

Class Equipment List	8 tall cones 2 hula-hoops
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Balance, Power (15 min.)

Fitness Stations	<p>Station 1: 30-sec. plank Station 2: 15-sec. single leg hop, perform on each side Station 3: 30-sec. broad jump Station 4: 15-sec. single leg stand, perform on each side</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.
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Relay Race (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>Divide the players into 2 teams and have them line up behind a start cone with an end cone 25 yards away. One player at a time rolls the hula-hoop from the start cone to the end cone and back. If the hula-hoop falls flat, players must stop and do 5 push-ups before picking up the hula-hoop and continuing.</p>
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Diagram	<p>START →   → 25 yards →  </p>
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PE Game: Locomotor Practice (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.• The coach calls out different locomotor movements for players to perform from one end of the field to the other.• Remember this is a race! The goal for the players is to reach the opposite end of the field of play first.• This repeats until all students get to the other side and then again to get back to the beginning. <p>*Movement Ideas: Running, skipping, galloping, sliding, walking backward, etc.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.