

Class	4 tall cones
Equipment List	4-8 hula-hoops 4 jump ropes

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Agility (15 min.)	
Fitness Stations	<p>Station 1: 30 vertical jumps Station 2: 30 sit-ups Station 3: 30 bear crawls Station 4: 30 skaters/lateral shuffles</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.

Relay Race: Jump Rope (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <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>

PE Game: Beanbag Golf (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Create beanbag golf “holes” using hula hoops.• Give each player a beanbag and have them line up behind a start cone for the first “hole.”• One player at a time throws his/her beanbag toward the first “hole.” Just as in golf, the player goes to the beanbag and continues throwing until it lands in the “hole.”• “Holes” should be set up at varying distances. They can also be set up around obstacles such as trees, cones, etc.• The player with the lowest score (the fewest throws), wins.
Cooldown	Choose 3 stretches from the list of stretches to end class.