

Class Equipment List	4 tall cones 4 jump ropes 1 or 2 parachutes
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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: 35 vertical jumps Station 2: 35 sit-ups Station 3: 35 bear crawls Station 4: 35 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.

Fitness Game: Parachute (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"> • Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes. • Players should work together to get the parachute as high as possible into the air without letting go. <ul style="list-style-type: none"> ○ When the parachute is at its highest, one or two players run around the group and return to their spot(s) before the parachute hits the ground. ○ When the parachute is at its highest, two opposite players change places by running under the parachute. ○ When the parachute is at its highest, one player runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player then does the same thing.

PE Game: Dog Catcher (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Assign 4 players to be “dog catchers” and give them two dodgeballs each.• All other players are “dogs” and should line up on one end of the field of play.• When the coach blows the whistle, the “dogs” move across the field of play using various locomotor skills.• While the “dogs” move from one side to the other, the “dog catchers” roll the dodgeballs on the ground trying to hit the “dogs.”• If a “dog” is hit, they must move to the side and perform 15 jumping jacks.• After the “dogs” have moved from one end to the other a few times, the “dog catchers” can call “Sleeping dogs!” This means that all dogs have to hold a plank, without moving, for 45 seconds.• Rotate players to be “dog catchers” and continue play for 20 minutes.
Cooldown	Choose 3 stretches from the list of stretches to end class.