

Class 22

Unit 3: Chasing/Fleeing



3rd - 5th

Class	15 beanbags	4 jump ropes
Equipment List	11 dots	4 hurdles
	12 short cones	4 tall cones

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: 30 vertical jumps</p> <p>Station 2: 30 sit-ups</p> <p>Station 3: 30 bear crawls</p> <p>Station 4: 30 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.

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>One person at a time starts the course. Side jump over each hurdle with two feet. Jump over the first hurdle from left to right, the second from right to left, and so on. Next, jump from one dot to the next by jumping over the cones with two feet. Balance a beanbag on his/her head while running down and around the cone. Drop the beanbag and head back to the start.</p>
Diagram	<p>START →</p> <p>Hurdles</p> <p>Dots and Cones</p> <p>End and Back to Start ←</p> <p>Around the Cone</p> <p>Beanbags</p> <p>← 20 yards ←</p>

PE Game: Jump Rope 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 even lines and have them line up at one end of the field of play. • When the coach blows the whistle, the first player in each line picks up a jump rope and performs a running jump rope down to the opposite end of the field of play. Once at the other end, the player performs 5 jump ropes in place and then does the running jump rope back to the start. • Players should sit down in the back of the line after they've completed their turn. <p>*Remember this is a race! The first team with all players sitting in line wins.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.