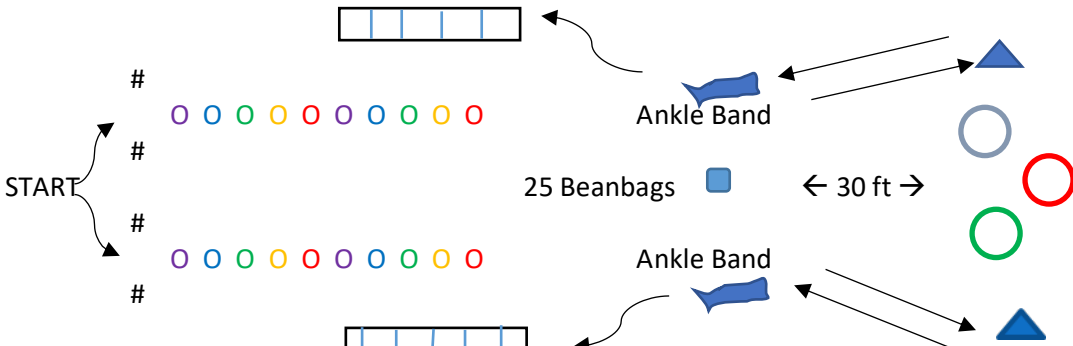


Class Equipment List	25 beanbags	4 6-pound medicine balls
	24 dots	2 agility ladders
	4 tall cones	2 short cones
	3 hula-hoops	

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: 30 spider lunges Station 2: 30 up/down dog Station 3: 30 push-ups Station 4: 30 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—one 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>Divide the players into 2 lines. Four players at a time start this course, 2 from each line. To start, players pick up a medicine ball and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one beanbag into a hula-hoop that is 30 feet away. Once they get a beanbag into the hula-hoop, players put an ankle band around their ankles and run down and around the cone that is 30 feet away. Last, players take off the ankle band and hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.</p>
Diagram	 <p>The diagram illustrates the layout of the obstacle course. It begins with a 'START' line marked by four hash symbols (#). From the start, two parallel lines of colored dots (purple, blue, green, yellow, red) lead to a hula-hoop. A distance of 30 feet is marked between the dots and the hula-hoop. Next to the hula-hoop is a blue square representing a beanbag. An arrow points from the hula-hoop to a cone, also marked as 30 feet away. From the cone, an arrow points to an agility ladder. Finally, an arrow points from the ladder back to the start. Labels include 'Ankle Band' with a blue band icon, '25 Beanbags' with a blue square icon, and '30 ft' with double-headed arrows.</p>

PE Game: Animal Soccer (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Divide the players into 2 teams and have each team pick an animal.• The rules are identical to soccer except players may only move like the animal their team chooses. <p>*Animal movement ideas: crab walks, bear crawls, duck walks, frog jumps, etc.</p>
<u>Cooldown</u>	Choose 3 stretches from the list of stretches to end class.