



Class 16

Unit 2: Hand/Foot-Eye Coordination

FIT KIDS®

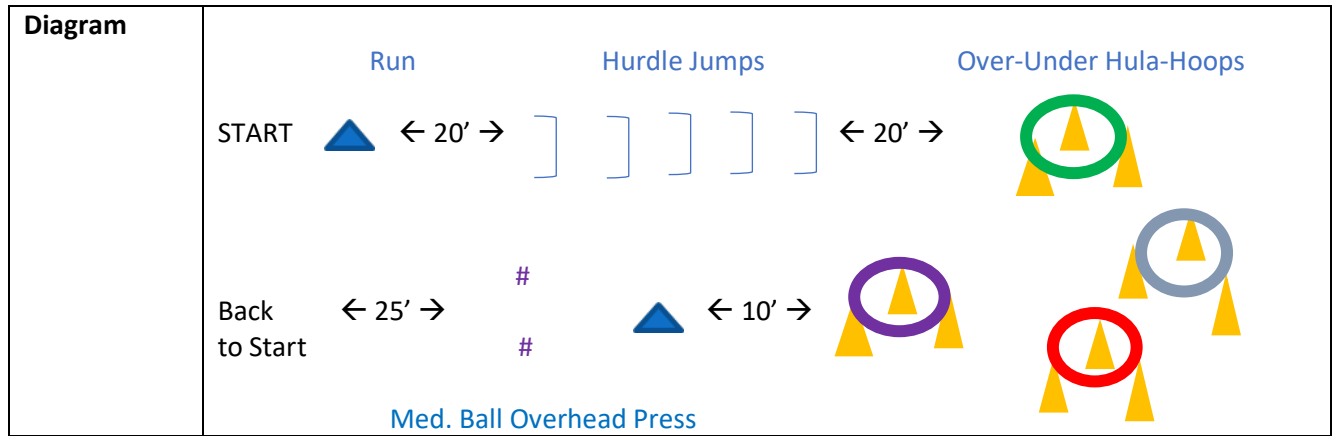
3rd - 5th

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| Class Equipment List | 25 waist flags 10 dots 6 hula-hoops 4 hurdles | 12 tall cones 2 6-pound medicine balls 2 short cones |
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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, Squat (15 min.) | |
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| Fitness Stations | <p>Station 1: 35 spider lunges Station 2: 35 up/down dog Station 3: 35 push-ups Station 4: 35 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.) | |
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| 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>Form one line behind the start cone. One player at a time starts this course. Players run and jump over each hurdle, jumping from two feet to two feet, without knocking over the hurdles. Next, players will sprint to the first hula-hoop, jump into the center of the hoop and army crawl under it, making sure not to knock it off the three tall cones it's balanced on. Repeat this for each hula-hoop. Then, players sprint to the medicine balls where they perform 10 overhead presses, put the ball down, and then sprint back to the end of the line to do to the obstacle course again.</p> |



PE Game: Keep It Up Volleyball (20 min.)

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| Setup | Designate a field of play based on the number of players. |
| Game Instructions | <ul style="list-style-type: none"> • Divide players into groups of 4 and give each group a playground ball. • The object is to work as a team and keep the ball off the ground by hitting it up into the air with their hands. • Each team should count how many hits players can get in a row before the ball touches the ground. • Once the ball hits the ground, everybody on the team does 5 push-ups and 5 jump squats. Then players can restart the game. |

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