

Class 23

Unit 3: Chasing/Fleeing



3rd - 5th

Class Equipment List	24 waist flags 4 tall cones 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: Push, Balance, Power (15 min.)	
Fitness Stations	<p>Station 1: 60-sec. plank Station 2: 30-sec. single-leg hops, perform on both legs Station 3: 30-sec. single-leg stand, perform on both legs Station 4: 60-sec. broad jumps</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: Sharks and Minnows (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Choose 2 players to be “sharks” and make sure all other players have waist flags. • The sharks stand in the middle of the field of play, and all other players, the “minnows,” line up along one end of the field. • When the sharks call out SWIM MINNOWS or GO, the minnows run across the field to the other side, trying to avoid having their flags pulled by the sharks. • If minnows get their flags pulled, they become sharks for the next turn. • Play until only a few minnows remain and then restart. <p>*Movement ideas: Instead of running, minnows can leap, hop, skip, etc.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.