

Class 21

Unit 3: Chasing/Fleeing


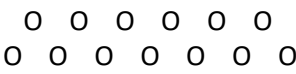





3rd – 5th

Class Equipment List	24 pinnies 14 dots 4 hurdles 4 tall cones	1 short cone 1 balance rope 1 playground ball
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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.)	
Fitness Stations	<p>Station 1: 40 spider lunges Station 2: 40 up/down dog Station 3: 40 push-ups Station 4: 40 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.)	
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 completes this course. Players start by running up to the balance rope and jumping back and forth over the rope for the full length of the rope. Next, players hop from dot to dot on one foot following the zig-zag pattern—stay on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to the player, and the player must jump up and try to catch the ball while in midair before tossing it back to the coach. Players then return to the start line to repeat the course.</p>
Diagram	<p>Run Balance Rope Jumps Run One-Legged Hops on Dots</p> <p>START  ← 10' → - - - - - ← 20' → </p> <p>Back to Start   </p> <p>Playground Ball Toss Hurdles</p>

PE Game: Sneak Attack Tag (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Divide the players into 2 groups and have them stand on opposite sides of the field of play, about 30-40 feet apart.• Designate 1 group of players to be the “chasers” and give those players pinnies to wear. The other group of players will be the “sneakers.”• Chasers stand at one end of the field of play, facing away from the sneakers. Remind the chasers not to peak.• The coach silently signals to the sneakers to begin “sneaking up” toward the chasers. When the sneakers are within 5 feet of the chasers, the coach blows the whistle and the chasers can turn around and try to tag the sneakers.• If a sneaker is tagged by a chaser before making it back to the start line, he/she puts on a pinnie and joins the chasers side.• Play until there are just a few players left as sneakers and then reset. Be sure to reverse roles to allow all students the change to be sneakers and chasers.
<u>Cooldown</u>	Choose 3 stretches from the list of stretches to end class.