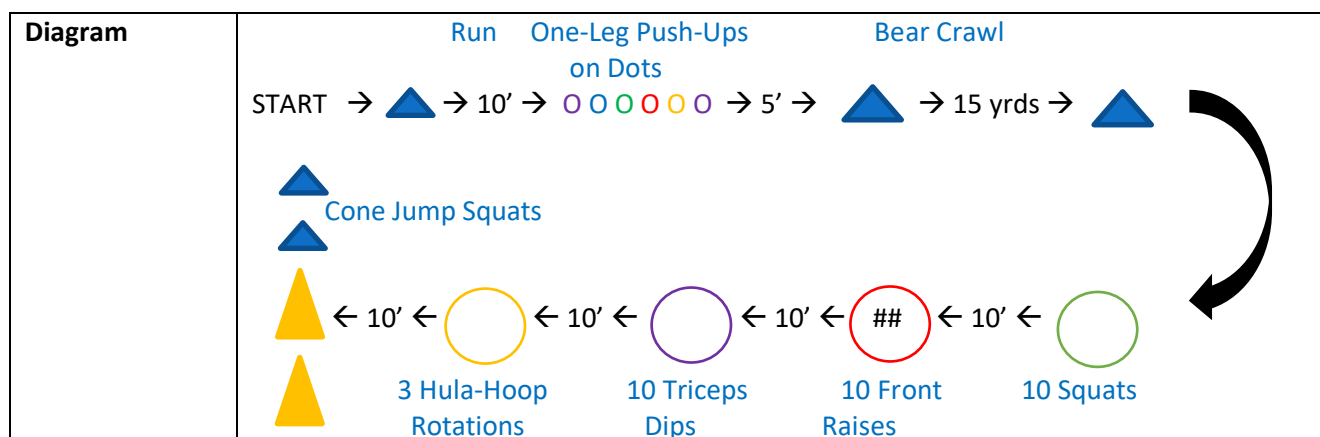


<b>Class</b>	10 dots	4 hula-hoops
<b>Equipment List</b>	5 short cones	2 playground balls
	4 tall cones	2 6-pound medicine balls

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Push, Balance, Power</b> (15 min.)	
<b>Fitness Stations</b>	<p><b>Station 1:</b> 45-sec. plank</p> <p><b>Station 2:</b> 25-sec. single leg hop, perform on both legs</p> <p><b>Station 3:</b> 45-sec. broad jump</p> <p><b>Station 4:</b> 25-sec. single leg stand, perform on both legs</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart.</li> <li>• Divide the players into 4 small groups—one group per station.</li> <li>• 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.</li> <li>• Complete at least two full rotations so all players travel to all stations twice.</li> </ul>

<b>Obstacle Course</b> (15 min.)	
<b>Setup and Instructions</b>	<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>Form one line behind the start cone. One player at a time starts the course. From the start cone, players run to the first dot and get in a push-up position with one foot on the first dot and the other foot held 1 foot off the ground. Staying in push-up position, players hop their foot from one dot to the next without letting the other foot touch the ground. Next, players run to the first cone, bear crawl to the second cone, and run to the first hula-hoop. Perform the activity listed below at each hula-hoop and finish the course by attempting a jump squat over a short or tall cone without touching the cone.</p>

**PE Game: Dribbling Relay (20 min.)**

<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b> (20 min.)	<ul style="list-style-type: none"> <li>Divide players into 2 even teams. Have each team line up behind a start cone and give each team a playground ball.</li> <li>When the coach blows the whistle, the first player from each team dribbles the ball to the end cone and back.</li> <li>The first team with every player in line to finish, wins.</li> </ul> <p>*Dribbling can be soccer kicks or basketball dribbling.</p>

**Cooldown**

Choose 3 stretches from the list of stretches to end class.