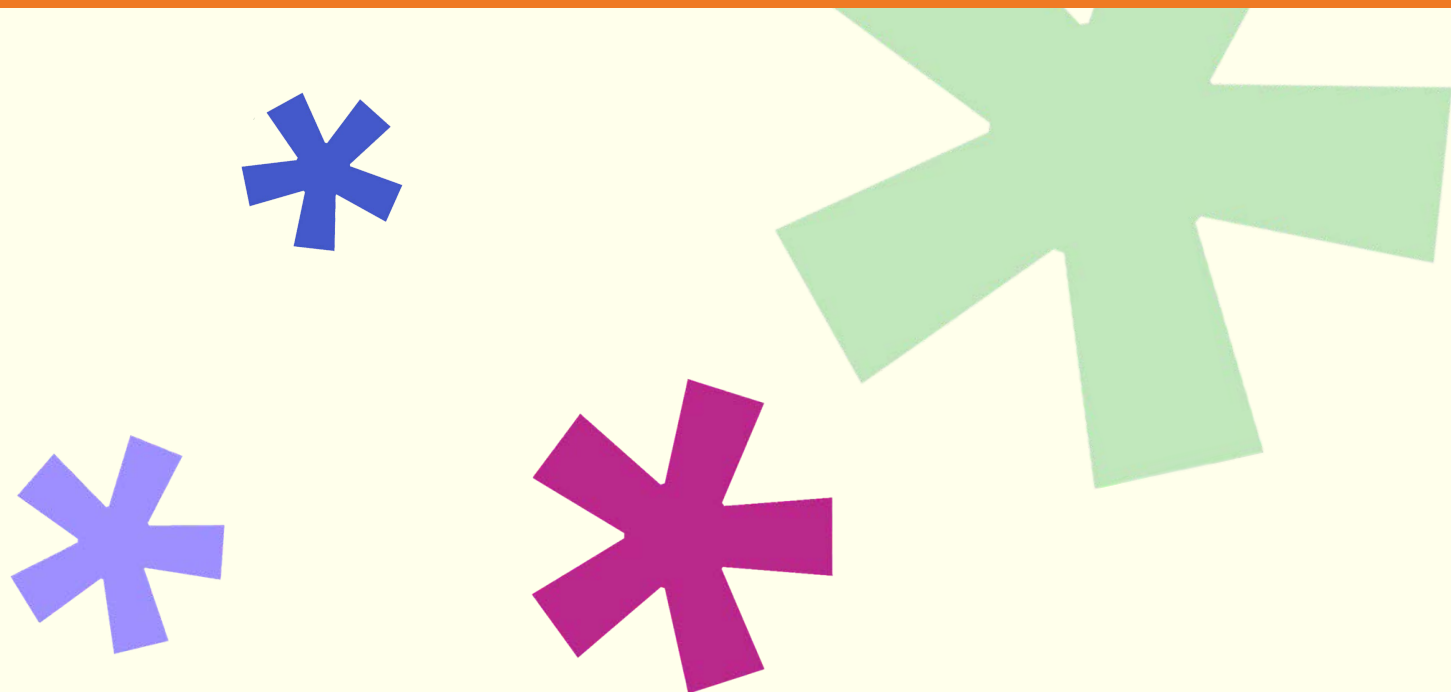
Adaptive Modifications – Lunges

- Supported Lunge: Hold a wall, rail, stable bar, chair, or partner for balance and support while lunging.
- Partial Lunge: Take a smaller step and lower only as far as is comfortable while maintaining control and balance.
- Stationary Lunge: Begin in a split stance and lower the body straight down rather than stepping forward and back.
- Chair-Assisted Lunge: Use a chair or bench for support while stepping one foot forward or backward and bending the knees as comfortably as possible.
- Seated Leg Extension: From a chair or wheelchair, straighten one leg at a time, pause, and slowly lower. Add a resistance band if appropriate.
- Seated March: From a chair or wheelchair, lift one knee at a time as high as comfortably possible, alternating sides to strengthen the hips and legs.
- Individualized Movement: Students with limited use of one or both legs may reduce the range of motion, use additional support, or perform an alternative lower-body movement appropriate to their abilities.
- Key Goal: Focus on lower-body strength, balance, stability, control, and personal progress rather than lunge depth or number of repetitions.



Week 8

Jumping



Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

JUMPING



KEY POINTS OF PERFORMANCE

Squat Jump – Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump – Key Points

- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

TRAFFIC

Format: Individual activity

Materials: None or white board to write down cues

Set Up: Kids spread out across gym or field

Objective: Get moving!

- Kids follow cues to change movements:
 - Red Light - stop moving
 - Green Light - run
 - Yellow Light - side shuffle
 - Speed Bump - bunny hops
 - Carpool - get a partner and run together holding hands
 - Deer Crossing - gallop

Look for downloadable cards that accompany this game.

Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.

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04 Skill of the Week 10 minutes

TEAM CHALLENGE RELAY

Materials: None

Directions:

- Teach & Demonstrate – 1 Minute
 - Show students both jumps:
 - Squat Jump: Jump straight up.
 - Broad Jump: Jump forward.
 - For both: bend the knees and land softly on two feet.
- Squat Jump Practice – 2 Minutes
 - Students spread out with plenty of space.
 - Practice 3 squat jumps, then reset.
 - Repeat several rounds.
 - Encourage students to focus on a soft, controlled landing.
 - Coach Cue: "Load – Jump – Land Soft!"
- Broad Jump Practice – 2 Minutes
 - Create a starting line.
 - Students practice jumping forward and sticking the landing.
 - Reset and repeat, trying to improve technique before distance.
 - Coach Cue: "Load – Jump – Stick!"
- Finish – 1 Minute

05 Running 10 minutes

FITNESS FOUR CORNERS WITH MUSIC

Materials: Music

Directions:

- Every 60 seconds stop the music and have kids rotate
- Place a cone in each corner of the gym and assign each corner a skill.
 - Corner 1: 5 Squats
 - Corner 2: 5 Curl-Ups or Planks
 - Corner 3: 5 Push-Ups or modification
 - Corner 4: 5 Squat Jumps
- Students run or shuffle between corners. After completing the movement, they move to the next corner.
- Every minutes, call "SWITCH!" and change how they travel: run, side shuffle, skip.
- Continue for 8-10 minutes.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

Squat Jump – Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump – Key Points

- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.

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06

Game 5 minutes

KANGAROO HOP

Format: Divide kids by color groups

Materials: 2 cones per team and a ball

Set Up: Place cones at starting line and the end of the gym.

Objective: Be the first team to finish!

- The first person on each team hops with the ball between their knees to the cone and back.
- Each team member does the same thing until everyone has finished.
- Whichever team finished first wins.

Suggestion: Have the kids put the ball between their elbows and the only way to pass it to the next person is by using their elbows (no hands).

07

Cool Down 3 minutes

YOGA

Find your own yoga poses and deep breaths.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Stand tall with feet about hip-width apart.
- Step forward with one foot.
- Bend both knees as you lower your body.
- Keep your front knee lined up over your foot.
- Keep your chest up and core tight.
- Push through the front foot to return to standing.
- Switch legs and repeat.
- Kid-friendly cue:
- "Step → Drop → Push → Switch!"

Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

JUMPING



KEY POINTS OF PERFORMANCE

Squat Jump – Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump – Key Points

- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

TRAFFIC

Format: Individual activity

Materials: None or white board to write down cues

Set Up: Kids spread out across gym or field

Objective: Get moving!

- Kids follow cues to change movements:
 - Red Light - stop moving
 - Green Light - run
 - Yellow Light - side shuffle
 - Speed Bump - bunny hops
 - Carpool - get a partner and run together holding hands
 - Deer Crossing - gallop

Look for downloadable cards that accompany this game on the Trainer HUB

Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.

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Skill of the Week 10 minutes

FITNESS BUILDER RELAY

Materials: Cones

Directions:

- Teams line up behind a starting cone. Place 3 cones down the gym.
 - Cone 1: 3 Squats
 - Cone 2: 3 Push-Ups
- Cone 3: 3 Broad Jumps
- Run back and tag the next teammate.
- For another round, switch the skills to lunges, curl-ups, plank, or squat jumps.
- Have each team choose one of the skills for the final round.
- Move quickly between stations, but slow down for the skill. Good movement first, speed second.

05

Running 10 minutes

GO, BACK, HIT IT!

Format: Team Relay

Materials: Cones

Set Up: Divide students into color teams. Line teams up at one end of the gym with cones at the opposite end.

How to Play:

- First student in each line starts on "GO!" and runs toward the opposite cone.
- Trainer calls:
 - "GO!" — Run forward.
 - "BACK!" — Move backward.
 - "HIT IT!" — Drop down, pop back up, and keep running.
- Continue calling commands until students reach the end, then start the next group.
- Give everyone several turns.

Mix It Up: Change "HIT IT!" to a squat jump, broad jump, lunge, squat, or other Skill of the Week.

Coach's Tip: Encourage an all-out effort while moving safely and staying in control.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

Squat Jump — Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump — Key Points

- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

Skill of the week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday

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06 Game 5 minutes

WHAT TIME IS IT MR. FOX

Format: Individual activity

Materials: None

Set Up: Kids spread out across one side of the gym or field; there is a safety zone at opposite side of the field

Objective: Last kid remaining is the winner.

- There are 2 foxes and the rest of the kids line up on the side of the gym.
- The group would say "Mr. Fox, Mr. Fox what time is it?"
- The foxes would pick a number 1-10, and the kids would take that many lunge steps or other movements towards them. Encourage good form.
- When the kids start getting close to the foxes, the fox would eventually say "Midnight!" and all kids would try to run to the opposite wall without being tagged by the Foxes.
- Whoever was tagged becomes a Fox (tagger) for the rest of the game.

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

SWAN DIVE

Start with mountain above. Spread out your arms wide and exhale, bending at waist towards the floor. Repeat as desired.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

Squat Jump – Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump – Key Points

- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.

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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02 Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03 Warm Up 5 minutes

ACTIVE BASEBALL

Materials: None

Directions:

- 4 bases around the gym or on field, divide the kids into 4 teams.
- 1st base = jumping jacks, 2nd base = hop on one foot,
- 3rd base = butt kickers, home = high knee
- Stay at each base for 1 minute. Run the bases twice.
- Change the movements as desired.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

JUMPING



KEY POINTS OF PERFORMANCE

Squat Jump – Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump – Key Points

- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.

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Skill of the Week 10 minutes

RUN, MOVE & JUMP RELAY

Materials:

Directions

- Time: 8–10 minutes
- Divide students into teams. Place a cone across the gym from each team.
- On “GO!”, the first student:
 - Runs to cone → 3 Squats → 2 Broad Jumps → Runs back → Tags next teammate
- Change the challenge each round:
 - Round 2: 3 Lunges + 2 Squat Jumps
 - Round 3: 3 Push-Ups + Run Back
 - Round 4: Let the team choose the skill.
- Teams cheer each other on—good form matters more than speed.

05

Running 10 minutes

FLAG ON THE RUN

Format: Team Relay

Materials: Cones + 1 flag/baton per team

Set Up: Create a course around the gym with 4 cones, each representing a different skill. Divide students into teams.

How to Play:

- First student takes the flag and runs to each cone.
- Complete the skill at each cone:
 - Cone 1: 3 Squats
 - Cone 2: 3 Lunges
 - Cone 3: 3 Push-Ups
 - Cone 4: 2 Broad Jumps
- Run back and pass the flag to the next teammate.
- Continue until everyone has several turns.

Mix It Up: Change the skills each round or let students choose their favorite.

Coach’s Tip: Keep the flag moving! Focus on running, good form, and teamwork—not just winning.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

Squat Jump — Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump — Key Points

- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

Skill of the Week: Jumping

Jumping helps kids build lower-body strength, power, balance, coordination, and confidence. Learning how to jump—and just as importantly, how to land safely—builds skills that carry over to running, sports, playground activities, and everyday movement.

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06 Game 5 minutes

GOOD-WITCH, BAD-WITCH SANDWICH

Materials: 2 cones at starting line and 2 cones at finish line

Direction:

- Kids all line up on the starting line.
- The 2 taggers stand in the middle and shout either “good witch”, “bad witch” or “sandwich”.
- If the taggers say “good witch”, the players take one step forward.
- If the taggers say “bad witch”, the players take one step backward.
- If the taggers say “silly witch”, the players take one step to the side.
- If the taggers say “sandwich”, the players run from one side to the other.
- If they get tagged, they now help the taggers, but cannot be the one to call out good/bad witch.

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

07 SWAN DIVE

Start with mountain above. Spread out your arms wide and exhale, bending at waist towards the floor. Repeat as desired.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

Squat Jump – Key Points

- Feet shoulder-width apart.
- Hips back, knees bent.
- Jump straight up.
- Land softly with knees bent.

Broad Jump – Key Points

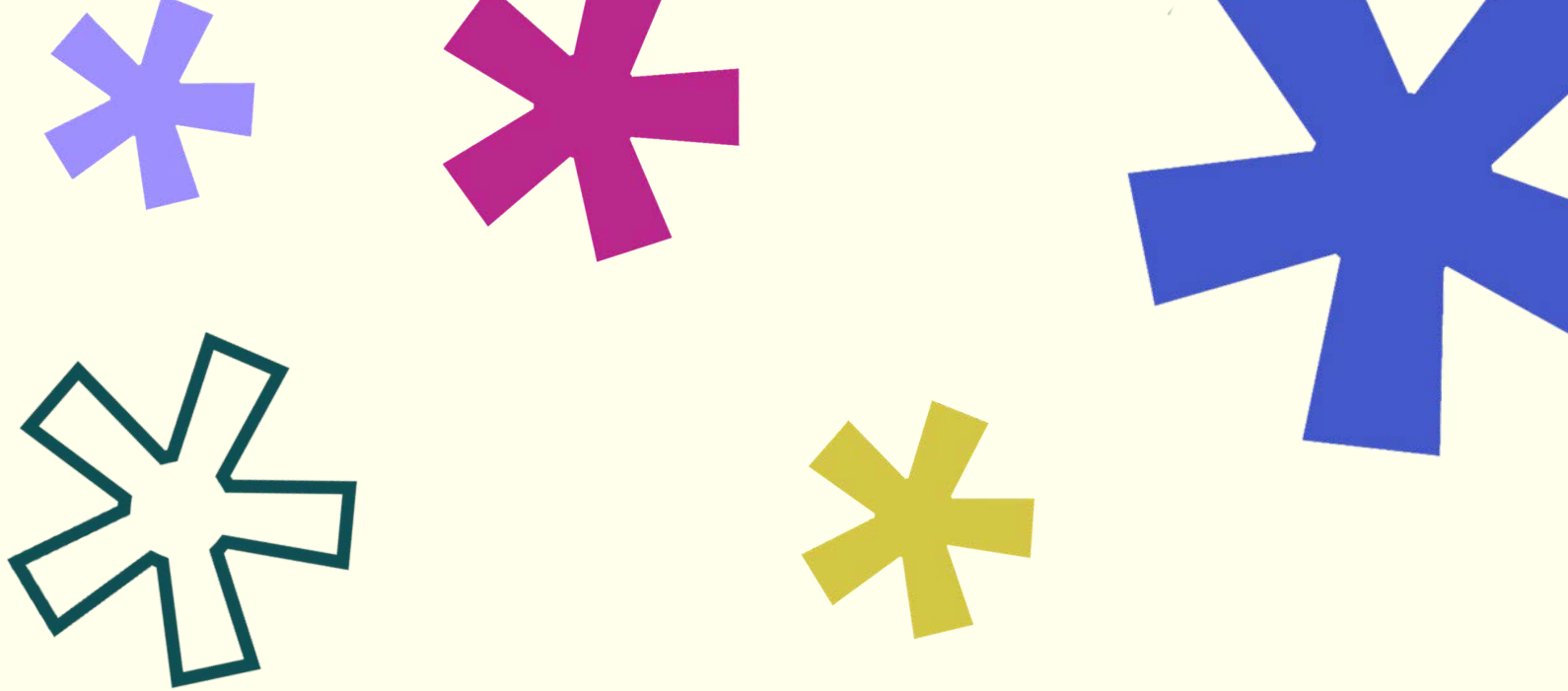
- Feet shoulder-width apart.
- Hips back, swing arms.
- Jump forward.
- Land softly on both feet.

ADAPTIVE & INSTRUCTION:

Adaptive Modifications — Squat Jumps & Broad Jumps

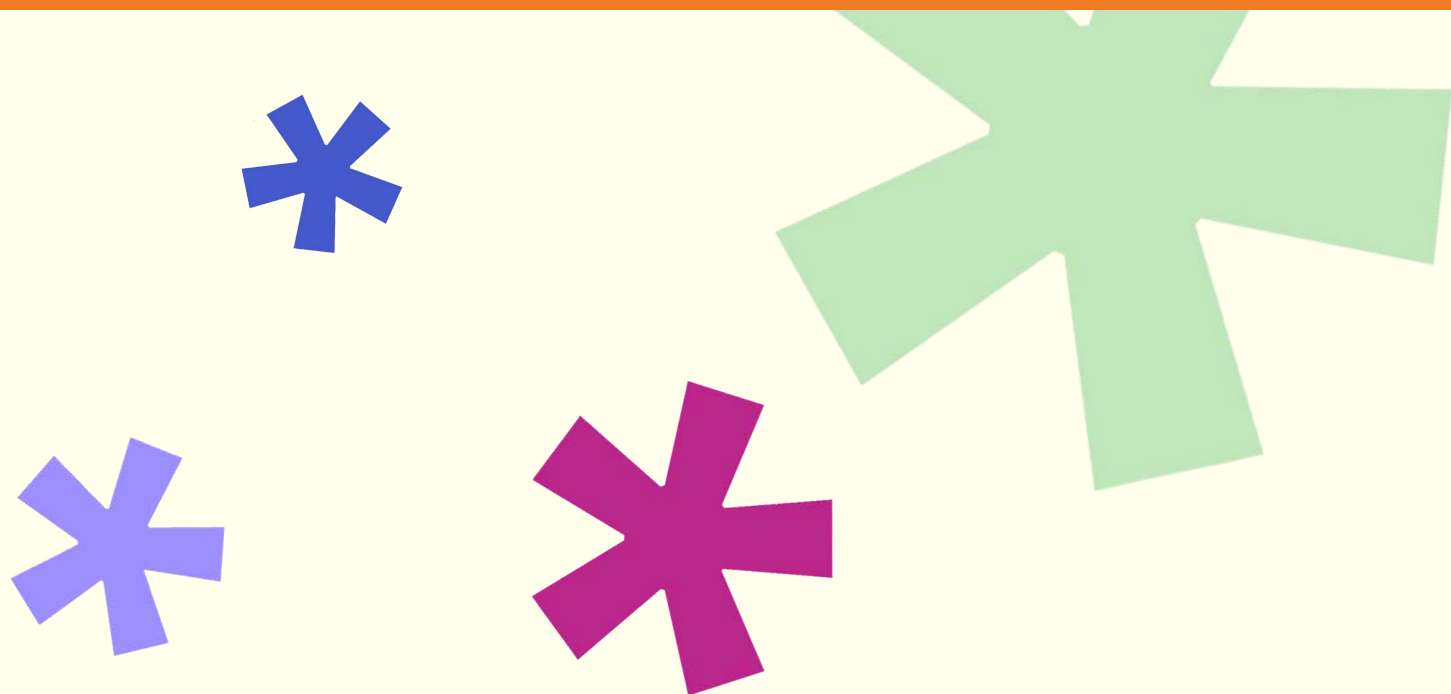
- Squat to Reach: Squat down, then stand tall and reach overhead instead of jumping.
- Mini Jump: Perform a small jump, focusing on a soft, controlled landing.
- Supported Jump: Hold a wall, rail, or stable surface for balance while performing a small jump or squat-to-reach.
- Step Forward: For broad jumps, take a large step forward instead of jumping and finish in a balanced position.
- Seated Power Movement: From a chair or wheelchair, perform a quick arm drive/reach or seated leg extension to practice power and coordination.
- Individualized Movement: Adjust jump height, distance, range of motion, or level of support based on the student's abilities.

Key Goal: Focus on power, balance, safe landings, and personal progress rather than jump height or distance.



Week 9

Run Strong



Skill of the Week: Run Strong

Running builds heart and lung strength, endurance, confidence, and determination. This week, kids learn that being a strong runner isn't just about being fast. It's about finding a pace, using good form, staying strong when you get tired, and having fun moving! Find your pace. Stay strong. Keep moving.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RUNNING SKILLS



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

TRAFFIC

Materials: Cones, Traffic Signs

Directions:

Kids travel around the space.

● Green = easy jog

● Yellow = high knees

● Red = freeze + 3 squats

🚗 Speed Bump = 2 jumps

🔄 U-Turn = change direction

⚡ Turbo = 5-second fast run

This sneaks squats and jumping back into Week 9.

Skill of the Week: Run Strong

Running builds heart and lung strength, endurance, confidence, and determination. This week, kids learn that being a strong runner isn't just about being fast. It's about finding a pace, using good form, staying strong when you get tired, and having fun moving! Find your pace. Stay strong. Keep moving.

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04

Skill of the Week 10 minutes

RUN STRONG: FORM + PACING

Materials: Cones

Directions:

- Head up, Eyes forward, Relax shoulders, Bend arms, Light feet
- Find your pace, Finish strong, Pace Challenge.
- Set cones approximately 20-30 meters apart.
 - Round 1: Easy
 - Round 2: Steady
 - Round 3: Fast
 - Round 4: Trainer calls the pace while they're moving.
- For younger kids, use animals:
 - Turtle = walk
 - Puppy = easy run
 - Horse = steady run
 - Cheetah = fast

05

Running 10 minutes

THE PACING PYRAMID

Materials: None

Directions:

- Set up a loop or out-and-back course.
 - 1 minute easy run.
 - 2 minutes steady
 - 1 minute easy
 - 2 minutes steady
 - 30 seconds strong
 - 30 seconds easy
 - 30 seconds FAST FINISH!
- The goal is to control your pace and still have enough energy for a strong finish
- For K-2, shorten the intervals to 30-60 seconds.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

Skill of the Week: Run Strong

Running builds heart and lung strength, endurance, confidence, and determination. This week, kids learn that being a strong runner isn't just about being fast. It's about finding a pace, using good form, staying strong when you get tired, and having fun moving! Find your pace. Stay strong. Keep moving.

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06 Game 5 minutes

CAPTURE THE FLAG

Format: 2 teams

Materials: Cones, bean bags ("flags"), pinnies

Set Up: Divide the area in half. Place flags at the back of each team's side and create a flag zone.

Objective: Capture all the other team's flags!

- Cross into opponent territory to steal a flag.
- If tagged, go to the flag zone.
- A teammate can tag you free.
- If tagged while carrying a flag, return it and go to the flag zone.
- First team to capture all the flags wins!

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

SWAN DIVE

Start with mountain above. Spread out your arms wide and exhale, bending at waist towards the floor. Repeat as desired.



MATERIALS

Whiteboard
(optional)
Cones
Bean Bags
Music



KEY POINTS OF PERFORMANCE

- Feet about shoulder-width apart
- Push hips back like sitting in a chair
- Bend knees and lower with control
- Keep knees tracking over toes
- Keep chest up and eyes forward
- Stand tall at the top

Skill of the Week: Run Strong

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MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RUNNING SKILLS



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

TRAFFIC

Materials: Cones, Traffic Signs

Directions:

Kids travel around the space.

● Green = easy jog

● Yellow = high knees

● Red = freeze + 3 squats

🚗 Speed Bump = 2 jumps

🔄 U-Turn = change direction

⚡ Turbo = 5-second fast run

This sneaks squats and jumping back into Week 9.

Skill of the Week: Run Strong

Running builds heart and lung strength, endurance, confidence, and determination. This week, kids learn that being a strong runner isn't just about being fast. It's about finding a pace, using good form, staying strong when you get tired, and having fun moving! Find your pace. Stay strong. Keep moving.

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Skill of the Week 10 minutes

POWER YOUR RUN

Materials: Cones

Directions:

- Set up four mini stations.
 - Station 1 – LEGS - 5 squats → run to cone and back
 - Station 2 – CORE - 10-second plank → run
 - Station 3 – POWER - 5 jumps → run
 - Station 4 – UPPER BODY - 3-5 push-ups OR wall push-ups → run

Don't count scores. Keep everyone moving.

K-2: 3 reps

3-5: 5 reps

6-8: 5-10 reps

05

Running 10 minutes

FLAG DASH RELAY

Materials: Flag/baton

Directions:

- Divide kids into teams. Each team has a flag/baton.
- Runner carries the flag around the designated loop and returns to pass it to the next teammate.
- Each lap has a different challenge:
 - Lap 1: Easy run
 - Lap 2: Steady run
 - Lap 3: 3 squats + run
 - Lap 4: 5-second plank + run
 - Lap 5: 3 jumps + run
 - Final Lap: TEAM RUN – everyone goes!
- No elimination and no team sits around waiting.
- While waiting, teammates can march/jog in place and cheer.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

Skill of the Week: Run Strong

Running builds heart and lung strength, endurance, confidence, and determination. This week, kids learn that being a strong runner isn't just about being fast. It's about finding a pace, using good form, staying strong when you get tired, and having fun moving! Find your pace. Stay strong. Keep moving.

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06 Game 5 minutes

FISHY FISHY CROSS MY OCEAN

Format: Individual activity

Materials: None

Set Up: Kids spread out across gym or field; there is a safety zone at each side of the field.

Objective: Last fish left is the winner.

- There are 5 sharks and the remaining kids are fish. The fish try to cross ocean when they hear “fishy, fishy cross my ocean” cued by the sharks.
- Sharks chase after fish and if a fish is caught, they becomes a shark. Fish can rest in safety zone after crossing until next command is communicated.
- Play for 5 – 10 minutes.
- Tips: Call the kids out by grade or color group to manage safety.
- Allow the sharks to be the trainers or a certain grade and then alternate.
- Have the sharks wear pinnies, so the fish know who to run from.

07 Cool Down 3 minutes

YOGA

Find your own yoga poses and deep breaths



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

Skill of the Week: Run Strong

Running builds heart and lung strength, endurance, confidence, and determination. This week, kids learn that being a strong runner isn't just about being fast. It's about finding a pace, using good form, staying strong when you get tired, and having fun moving! Find your pace. Stay strong. Keep moving.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RUNNING SKILLS



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
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- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

AS IF

Materials: Kids in an open area

Objective: Get moving!

- Read Sentences to the class. Have kids act out each sentence for 30 seconds:
 - Jog in place as if a big scary bear is chasing you.
 - Walk forward as if you're walking through quicksand.
 - Jump in place as if you are popcorn popping.
 - Reach up as if grabbing balloons out of the air.
 - March in place and play the drums as if you're in a marching band.
 - Paint as if the paint brush is attached to your head.
 - Swim as if you are in a giant pool of yogurt.
 - Move your feet on the floor as if you are ice skating.
 - Shake your body as if you are a wet dog.

Skill of the Week: Run Strong

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Skill of the Week 10 minutes

POWER YOUR RUN

Materials: Cones

Directions:

- Set up four mini stations.
 - Station 1 – LEGS - 5 squats → run to cone and back
 - Station 2 – CORE - 10-second plank → run
 - Station 3 – POWER - 5 jumps → run
 - Station 4 – UPPER BODY - 3-5 push-ups OR wall push-ups → run

Don't count scores. Keep everyone moving.

K-2: 3 reps

3-5: 5 reps

6-8: 5-10 reps

05

Running 10 minutes

FLAG DASH RELAY

This could be really fun and fits the flag idea you mentioned earlier.

Directions:

- Divide kids into teams.
- Each team has a flag/baton.
- Runner carries the flag around the designated loop and returns to pass it to the next teammate.
- But each lap has a different challenge:
 - Lap 1: Easy run
 - Lap 2: Steady run
 - Lap 3: 3 squats + run
 - Lap 4: 5-second plank + run
 - Lap 5: 3 jumps + run
 - Final Lap: TEAM RUN – everyone goes!

Important: No elimination and no team sits around waiting.

While waiting, teammates can march/jog in place and cheer.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

Skill of the Week: Run Strong

Running builds heart and lung strength, endurance, confidence, and determination. This week, kids learn that being a strong runner isn't just about being fast. It's about finding a pace, using good form, staying strong when you get tired, and having fun moving! Find your pace. Stay strong. Keep moving.

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06 Game 5 minutes

JUNK YARD

Format: Divide class in half to make 2 teams

Materials: Bean bags, soft balls, pinnies, cones any soft objects

Set Up: Kids line up with teams on opposite sides of the gym, divide equipment into 2 piles, one for each team, and place 1 pile on each teams side.

Objective: Each team tries to get all the "junk" (equipment) out of their side of the gym and onto the other side.

- Kids try to roll or carry (any hard or big equipment) "junk" to opponent's side.
- Kids need to stay on their own side and just roll the equipment over the dividing line.
- Kids work as fast as they can to keep cleaning the "junk" off of their side and sending it to their opponent's side.
- Let the kids play for at least 5 minutes and then call time – give them a warning ahead of time.
- Lead trainer counts all of the "junk" to determine which team has the least junk in their yard/on their side.

07 Cool Down 3 minutes

YOGA

Find your own yoga poses and deep breaths.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

ADAPTIVE & INSTRUCTION:

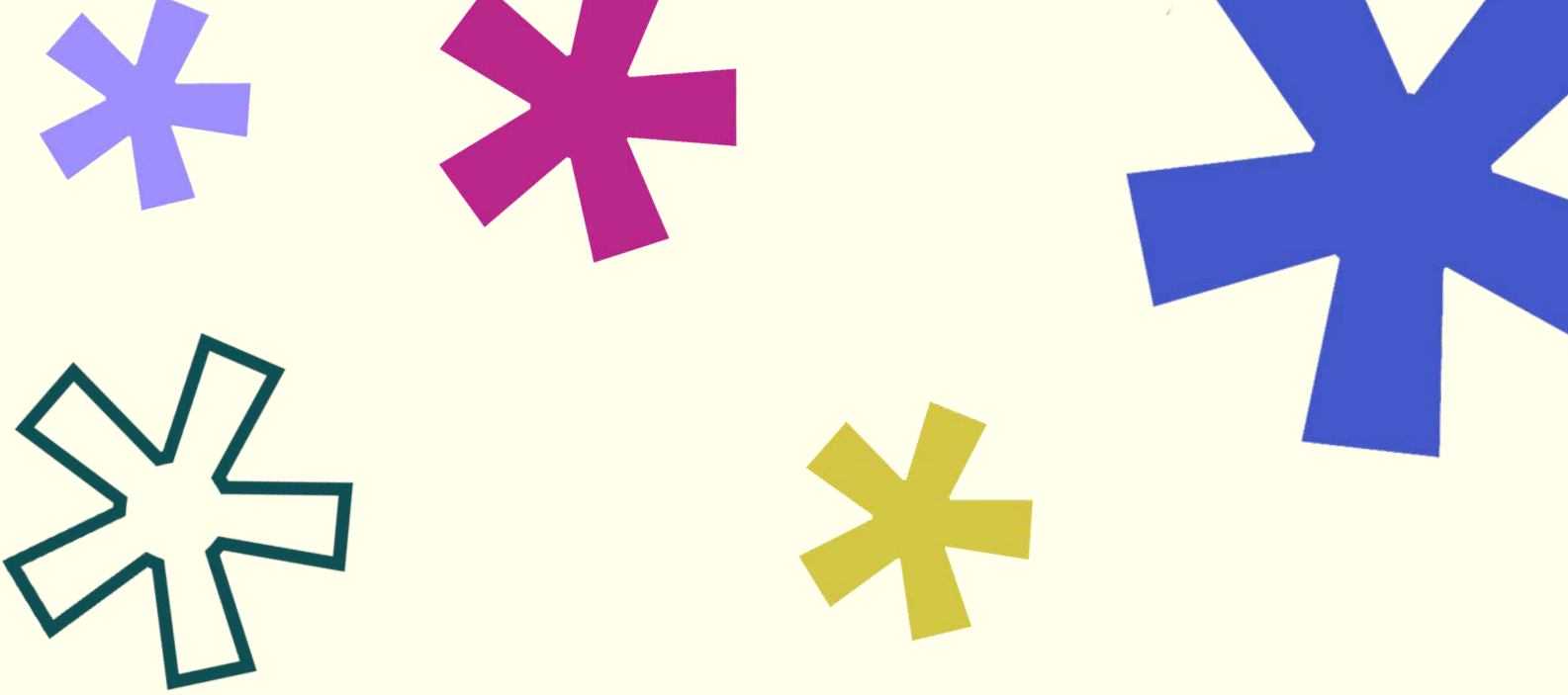
Squat Jumps & Broad Jumps

06

- Squat to Reach: Squat down, then stand tall and reach overhead instead of jumping.
- Mini Jump: Perform a small jump, focusing on a soft, controlled landing.
- Supported Jump: Hold a wall, rail, or stable surface for balance while performing a small jump or squat-to-reach.
- Step Forward: For broad jumps, take a large step forward instead of jumping and finish in a balanced position.
- Seated Power Movement: From a chair or wheelchair, perform a quick arm drive/reach or seated leg extension to practice power and coordination.
- Individualized Movement: Adjust jump height, distance, range of motion, or level of support based on the student's abilities.

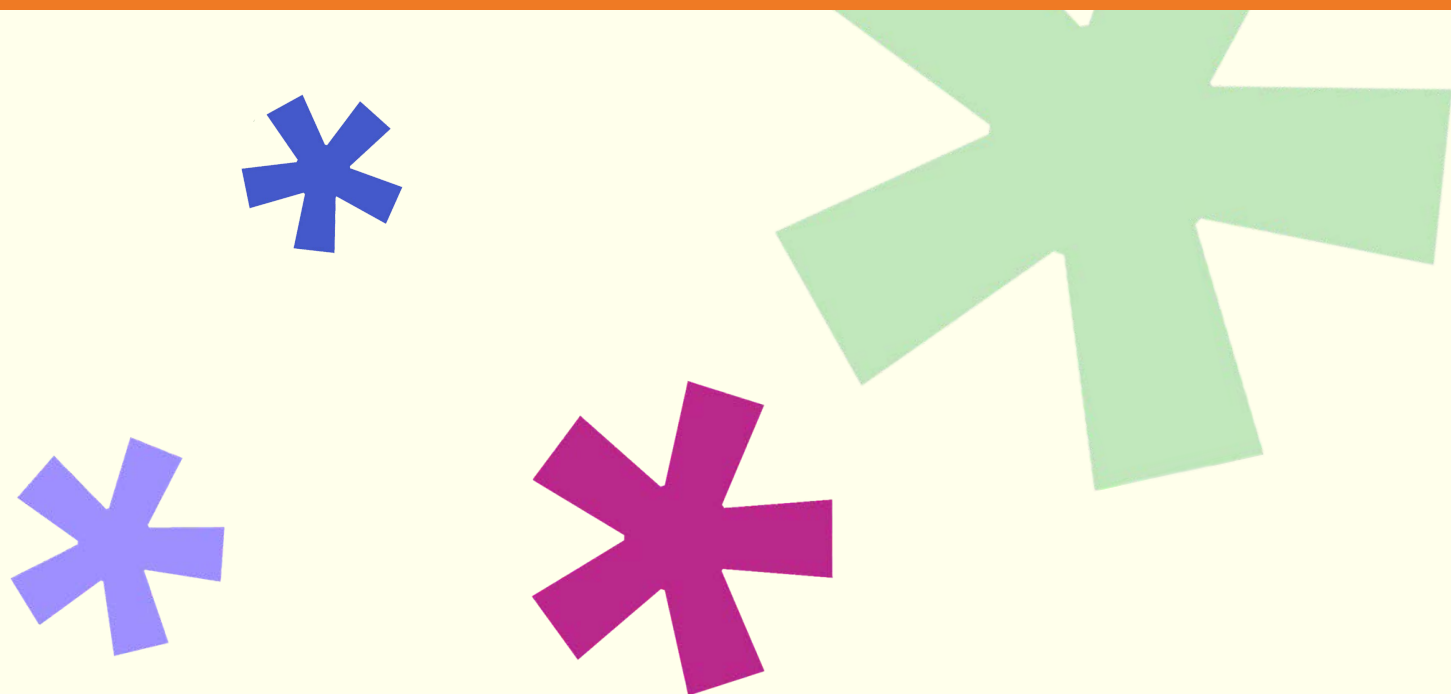
Key Goal: Focus on power, balance, safe landings, and personal progress rather than jump height or distance.

02



Week 10

Personal Best & 400 Meters



It's time to see how far you've come! This week, students will revisit their 400-meter run and skills they've practiced throughout the program. The goal isn't to compete with others, it's to check in on your personal best, recognize progress, and celebrate getting stronger. Encourage students to give their best effort, support their classmates, and remember: progress looks different for everyone.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RUNNING SKILLS



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes FRUIT BASKET

Format: Divide class into 4 teams

Materials: None, can be outside or inside

Set Up: Assign each group to be a fruit - watermelon, strawberries, bananas, grapes

Objective: Get moving!

- Call out 2 fruits and the team will run to switch places in the gym or the field.
- Continue this for a few rounds.
- Continue calling fruits, but now instead of running kids need to skip or hop or gallop or walk on tip toes etc.
- Finish the game by calling fruit salad - all the kids come in the middle and do 3 burpees. (Look for downloadable cards that accompany this game.)

It's time to see how far you've come! This week, students will revisit their 400-meter run and skills they've practiced throughout the program. The goal isn't to compete with others, it's to check in on your personal best, recognize progress, and celebrate getting stronger. Encourage students to give their best effort, support their classmates, and remember: progress looks different for everyone.

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04 Skill of the Week & Running 20 minutes

05 PERSONAL BEST + 400M PRACTICE

Note: review 400 meter run procedures from week 2

Set Up: Partner students up. One student runs while their partner cheers them on and tracks their laps. Set up Personal Best stations for students waiting to run. Play upbeat music throughout!

- 400-Meter Practice
- Students run the same 400m course used earlier in the program.
- Days 1 & 2 are practice — no times are recorded.
- Give each partner several popsicle sticks.
- Each time the runner completes a lap, their partner hands them one stick.
- Example: If 4 laps = 400m, the runner finishes when they collect 4 sticks.
- Partners switch roles when the runner finishes.
- Encourage partners to cheer each other on!
- Personal Best Stations
- Students waiting to run rotate through each station for 1 minute.

When the music stops, rotate!

CURL-UPS: Practice controlled curl-ups with good form.

PLANK: Hold a strong plank; rest and reset as needed.

RIGHT-ANGLE PUSH-UPS: Practice good-form push-ups or a modification.

PULL-UPS: Practice pull-ups or an appropriate modification.

REST / CUP STACKING: Recover and prepare for the 400m run.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

It's time to see how far you've come! This week, students will revisit their 400-meter run and skills they've practiced throughout the program. The goal isn't to compete with others, it's to check in on your personal best, recognize progress, and celebrate getting stronger. Encourage students to give their best effort, support their classmates, and remember: progress looks different for everyone.

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06 Game 5 minutes

SHADOW

Format: Partner activity, have each kid pick their own

Materials: None

Set Up: Spread out in gym with partner

Objective: Shadow your partner without bumping into each other

- First partner can start doing one of the following movements, while second partner shadows (follows behind) doing the same movement:
 - Skipping
 - Jumping
 - Side shuffle
 - Butt kickers
- First partner can change movements at any time.
- The partners alternate positions when they bump into each other.
- Trainer can also yell out "free for all" and the leading partner can do whatever kind of movement they want.
- Play for 5 minutes.

07 Cool Down 3 minutes

MOUNTAIN POSE

Stand up tall with arms resting at side. Take a deep breath in and raise arms overhead. Stretch up towards the sky. Exhale and return arms to original position.



MATERIALS

Whiteboard
(optional)

Cones

Balls

Music



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

It's time to see how far you've come! This week, students will revisit their 400-meter run and skills they've practiced throughout the program. The goal isn't to compete with others, it's to check in on your personal best, recognize progress, and celebrate getting stronger. Encourage students to give their best effort, support their classmates, and remember: progress looks different for everyone.

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Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

MOVE & FREEZE

Materials: Cones, Music

Directions:

Set Up: Spread students out around the gym. Play upbeat music.

- When the music plays, students move around the space using the movement the leader calls:
 - Jog, Side shuffle, Skip, Backward walk/jog
- When the music stops – FREEZE! The leader calls a quick movement:
 - 3 Squats, 2 Lunges, 3 Jumping Jacks, 5-Second Plank, 2 Squat Jumps
- Start the music again and call a new way to move.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RUNNING SKILLS



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

It's time to see how far you've come! This week, students will revisit their 400-meter run and skills they've practiced throughout the program. The goal isn't to compete with others, it's to check in on your personal best, recognize progress, and celebrate getting stronger. Encourage students to give their best effort, support their classmates, and remember: progress looks different for everyone.

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04 Skill of the Week & Running 20 minutes

05 PERSONAL BEST + 400M PRACTICE

Note: review 400 meter run procedures from week 2

Set Up: Partner students up. One student runs while their partner cheers them on and tracks their laps. Set up Personal Best stations for students waiting to run. Play upbeat music throughout!

- 400-Meter Practice
- Students run the same 400m course used earlier in the program.
- Days 1 & 2 are practice – no times are recorded.
- Give each partner several popsicle sticks.
- Each time the runner completes a lap, their partner hands them one stick.
- Example: If 4 laps = 400m, the runner finishes when they collect 4 sticks.
- Partners switch roles when the runner finishes.
- Encourage partners to cheer each other on!
- Personal Best Stations
- Students waiting to run rotate through each station for 1 minute. When the music stops, rotate!

CURL-UPS: Practice controlled curl-ups with good form.

PLANK: Hold a strong plank; rest and reset as needed.

RIGHT-ANGLE PUSH-UPS: Practice good-form push-ups or a modification.

PULL-UPS: Practice pull-ups or an appropriate modification.

REST / CUP STACKING: Recover and prepare for the 400m run.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!

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06 **Game** 5 minutes **FITNESS DODGEBALL**

Time: 10 Minutes

Materials: Soft foam balls, cones, music

Set Up: Divide the gym in half and split students into two teams. Place soft balls along the center line.

How to Play:

- On "GO!", students play traditional dodgeball.
- If a student is hit, instead of sitting out, they complete a Fitness Challenge and immediately return to the game.
- Leader calls the challenge for each round:
 - 5 Squats
 - 3 Curl-Ups
 - 3 Push-Ups
 - 10-Second Plank
- Change the challenge every 1-2 minutes.
- Keep upbeat music playing throughout.

Coach's Tip: No one is out! Keep kids moving, practicing their skills, and having fun. Use soft balls and establish clear no-head-shot/safe-throwing rules.

07 **Cool Down** 3 minutes **DEEP BREATHS**

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

07 **SWAN DIVE**

Start with mountain above. Spread out your arms wide and exhale, bending at waist towards the floor. Repeat as desired.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
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- Land lightly on your feet
- Find a steady pace
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Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

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Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

MOVE & FREEZE

Materials: Music

Directions:

- Spread students out around the gym. Play upbeat music.
- When the music plays, students move around the space using the movement the leader calls:
 - Jog, Side shuffle, Skip, Backward walk/jog
- When the music stops – FREEZE! The leader calls a quick movement:
 - 3 Squats, 2 Lunges, 3 Jumping Jacks, 5-Second Plank, 2 Squat Jumps
- Start the music again and call a new way to move.



MATERIALS

Cones
Music

SKILL OF THE WEEK DEMONSTRATION VIDEO

RUNNING SKILLS



KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
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- Finish strong!

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04 Skill of the Week & Running 20 minutes

05 PERSONAL BEST + 400M PRACTICE

Note: review 400 meter run procedures from week 2

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- Personal Best Stations
- Students waiting to run rotate through each station for 1 minute. When the music stops, rotate!

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PLANK: Hold a strong plank; rest and reset as needed.

RIGHT-ANGLE PUSH-UPS: Practice good-form push-ups or a modification.

PULL-UPS: Practice pull-ups or an appropriate modification.

REST / CUP STACKING: Recover and prepare for the 400m run.



MATERIALS

Music
Cones



INTRODUCTION OF SKILLS TODAY and KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
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06 **Game** 5 minutes **FITNESS DODGEBALL**

Materials: Soft foam balls, cones, music

Directions:

Divide the gym in half and split students into two teams. Place soft balls along the center line.

How to Play:

- On "GO!", students play traditional dodgeball.
- If a student is hit, instead of sitting out, they complete a Fitness Challenge and immediately return to the game.
- Leader calls the challenge for each round:
 - 5 Squats
 - 3 Curl-Ups
 - 3 Push-Ups
 - 10-Second Plank
- Change the challenge every 1-2 minutes.
- Keep upbeat music playing throughout.

Coach's Tip: No one is out! Keep kids moving, practicing their skills, and having fun. Use soft balls and establish clear no-head-shot/safe-throwing rules.

07 **Cool Down** 3 minutes **DEEP BREATHS**

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

07 **SWAN DIVE**

Start with mountain above. Spread out your arms wide and exhale, bending at waist towards the floor. Repeat as desired.



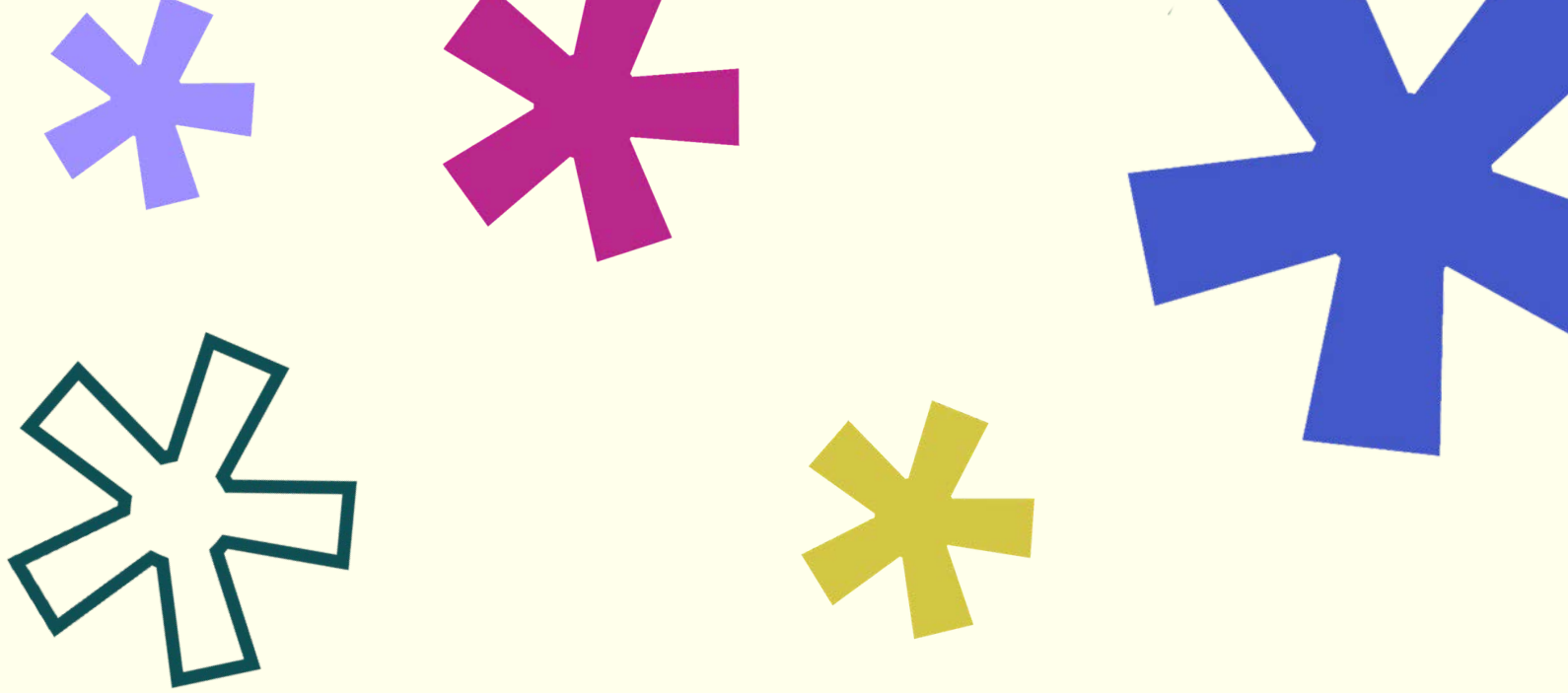
MATERIALS

Whiteboard
(optional)
Cones
Balls
Music



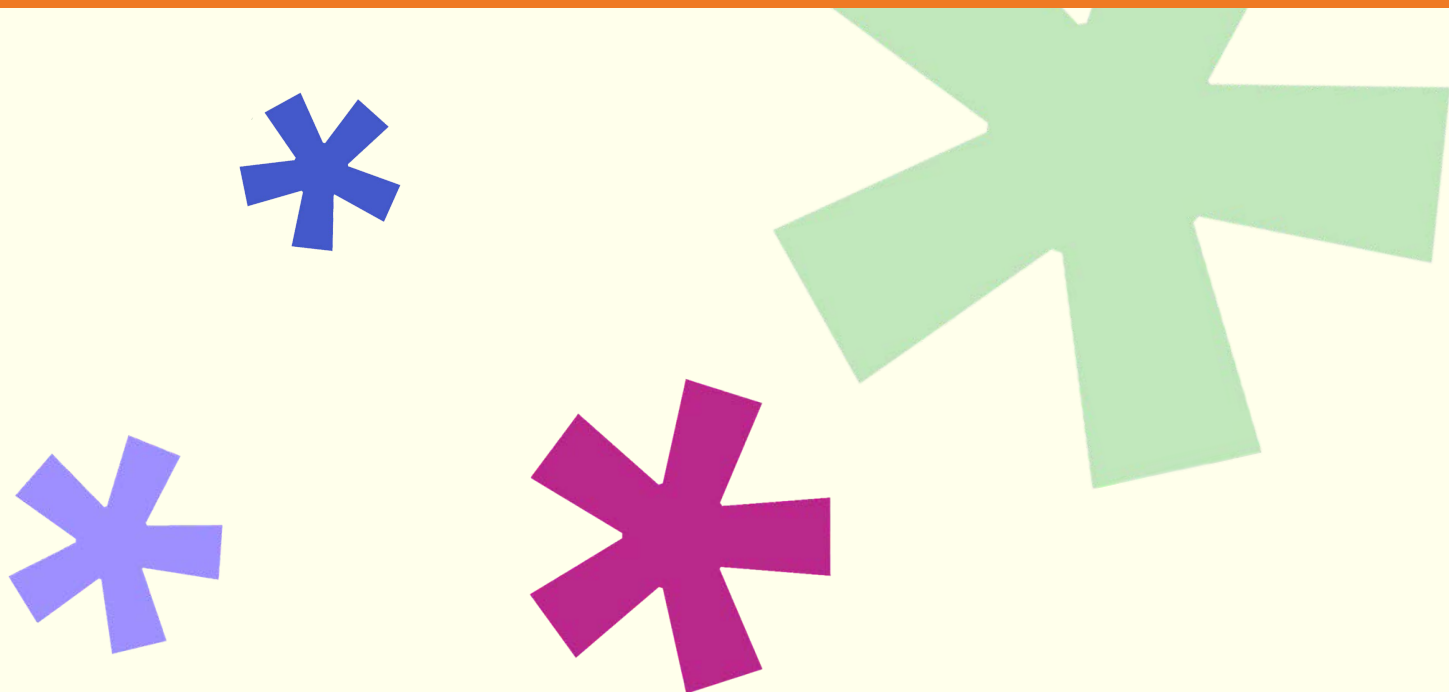
KEY POINTS OF PERFORMANCE

- Head up, eyes forward
- Relax your shoulders
- Bend and swing your arms
- Land lightly on your feet
- Find a steady pace
- Breathe and stay relaxed
- Finish strong!



Week 11

Show your Strength
Presidential Fitness Test



You've practiced, built your skills, and gotten stronger now it's time to show what you can do! This week, students will complete their Presidential Fitness Test activities in small groups while encouraging and supporting one another. Remember, this is about doing YOUR best and celebrating YOUR progress!

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

SHAKE, MOVE & FREEZE

Materials: Cones, Music

Directions:

- Play upbeat music while students move around the gym.
- When the music stops, call a movement:
 - Arm Circles – 5 forward/5 backward
 - Bear Crawl – 5 steps
 - Wall Push-Ups – 5 reps
 - Shoulder Taps – 5 each side
 - Reach & Pull – reach overhead, then pull elbows down
- Finish with 2–3 easy practice push-ups and a big shake-out.



MATERIALS

Cones
Music

How to Organize for the Test

Keep students in their existing color groups and pair students within each group.

Partner A performs →
Partner B
counts/encourages →
Switch.

The trainer/teacher moves between groups to check form and record results. Partners can help count, but the adult records the official score.

Once a group completes its test, students move to a designated practice/movement station until everyone is finished.

You've practiced, built your skills, and gotten stronger now it's time to show what you can do! This week, students will complete their Presidential Fitness Test activities in small groups while encouraging and supporting one another. Remember, this is about doing YOUR best and celebrating YOUR progress!

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04 Skill of the Week - Testing for Strength 20 minutes

UPPER BODY STRENGTH

RIGHT-ANGLE PUSH-UPS OR PULL-UPS

- Skill + Testing | 10-15 Minutes
- Divide students into color groups. Half begin with push-ups and half with pull-ups, then switch.

RIGHT-ANGLE PUSH-UPS

- Partner A performs while Partner B counts.
- Perform controlled push-ups using proper form.
- Count only repetitions completed correctly.
- Switch partners.
- Trainer records each student's result.

PULL-UPS

- NO PULL-UP BAR? -Students complete the Right-Angle Push-Up Test instead.
- Partner A performs while Partner B counts and encourages.
- Complete as many proper pull-ups as possible.
- Use the appropriate adaptive option when needed.
- Switch partners.
- Trainer records results.

05 Running 5 minutes

MUSIC LAPS

Set Up: Place cones around the outside of the gym to create a running loop. Play upbeat music.

- Students begin at different points around the loop.
- Jog/run for 1 minute at a comfortable pace.
- Every 30-45 seconds, call a fun change:
 - "Pick It Up!" — increase your pace.
 - "Easy!" — slow it down and recover.
 - "High Five!" — high-five someone as you pass.
- No counting laps and no racing.

Coach's Tip: Find your pace, keep moving, and have fun!



MATERIALS

Music
Cones



How to Organize for the Test

Keep students in their existing color groups and pair students within each group.

Partner A performs →
Partner B counts/encourages →
Switch.

The trainer/teacher moves between groups to check form and record results. Partners can help count, but the adult records the official score.

Once a group completes its test, students move to a designated practice/movement station until everyone is finished.

You've practiced, built your skills, and gotten stronger now it's time to show what you can do! This week, students will complete their Presidential Fitness Test activities in small groups while encouraging and supporting one another. Remember, this is about doing YOUR best and celebrating YOUR progress!

01

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06 **Game** 5 minutes

OVER UNDER RELAY

Materials: Ball or beanbag for each team

Set Up: Divide students into teams and have each team stand in a line.

How to Play:

- First student passes the ball over their head to the person behind them.
- Next student passes it under their legs.
- Continue over, under, over, under down the line.
- When the ball reaches the last student, they run to the front and start again.
- Continue until everyone has had a turn at the front.

Mix It Up: Try a round passing side-to-side, or have the last student run around a cone before moving to the front.

Coach's Tip: Work together and keep the ball moving!

07 **Cool Down** 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

SUPINE TWIST

Lie down on back with legs straight. Lift left leg up and bend knee towards chest. Grab left knee with right hand, pull knee across body and push knee down to the ground. Hold for a few seconds. Return legs to original position and repeat on other side.



MATERIALS

Whiteboard
(optional)
Cones
Balls
Music

You've practiced, built your skills, and gotten stronger now it's time to show what you can do! This week, students will complete their Presidential Fitness Test activities in small groups while encouraging and supporting one another. Remember, this is about doing YOUR best and celebrating YOUR progress!



MATERIALS

Cones
Music

How to Organize for the Test

Keep students in their existing color groups and pair students within each group.

Partner A performs →
Partner B
counts/encourages →
Switch.

The trainer/teacher moves between groups to check form and record results. Partners can help count, but the adult records the official score.

Once a group completes its test, students move to a designated practice/movement station until everyone is finished.

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

READY, SET, MOVE

Materials: None

Directions:

Have students spread out with plenty of space. Trainer calls each movement for 20–30 seconds:

- Easy Jog — light and relaxed
- Arm Circles — forward and backward
- High Knees — controlled pace
- Walking Lunges — alternate legs
- Inchworms — walk hands out to plank and back
- Side Shuffle — both directions
- Squat + Reach — squat low, reach tall
- Jump & Stick — small jump, soft landing

Finish: 30 seconds of easy jogging followed by a big stretch and shake-out.

Coach's Cue: "Warm up, wake up, and get ready to move!"

You've practiced, built your skills, and gotten stronger now it's time to show what you can do! This week, students will complete their Presidential Fitness Test activities in small groups while encouraging and supporting one another. Remember, this is about doing YOUR best and celebrating YOUR progress!

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04 Skill of the Week - Testing for Strength 20 minutes

CORE STRENGTH

FOREARM PLANK OR CURL-UPS

- Skill + Testing | 10–15 Minutes
- Divide students into color groups. Students complete either the forearm plank or curl-ups. Partners help time, count, and encourage.

FOREARM PLANK

- Partner A holds a forearm plank using proper form.
- Hold for up to 1 minute.
- Partner B times and watches for proper form.
- Switch partners.
- Trainer records each student's hold time.

CURL-UPS

- Partner A performs while Partner B counts.
- Complete as many controlled curl-ups as possible in 1 minute.
- Count only repetitions completed with proper form.
- Switch partners.
- Trainer records each student's total repetitions.
- Adaptive Option: Use the appropriate modification for either skill based on the student's individual abilities.

Coach's Tip: Focus on good form and your personal best—not how you compare to others.

05 Running 5 minutes

MUSIC LAPS

Set Up: Place cones around the outside of the gym to create a running loop. Play upbeat music.

- Students begin at different points around the loop.
- Jog/run for 1 minute at a comfortable pace.
- Every 30–45 seconds, call a fun change:
 - "Pick It Up!" — increase your pace.
 - "Easy!" — slow it down and recover.
 - "High Five!" — high-five someone as you pass.
- No counting laps and no racing.



MATERIALS

Music
Cones



How to Organize for the Test

Keep students in their existing color groups and pair students within each group.

Partner A performs →
Partner B
counts/encourages →
Switch.

The trainer/teacher moves between groups to check form and record results. Partners can help count, but the adult records the official score.

Once a group completes its test, students move to a designated practice/movement station until everyone is finished.

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Game 5 minutes

FISHY FISHY CROSS MY OCEAN

Materials: Cones to mark two end lines

Directions:

- Choose 1-2 students to be the Sharks and have them stand in the middle.
- All other students (Fish) line up at one end of the playing area.
- Sharks call, "Fishy, Fishy, Cross My Ocean!"
- Fish run to the opposite side without being tagged.
- If tagged, students become Seaweed and stay in that spot. Seaweed may reach out and tag passing Fish but must keep their feet planted.
- Continue until only a few Fish remain. Choose new Sharks and play again.

Mix It Up: Change the movement each round—skip, side shuffle, hop, or fast walk.

Coach's Tip: Keep your head up, change direction, and find the open space!

02

07

Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

SUPINE TWIST

Lie down on back with legs straight. Lift left leg up and bend knee towards chest. Grab left knee with right hand, pull knee across body and push knee down to the ground. Hold for a few seconds. Return legs to original position and repeat on other side.



MATERIALS

Whiteboard
(optional)
Cones
Music

You've practiced, built your skills, and gotten stronger now it's time to show what you can do! This week, students will complete their Presidential Fitness Test activities in small groups while encouraging and supporting one another. Remember, this is about doing YOUR best and celebrating YOUR progress!

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01

Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

02

Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03

Warm Up 5 minutes

READY TO RUN

Materials:

Directions:

Have students spread out and move through:

- Easy Jog – 1 minute
- Walking Lunges – 30 seconds
- High Knees – 30 seconds
- Leg Swings – 30 seconds each leg
- Calf Raises – 30 seconds
- Arm & Shoulder Circles – 30 seconds
- Easy Jog + Shake It Out – 1 minute

Coach's Cue: "Start relaxed, find your pace, and finish strong!"



MATERIALS

Cones
Music

How to Organize for the 1 mile Test

Set up the mile similar to the 400-meter test in Week 2. Divide students into small groups and use partners when possible—one student runs while their partner helps count laps, tracks progress, and cheers them on. Clearly mark the course and finish line. Record each student's mile time, then have finishers move to the Recovery & Cheer Zone to cool down, stretch, and encourage classmates still running.

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04 Skill of the Week - Testing for Cardio 20 minutes

CARDIOVASCULAR ENDURANCE

Skill + Testing | 10-15 Minutes

Divide students into color groups. Review the course, pacing, and running form before beginning.

ONE-MILE RUN

- Students complete the designated one-mile course.
- Encourage students to start at a comfortable pace, maintain a steady effort, and finish strong.
- Students may run or use a run/walk strategy as needed.
- Trainer records each student's one-mile time.

Note: See Week 3 for detailed instructions on administering and recording metrics for a group run.

Adaptive Option: Adjust the distance, time, pace, or mode of movement based on the student's individual abilities.

Coach's Tip: Focus on your own pace, your own effort, and your personal best!

05 Running

After You Finish

- Walk for 1-2 minutes to cool down.
- Hydrate and move to the Recovery & Cheer Zone.
- Stretch calves, quads, hamstrings, and hips.
- Cheer on classmates still completing their mile.
- Stay clear of the running course.
- Celebrate everyone's effort when the class finishes!



MATERIALS

Music
Cones



How to Organize for the Test

Keep students in their existing color groups and pair students within each group.

Partner A performs →
Partner B
counts/encourages →
Switch.

The trainer/teacher moves between groups to check form and record results. Partners can help count, but the adult records the official score.

Once a group completes its test, students move to a designated practice/movement station until everyone is finished.

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01

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06 Game 5 minutes

OVER UNDER RELAY

Materials: Ball or beanbag for each team

Directions:

Divide students into teams and have each team stand in a line.

How to Play:

- First student passes the ball over their head to the person behind them.
- Next student passes it under their legs.
- Continue over, under, over, under down the line.
- When the ball reaches the last student, they run to the front and start again.
- Continue until everyone has had a turn at the front.

Mix It Up: Try a round passing side-to-side, or have the last student run around a cone before moving to the front.

Coach's Tip: Work together and keep the ball moving!

02

07 Cool Down 3 minutes

DEEP BREATHS

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

SUPINE TWIST

Lie down on back with legs straight. Lift left leg up and bend knee towards chest. Grab left knee with right hand, pull knee across body and push knee down to the ground. Hold for a few seconds. Return legs to original position and repeat on other side.



MATERIALS

Whiteboard
(optional)

Cones

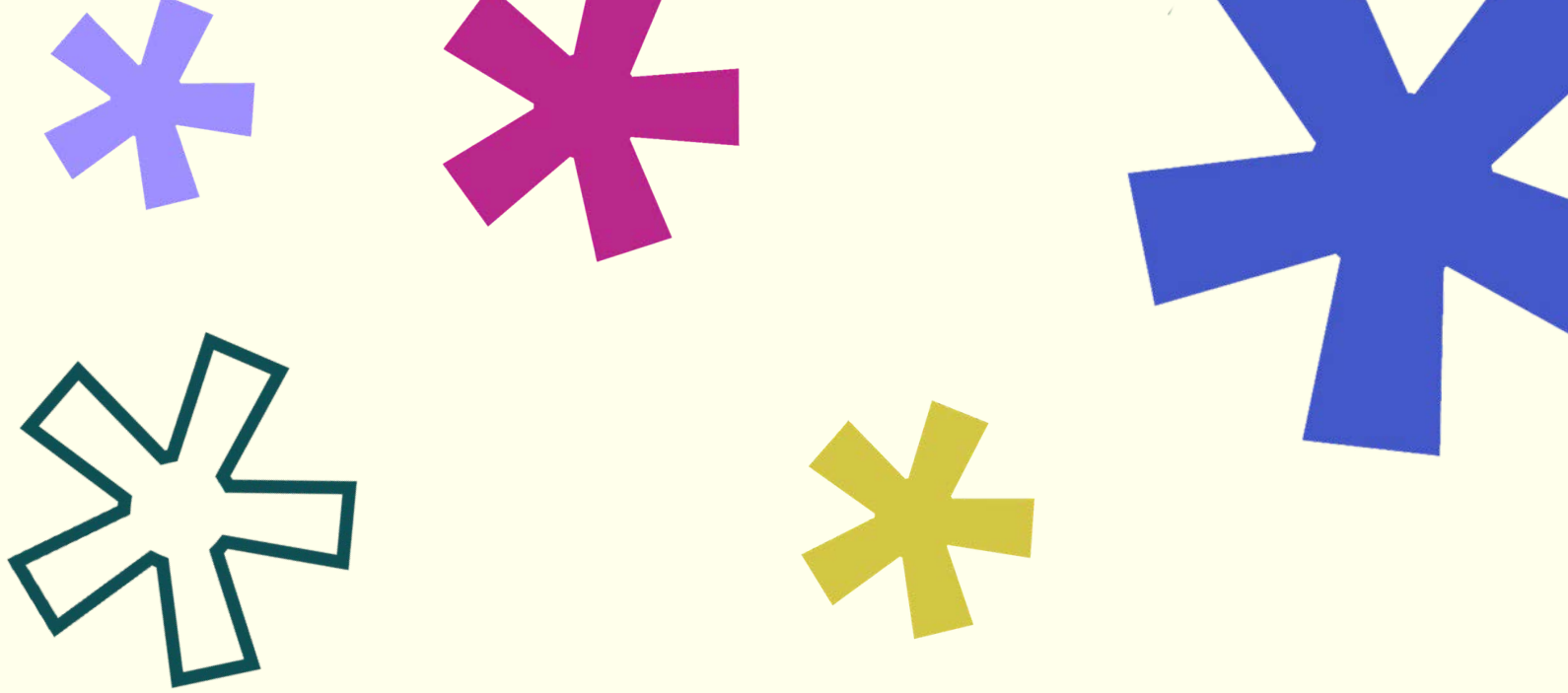
Balls

Music



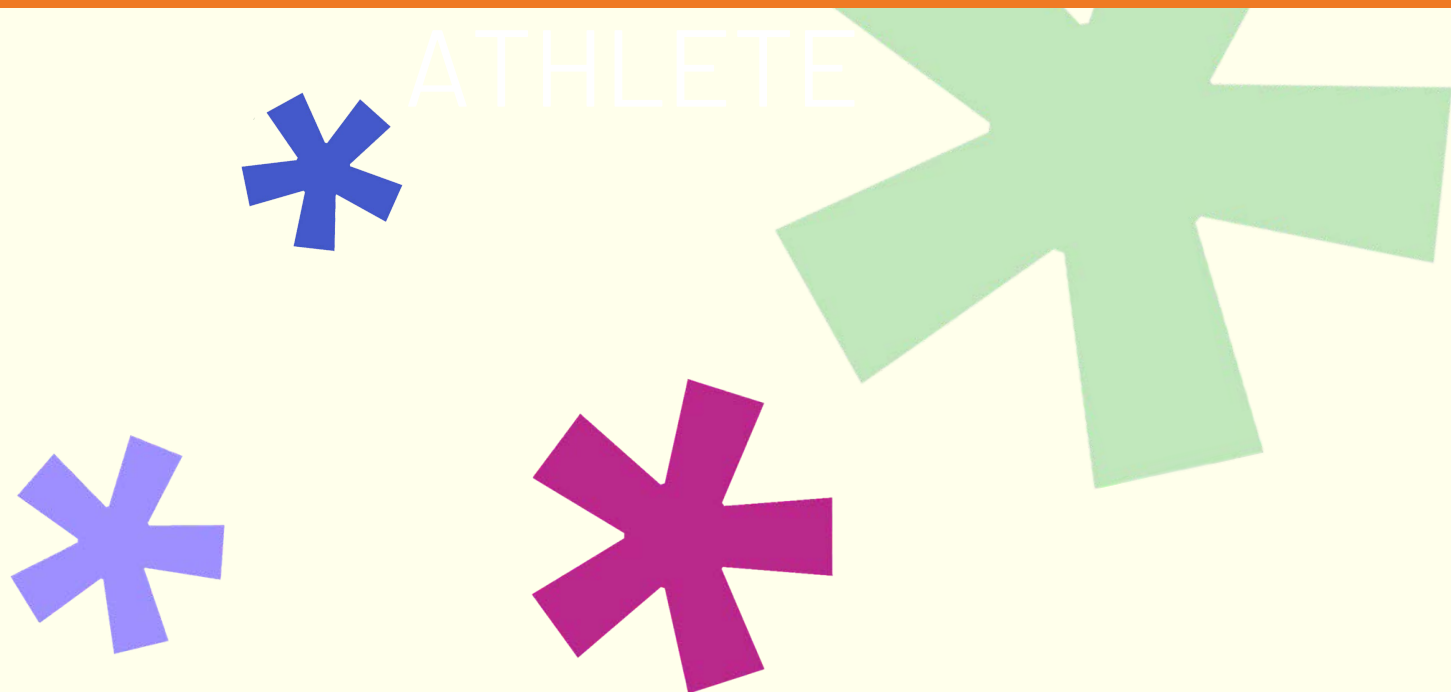
Famous Quote

Wayne Gretzky:
**"You miss 100%
of the shots you
don't take."**



Week 12

Celebrating you!
& The Ultimate Team Race



CELEBRATE HOW FAR YOU'VE COME!

This week is all about moving, playing, laughing, and having fun together. Cheer on your teammates, try something new, and remember—being active isn't just about being fast or strong. It's about having fun, feeling good, and discovering all the amazing things your body can do. Everyone has an inner athlete—let yours shine!

01

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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class
- Play upbeat music as students arrive.
- Divide into color teams and have each team quickly choose:
 - Team name

02 Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03 Warm Up 5 minutes

SHAKE, MOVE & FREEZE

Materials:

Directions:

- Play upbeat music while students move around the gym.
- When the music stops, call a movement:
 - Arm Circles — 5 forward/5 backward
 - Bear Crawl — 5 steps
 - Wall Push-Ups — 5 reps
 - Shoulder Taps — 5 each side
 - Reach & Pull — reach overhead, then pull elbows down
- Finish with 2–3 easy practice push-ups and a big shake-out.



MATERIALS

Cones
Balls
Baskets
Music

AWARDS FOR THIS WEEK

Bring everyone together and recognize more than athletic performance.

Awards could include:

- 🏆 Most Improved
- 🏆 Best Teammate
- 🏆 Never Give Up Award
- 🏆 Strongest Effort
- 🏆 Most Encouraging
- 🏆 Team Spirit Award
- 🏆 Movement Leader
- 🏆 Find Your Inner Athlete Award

CELEBRATE HOW FAR YOU'VE COME!

This week is all about moving, playing, laughing, and having fun together. Cheer on your teammates, try something new, and remember—being active isn't just about being fast or strong. It's about having fun, feeling good, and discovering all the amazing things your body can do. Everyone has an inner athlete—let yours shine!

01

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GAME 20 minutes

ACTIVE KIDS OLYMPIC EVENTS

Set up stations and rotate teams every 4–5 minutes.

1. Broad Jump Zone

- Students perform 3 broad jumps.
- Challenge: How far can the whole team travel?

2. Cone Shuttle Challenge

- Sprint to cone → backpedal → shuffle → sprint home.

3. Target Toss

- Throw beanbags/balls into hoops at different distances.
- Different targets = different points.

4. Balance Battle

- Stand on one foot while completing challenges:
- Touch the ground
- Reach overhead
- Catch a ball
- Switch legs

5. Plank High-Five Challenge

- Partners face each other in plank position and alternate high-fives.
- Younger/adaptive students may perform from knees, elevated position or another appropriate modification.

05

6. Jump the River

- Create "rivers" with ropes or cones. Students jump across progressively wider spaces.

TEAM FINALE – THE OLYMPIC RELAY | 8 Minutes

- Each athlete completes one section:
- Run → 5 Squats → Run → 5 Lunges → Run → 3 Broad Jumps → Run → High-Five Next Teammate
- The objective is to get the entire team across the finish line.



MATERIALS

Cones
Balls
Baskets
Music

AWARDS FOR THIS WEEK

Bring everyone together and recognize more than athletic performance.

Awards could include:

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- 🏆 Best Teammate
- 🏆 Never Give Up Award
- 🏆 Strongest Effort
- 🏆 Most Encouraging
- 🏆 Team Spirit Award
- 🏆 Movement Leader
- 🏆 Find Your Inner Athlete Award

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01

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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class
- Play upbeat music as students arrive.
- Divide into color teams and have each team quickly choose:
 - Team name

02 Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03 Warm Up 5 minutes

SHAKE, MOVE & FREEZE

Play upbeat music while students move around the gym.

When the music stops, call a movement:

- Arm Circles — 5 forward/5 backward
- Bear Crawl — 5 steps
- Wall Push-Ups — 5 reps
- Shoulder Taps — 5 each side
- Reach & Pull — reach overhead, then pull elbows down

Finish with 2-3 easy practice push-ups and a big shake-out.



MATERIALS

Cones
Mini Sand Bags
Balls
Baskets
Music

AWARDS FOR THIS WEEK

Bring everyone together and recognize more than athletic performance.

Awards could include:

- 🏆 Most Improved
- 🏆 Best Teammate
- 🏆 Never Give Up Award
- 🏆 Strongest Effort
- 🏆 Most Encouraging
- 🏆 Team Spirit Award
- 🏆 Movement Leader
- 🏆 Find Your Inner Athlete Award

Week 12

Day 2 - Ultimate Team Race

01

02

03

04

04 GAME 20 minutes

AK&M ULTIMATE TEAM RACE

Functional Fitness + Team Challenge

TODAY'S GOAL

04

05

Run • Push • Jump • Carry • Work Together • Have Fun!

It's race day! Divide students into teams of 4-6. The teams can be color coded.

Teams complete each challenge in order. The kids can be set up in relay lines with cones at other side of the gym/room/or field (typical gym size is 20 meters)

Unless noted, one student from each team competes at a time, then tags the next teammate.

Everyone participates. Everyone contributes. Everyone finishes together.

1. SHUTTLE RUN

1 STUDENT FROM EACH TEAM

Run to the cone and back, then tag the next teammate. Continue until everyone has completed the shuttle.

2. BASKET PUSH + PULL

1 STUDENT FROM EACH TEAM

Baskets should be loaded and ready at the back of the team line

Push a loaded basket to the turnaround line, then pull it back using a securely attached rope. Tag the next teammate.

3. BROAD JUMP LANE

1 STUDENT FROM EACH TEAM

Broad jump through the designated lane.

Jump → Land Softly → Reset → Jump Again

Finish the lane, return, and tag the next teammate.

4. TEAM RESCUE CARRY

2 STUDENTS FROM EACH TEAM

Partners transport a basket or mat loaded with balls or beanbags around a cone and back. If something falls, stop, pick it up, and keep going! This can be the same basket that was used for the push & pull.



MATERIALS

Cones

Mini Sand Bags

Balls

Baskets

Music

Week 12

Day 2 - Ultimate Team Race

01

02

03

04

04

GAME 20 minutes

AK&M ULTIMATE TEAM RACE

5. FARMER CARRY + SLALOM

1 STUDENT FROM EACH TEAM

Carry two age-appropriate objects while weaving through cones. Go around the final cone, return, and tag the next teammate.

6. FINAL TEAM RUN

THE WHOLE TEAM

Once Challenge #5 is complete, the entire team completes the final run together. Which is once around the cone.

No teammate gets left behind! Everyone must cross the line before beginning the final challenge.

6. FINAL CHALLENGE - BUILD IT!

THE WHOLE TEAM

Each team receives the same number of cups, foam blocks, or Jenga-style pieces.

Work together to build a free-standing tower. If it falls, rebuild it!

The race is complete when your team's tower is standing.

COACH'S TIP

Create a race-day atmosphere with music, team colors, and cheering! Adjust distances, equipment, and resistance for age and ability. Keep loads light and safe.

Celebrate teamwork, effort, encouragement, sportsmanship, and FUN!

RUN TOGETHER. WORK TOGETHER. FINISH STRONG!

05

Week 12

Day 3 – Games and Awards

CELEBRATE HOW FAR YOU'VE COME!

This week is all about moving, playing, laughing, and having fun together. Cheer on your teammates, try something new, and remember—being active isn't just about being fast or strong. It's about having fun, feeling good, and discovering all the amazing things your body can do. Everyone has an inner athlete—let yours shine!

01

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01 Drop Off / Set Up 10 minutes

- Arrive, check-in, and receive color designation
- Put backpacks in the designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class
- Play upbeat music as students arrive.
- Divide into color teams and have each team quickly choose:
 - Team name

02 Meeting 2 minutes

- Review appropriate Active Kids and Minds behavior and safety.
- Remind kids about the Active Kid of the Week.
- Briefly state what the Skill of the Week is.
- Review the class agenda
- Cheer!

03 Warm Up 5 minutes

SHAKE, MOVE & FREEZE

Play upbeat music while students move around the gym.

When the music stops, call a movement:

- Arm Circles – 5 forward/5 backward
- Bear Crawl – 5 steps
- Wall Push-Ups – 5 reps
- Shoulder Taps – 5 each side
- Reach & Pull – reach overhead, then pull elbows down

Finish with 2–3 easy practice push-ups and a big shake-out.



MATERIALS

Cones
Balls
Baskets
Music

AWARDS FOR THIS WEEK

Bring everyone together and recognize more than athletic performance.

Awards could include:

- 🏆 Most Improved
- 🏆 Best Teammate
- 🏆 Never Give Up Award
- 🏆 Strongest Effort
- 🏆 Most Encouraging
- 🏆 Team Spirit Award
- 🏆 Movement Leader
- 🏆 Find Your Inner Athlete Award

CELEBRATE HOW FAR YOU'VE COME!

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01

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Game 10 minutes

Kids get to vote on their two favorite games and let them play!

05

Awards 20 minutes

Bring everyone together and recognize more than athletic performance.

Awards could include:

- 🏆 Most Improved
- 🏆 Best Teammate
- 🏆 Never Give Up Award
- 🏆 Strongest Effort
- 🏆 Most Encouraging
- 🏆 Team Spirit Award
- 🏆 Movement Leader
- 🏆 Find Your Inner Athlete Award - given to everyone!



MATERIALS

Cones
Balls
Baskets
Music

**CONGRATULATIONS YOU HAVE
FOUND YOUR INNER ATHLETE!!**

**WHAT WILL YOUR NEXT ATHLETIC
CHALLENGE BE?**



ACKNOWLEDGEMENTS

The Active Kids & Minds Functional Fitness Curriculum was made possible by the many people who have shared their time, expertise, energy, and belief in the importance of helping children build healthy, active lives.

We are incredibly grateful to the educators, physical education teachers, trainers, coaches, health professionals, researchers, athletes, and community partners who have contributed their knowledge and experience to the development and continued evolution of this curriculum.

A special thank you to the individuals who helped review and strengthen the curriculum, demonstrate skills, create instructional videos, test activities with students, and provide valuable feedback from the field. Your contributions have helped us create a program that is practical for educators, engaging for kids, and adaptable so that every child has an opportunity to participate and succeed.

We are also deeply grateful to the schools, teachers, students, families, healthcare partners, researchers, funders, and organizations that have supported Active Kids & Minds over the years.

What we have learned from working alongside you continues to shape everything we do.

Most importantly, thank you to the thousands of trainers and educators who bring these programs to life every day—and to the kids who remind us why this work matters.

Together, we are helping every child find their inner athlete and discover that movement can be fun, empowering, and something they can carry with them for life.

With Special Thanks to the following individuals who helped with this curriculum and along the way: Vanessa Danon, Kimberley Medeiros, Emily Ruber, Karyn Kaplan, Heather Chase, Grace Connolly, Nick Rinaldi, Owen Chase, Denise Thomas, Nancy Ruggeri, Cedric Bryant, Susan Fishback, Paige Tullie, Cameron Tullie.

Active Kids & Minds
Find Your Inner Athlete



APPENDICES AND
SUPPLEMENTS

STATE ALIGNMENTS - Example: Virginia



VIRGINIA PE STANDARDS OF LEARNING

Students develop fundamental movement skills through running, jumping, balance, strength movements, games, relays, and other physical activities.

MOVEMENT PRINCIPLES & CONCEPTS

Students learn proper form, body control, pacing, balance, coordination, and safe movement techniques.

PERSONAL FITNESS

Students build cardiovascular endurance, muscular strength and endurance, flexibility, and overall fitness through progressive weekly activities.

RESPONSIBLE BEHAVIORS

Partner activities, team games, relays, and challenges reinforce cooperation, sportsmanship, safety and respect for others.

PHYSICALLY ACTIVE LIFESTYLE

Students experience fun and achievable ways to be physically active and are encouraged to incorporate movement into their daily lives.

CURRICULUM SKILLS

Running & Pacing • Planks • Curl-Ups • Push-Ups & Pull-Ups • Squats • Lunges • Jumping • Balance • Flexibility & Stretching

PERSONAL BEST & FITNESS ASSESSMENT

Students establish baseline fitness measures, practice skills throughout the curriculum, and have opportunities to measure their progress. The emphasis is on proper form, individual improvement, effort, and personal best • not comparison with other students.

INCLUSIVE BY DESIGN

Activities can be modified for different abilities by adjusting movement, distance, time, repetitions, equipment, or level of support so that every student has an opportunity to participate

My Presidential Physical Fitness Personal Best Tracker

Pre-Test + Post-Test Progress Record

Student: _____

Grade: _____

Teacher / Coach / Parent: _____

School / Program: _____

Start Date: _____

Post-Test Date: _____

TRACK PROGRESS - NOT PERFECTION.

Every student is working toward their own Personal Best.

Running Benchmarks

CHALLENGE	PRE-TEST	DATE	POST-TEST	DATE	PROGRESS
400 Meter Personal Best Benchmark AK&M progressmeasure	___ min ___ sec	___ / ___	___ min ___ sec	___ / ___	Improved by ___ sec
1-Mile Run	___ min ___ sec	___ / ___	___ min ___ sec	___ / ___	Improved by ___ sec

Presidential Physical Fitness Test - Record the option(s) your student completes

FITNESS TEST	USE?	PRE-TEST	POST-TEST	PROGRESS
Curl-Ups	■	___ reps	___ reps	+ ___ reps
Plank	■	___ sec	___ sec	+ ___ sec
Right-Angle Push-Ups	■	___ reps	___ reps	+ ___ reps
Pull-Ups	■	___ reps	___ reps	+ ___ reps
1-Mile Run	■	___ : ___	___ : ___	Improved ___ sec

Core test used: ■ Curl-Ups OR ■ Plank

Upper-body test used: ■ Right-Angle Push-Ups OR ■ Pull-Ups

Celebrate the Personal Best

Biggest improvement: _____

Something the student is proud of: _____

Next fitness goal: _____

■ Completed the 12-week program

■ Completed pre- and post-testing

■ Completed the Presidential Physical Fitness Test

■ Earned Personal Best recognition

Teacher / Coach / Parent: _____

Date: _____

Trainer Hub Ready: These same fields can be entered digitally to track individual and class-level improvement over time.

