

Class 27

Unit 3: Chasing/Fleeing













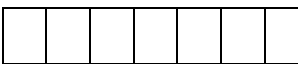


3rd - 5th

Class	15 beanbags	1 short cone
Equipment List	6 tall cones	1 agility ladder
	3 hula-hoops	1 soccer ball

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</p> <p>Station 2: 35 sit-ups</p> <p>Station 3: 35 bear crawls</p> <p>Station 4: 35 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. Players run to the first hula-hoop, pick up a beanbag, and throw it up in the air. Immediately after throwing the beanbag high in the air, players jump and spin 360 degrees and try to catch the beanbag before it hits the ground. They get three tries at each hula-hoop to catch the beanbag. Players should run between hula-hoops. From the last hula-hoop, players run to the agility ladder where a coach tells them how to go through the ladder (e.g., hop on one foot, hop scotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in figure eights around the tall cones to the end of the course.</p>
Diagram	<p style="text-align: center;">Jump, Turn, and Catch</p> <p>START  → 10' →  ← 10' →  ← 10' →  ← 10' → </p> <p>End and Back to Start ←       ← </p> <p style="text-align: center;">Soccer Ball Figure Eights </p> <p style="text-align: right;">Agility Ladder</p>

PE Game: Mixed-Up Sports 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.• The coach calls out different sports, and players must race to the opposite end of the field of play while acting as if they are playing that sport.• The first team to finish with all players on the opposite end of the field of play wins. <p>*Movement Ideas: Basketball, skate boarding, bicycling, swimming, etc.</p>
<u>Cooldown</u>	Choose 3 stretches from the list of stretches to end class.