

Class 28

Unit 3: Chasing/Fleeing



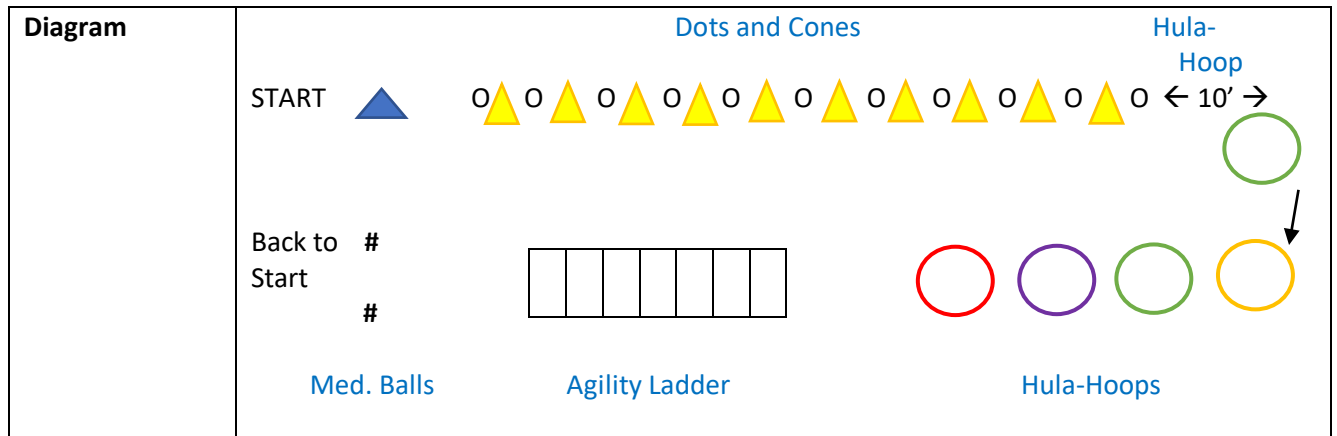
3rd - 5th

Class	12 dots	4 beanbags
Equipment List	10 tall cones	2 6-pound medicine balls
	5 hula-hoops	1 or 2 parachutes
	4 short cones	1 agility ladder

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</p> <p>Station 2: 35 single-leg hops, perform on both legs</p> <p>Station 3: 60-sec. single-leg stand, perform on both legs</p> <p>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.

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 player at a time starts this course. From the start cone, players run to the first dot and jump from the dot over the first cone and land on the second dot. Players repeat this until the end of the cones. Then, players will sprint from the last dot to the hula-hoop and perform 3 burpees, jumping as high as possible. Next, the players run to the line of hula-hoops and jump through them with both feet landing in each hula-hoop. At the agility ladder, players perform a broad jump, trying to jump over as many rungs as possible and land on two feet. Finally, players run to pick up a 6-pound medicine ball, jump as high as possible into the air 3 times while holding the ball, and then put the ball down before returning to the start line.</p>



PE Game: Pickle (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 groups of 3. • For each group, <ul style="list-style-type: none"> ○ place 2 dots 45 feet apart. ○ assign 2 students to be the catchers and have them stand on the dots. ○ assign 1 player to be the runner. • This game is played with baseball rules, just like when a runner gets trapped in a pickle between bases. • The catches for each group toss a beanbag back and forth with the goal of tagging the runner before he/she reaches the other dot. • If the runner is tagged, he/she switches with the catcher that tagged them. • Play should continue for each group until each player has been the runner.
Cooldown	Choose 3 stretches from the list of stretches to end class.