



# Class 15

# Unit 2: Hand/Foot-Eye Coordination

**FIT KIDS**<sup>®</sup>

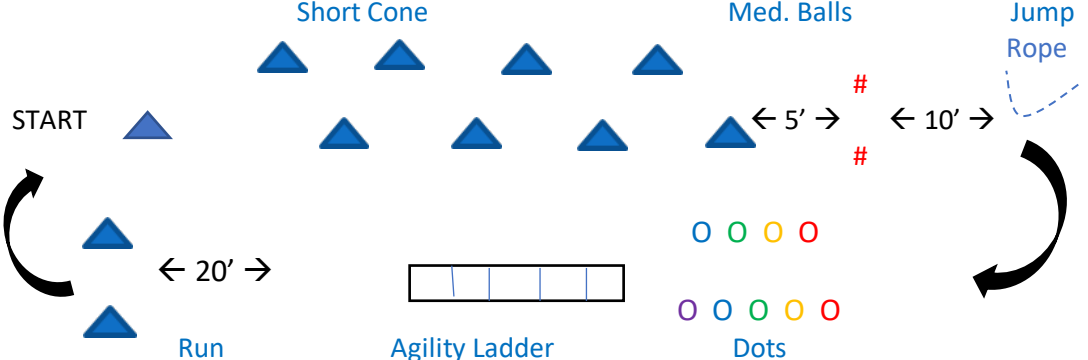
3<sup>rd</sup> - 5<sup>th</sup>

<b>Class</b>	24 dots	2 6-pound medicine balls
<b>Equipment List</b>	12 short cones	1 jump rope
	12 beanbags	1 agility ladder
	4 tall cones	

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Speed, Squat, Core</b> (15 min.)	
<b>Fitness Stations</b>	<p><b>Station 1:</b> 40-sec. plank high fives</p> <p><b>Station 2:</b> 40-sec. cone figure eights</p> <p><b>Station 3:</b> 40-sec. squat hold</p> <p><b>Station 4:</b> 40-sec. burpees</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 1 line behind the start cone. One player at a time starts this course. Players walk to the first short cone and then alternate between quick feet facing forward and quick feet facing backward to move from cone to cone. At the end of the short cones, players perform a broad jump toward the medicine balls. Next, players perform 10 quick toe taps on one of the medicine balls, run to the jump ropes, and complete 5 jump ropes. After the jump ropes, players run to the dots and touch each foot to one dot as quickly as possible. To finish, players run through the ladder as quickly as possible, touching one foot in each square, and then sprint through the end cones and get back in line to start again.</p>

<p><b>Diagram</b></p>	
<p><b>PE Game: Pickle (20 min.)</b></p>	
<p><b>Setup</b></p>	<p>Designate a field of play based on the number of players.</p>
<p><b>Game Instructions</b></p>	<ul style="list-style-type: none"> <li>• Divide the players into groups of 3.</li> <li>• For each group,             <ul style="list-style-type: none"> <li>○ place 2 dots 45 feet apart.</li> <li>○ assign 2 students to be the catchers and have them stand on the dots.</li> <li>○ assign 1 player to be the runner.</li> </ul> </li> <li>• This game is played with baseball rules, just like when a runner gets trapped in a pickle between bases.</li> <li>• The catches for each group toss a beanbag back and forth with the goal of tagging the runner before he/she reaches the other dot.</li> <li>• If the runner is tagged, he/she switches with the catcher that tagged them.</li> <li>• Play should continue for each group until each player has been the runner.</li> </ul>
<p><b>Cooldown</b></p>	<p>Choose 3 stretches from the list of stretches to end class.</p>