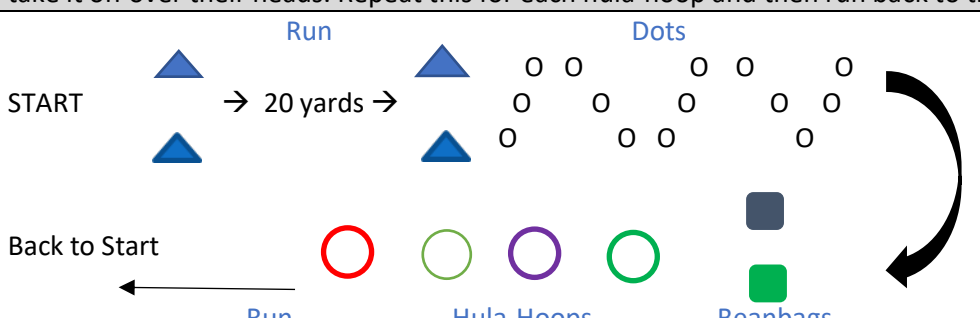


Class Equipment List	12 dots 4 tall cones 4 hula-hoops 4 beanbags
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Squat (15 min.)	
Fitness Stations	<p> Station 1: 35-yard crab walk Station 2: 60-sec. jumping jacks Station 3: 35-yard bear crawl Station 4: 60-sec. 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 rotation so all players travel to all stations twice.

Obstacle Course (15 min.)	
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 two lines behind each of the start cones. Before leaving the start cone, the first players in each line will sit in a back-to-back wall sit and hold it for 15 seconds. Then, both players will bear crawl from their start cones to their end cones. Next, each player jumps with two feet in a zig-zag pattern, landing on each dot. At the last dot, the coach tosses a beanbag to each player so that they must jump laterally (to the side) to catch it. Together, both players move to the hula-hoops where they jump into the first and then pick it up and take it off over their heads. Repeat this for each hula-hoop and then run back to the start.</p>
Diagram	 <p>The diagram illustrates the layout of the obstacle course. It begins with a 'START' point marked by two blue triangles. An arrow labeled 'Run' points to a '20 yards' distance, followed by another 'Run' arrow. The path then leads to a set of 'Dots' (12 small circles). After the dots, there are four 'Hula-Hoops' represented by colored circles (red, green, purple, green). Next are two 'Beanbags' represented by dark blue and green squares. A large curved arrow indicates the path from the beanbags back to the 'START' point, labeled 'Back to Start'.</p>

PE Game: Manipulative Relay (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Divide players into 4 lines using one short cone to designate the starting point of each line and one short cone to designate the ending point 25 yards away.• Place one hula-hoop at the end cone for each line.• When the coach blows the whistle, players move from the starting point to the ending point using different locomotor skills each time.• When players reach the end cone, they must pick up the hula-hoop and roll it back to the next person in line. The next person in line does what the first person did in reverse. He/she rolls the hula-hoop to the end cone and performs the movement back to the start.• This relay continues until all players in the line have gone. <p>*Movement Ideas: Skipping, hopping, frog leaps, side shuffle, etc.</p>
<u>Cooldown</u>	Choose 3 stretches from the list of stretches to end class.