



# Cowboy Ted's Foundation for Kids

## Cowboy Fitness Program

- The Cowboy Fitness Program is a comprehensive fitness program for kids.
- Cowboy Fitness Program contains all of the equipment and instructions needed for a fun day for kids to play Cowboy/Cowgirl (indoors or outdoors)
- The Cowboy Fitness Program is designed to be hosted by all teachers (No formal PE Training or background is required)
- The Following pages provide instructions, and visual demonstrations for the Cowboy Fitness Program.
- The Cowboy Fitness program is a Circuit Training Program with 8 activity stations and can normally be completed in 45 minutes with students divided into 4 activities on each of two successive days

# Cowboy Fitness Program

## Getting Started & Warm-Up Routine

- Getting Started
- Teacher divides students into 4 groups.
- Teacher will select a group leader for each group.
- Teacher will assign a group to start at one of the 8 events to begin the fitness session.
- Groups can choose a cowboy name to identify their group. Be creative – Colts-Broncos, Wranglers etc.
- Teacher reminds students of Golden Rule – *Treat Others as You Wish to be Treated* during Cowboy Activity Day. **This is not a Competition its an activity**
- Teacher Reminds Students of Conflict Resolution during activity – if you have ANY disagreement resolve it with... *Rock-Paper-Scissors*
- Group Leaders & Teacher lead Warm-Up Session.



- Warm-Up Routine
- Stand up Straight with arms at your sides and reach arms into the sky above head and count to 8.
- Extend arms out to each side and clap hands in front of your body and behind your body 8 times.
- Bend over at waist - bend your knees slightly and touch your toes 8 times. Don't bounce
- Jog in Place for 8 seconds *Count 1-cowboy,2-cowboy etc.*
- Jumping Jacks for 8 seconds *Count 1-cowboy,2-cowboy etc.*



# Roping Buddy

## Roping the Bull

**Objective: Develop Hand-Eye Coordination**

- Take the Rope in your hand with the Loop in your dominant hand with your fingers toward the sky and then squeeze your fingers shut. The loop should be the size between your head and waist
- Take the tail end of the rope in your other hand with your fingers facing the ground and squeeze your fingers shut.
- Hold the loop out to the side of your body between your shoulder and waist level and swing it out slowly with a side-arm motion toward the horns of the bull and lift up slightly as you let go of the entire rope.
- Loop should go around horn or head and you pull the slack and end of rope toward you and then drop the rope and throw your hands up as it tightens around the bull.
- Remember to try – AS MANY AS IT TAKES



# Pole Bending



## **Pole Bending (Slalom Course)**

**Objective: Physical Agility & Footwork**

Position stick horse between legs with hands near head of stick horse.

- Point the head of the stick horse toward the line of cones.
- Begin by running to the left or right side of the first cone and then plan to run around each of the cones.
- Run between cones alternating and turning left and then right thru cones and around final cone in the line.
- Turn back around the final cone and look toward the finish line and then repeat the course back toward the original starting line.
- The Pole Bending is similar to a slalom course in skiing

# Rope Toss

## Rope Toss

**Objective: Develop *Hand-Eye Coordination***

- Three Kids at a time
- More Than Three Can Participate
- Three Take a Turn & Then Go to End of Line and Wait For Another Turn
- Each Kid Holds Three Ropes
- Each Kid Stands in Front of One Cone
- Ropes are Color-Coded for Each Kid
- Stand eight feet from cones
- Toss the Ropes ONE at a Time
- Try to Loop the Rope onto Your Cone
- See How Many You Can Get
- Remember This is Not a Contest
- Set a Goal for Yourself for How Many Ropes You Want to Get on the Cone



# Bull Tag



## Bull Tag

**Objectives: Develop Gross Motor Skills, Physical Activity with Start/Stop Action**

- Students (Cowboys) line up shoulder to shoulder across from the barrel ~ 20 feet from Barrel and Facing Toward Barrel.
- One Student is Chosen to be the Bull
- Bull Stands halfway between barrel and kids
- Bull Counts to Eight (8) to Start Activity
- Cowboys/Cowgirls try & reach the Safe Zone (barrel) before being tagged by the Bull
- Cowboys/Cowgirls that Safely reach Barrel get another Turn – Cowboys that are tagged by the Bull have to sit on the ground until the round is over. Cowboys have to stay within 20 feet radius of the Barrel to stay in Bounds
- The Last Cowboy Tagged by the Bull becomes the Bull for the Next Round

# Barrel Racing

## Barrel Racing

### Objective: Physical Agility & Footwork

Students Line Up Single File 10-Feet from barrel

Barrels are configured like a three leaf clover with two barrels nearest the student located directly across from one another and third barrel in the middle and 6 feet behind the two barrels for a triangle-like formation.

One at a time - students place horse between their legs and ride horse at a running pace.

Students can choose to go to the left or right barrel first and first go to the inside of barrel.

Barrel Racers make a complete circle around one of the first two barrels and then repeat the motion for the barrel across from the first and then make a loop around the final barrel and return to original starting line.



# Horse Shoes



## Horse Shoes

Objective: Develop Fine Motor Skills  
& Hand Eye Coordination

Locate pegs in a line 10-feet from one another

Place shoes near peg as indicated in photo

Students divide into two teams and take turns

Red team stands near the peg with red shoes

Blue team stands near the peg with blue shoes

Students with Blue Shoes aim for opposite peg

Students with Red Shoes aim for the other peg

Hold horseshoe with dominant hand and palm on closed end with open end facing peg.

Student uses underhand motion to throw shoes one at a time toward opposite peg.

Student at opposite peg then takes turn

Horseshoes that are ringers score 3-points.

Horseshoes that land within one shoe length of peg score one point.

### HOW TO MEASURE FOR POINT

For ONE POINT - Hold a measure (opposite color) shoe against the peg with open end on ground – if you can touch the thrown shoe with any part of the measuring shoe it is worth a point.

For RINGER – the open end of the shoe must be around the peg – a measure shoe can be touched sideways on open end of thrown shoe and it must also touch the peg



# Flag Race

## Flag Race

**Objective: Develop Physical Agility & Footwork and Hand-Eye Coordination**

Place two cones at each end spaced 18 ft apart  
Place flags in cones at far end of the course  
Divide students into two teams in two lines  
Half of students line up near cones on each end  
One line stand near each cone at same end  
Cones at one end of course serve as starting line  
Students line up near cone and atop stick horse  
Two Students count to 3 and start from one end  
Students ride stick horse around cone with flag  
Students grab flag with hand & run to other cone  
Student plants flag in cone to complete course  
Two students at cone opposite of flags go next  
Repeat activity with start line opposite of flags



# Stick Horse Racing



## Horse Racing

**Objective: Develop physical agility and cardiovascular and respiratory strength**

This activity is symbolic of a horse race  
Students line up with stick horse at a starting line  
Normally this takes place on a round track  
Activity can also be race from one end to another  
Students place stick horse between legs  
Group leader counts to three to start the race  
Students then run with stick horse between legs  
One lap around the track completes activity  
Additional races & laps can occur as time allows  
Make sure students rest between laps

Horse Racing activity may need to be broken into multiple heats if there are more kids than stick horses

# \*Cowboy Sock Race

## \**Optional Additional Fun Activity*

### **Cowboy Sock Race**

**Objective: Develop physical agility and cardiovascular and respiratory strength**

*This activity can be used if time permits or in place of one of the other activities*

Students line up at a starting line

Normally this takes place in a gym

Students take off their shoes

One person mixes up all of the shoes

Students walk to other end of gym/ room

This will be the starting line

Group leader counts to three to start the race

Students run and find own shoes & put on shoes

Once she has shoes on – the run to starting line

Students wait at finish line and encourage others

Activity is complete when all students are back at original starting line



# Cowboy Ted's Foundation for Kids

- **Cowboy Fitness Program  
Summary**

**Get 60 Minutes of Physical Activity Everyday**

**Exercise should be FUN**

**Have Fun – this is not a race or competition**

**Try until you get it right - As Many As It Takes**

**The goal is to complete each activity**

**Do your best and rest and try again**

**Don't Give Up – You Are a Champion**

