

Class 1

Unit 1: Locomotor Skills



3rd-5th

Class Equipment List	25 waist flags	4 tall cones
	10 dots	4 jump ropes
	6 hula-hoops	2 6-pound medicine balls
	4 hurdles	2 short cones

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Squat (15 min.)	
Fitness Stations	<p>Station 1: 20 spider lunges Station 2: 20 up/down dog Station 3: 20 push-ups Station 4: 20 air squats</p> <ul style="list-style-type: none"> Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart. Divide the players into 4 small groups—1 group per station. All players begin at the same time by performing the fitness skill at their station. When all players are ready to rotate, they can skip, jog, hop, or run to the next station. Complete at least two full rotations so all players travel to all stations twice.

Obstacle Course (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One person at a time starts the course. Jump over each hurdle with two feet. Jump on the dots, landing on one foot for each dot. Raise a medicine ball up over head and place it back down. Repeat 10 times. Jump from one hula-hoop to the next with two feet. Run to the end and finish with 10 push-ups.</p>
Diagram	<p>The diagram illustrates the layout of the obstacle course. It begins at a 'START' point. The first station consists of four 'Hurdles' (represented by vertical bars). A 10-foot distance leads to a station of eight 'Dots' (small circles). Another 10-foot distance leads to a station of two 'Med. Balls' (hash symbols). A 15-foot distance leads to a station of five 'Hula-Hoops' (colored circles: red, yellow, green, purple, blue). Finally, the course ends at 'END' with a station of two 'Push-Ups' (blue triangles).</p>

PE Game: Jump Rope Relay (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Divide players into even lines and have them line up at one end of the field of play.• When the coach blows the whistle, the first player in each line picks up a jump rope and performs a running jump rope down to the opposite end of the field of play. Once at the other end, the player performs 5 jump ropes in place and then does the running jump rope back to the start.• Players should sit down in the back of the line after they've completed their turn. <p>*Remember this is a race! The first team with all players sitting in line wins.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.