

Class 31

Unit 4: Team Building



3rd - 5th

Class Equipment List	36 beanbags 16 short cones 12–15 dots	4 hula-hoops 4 tall cones
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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: 50 push-ups Station 2: 50 spider lunges Station 3: 50 up/down dog Station 4: 50 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 two lines behind each of the start cones. Before leaving the start cone, the first players in each line will sit in a back-to-back wall sit and hold it for 15 seconds. Then, both players will bear crawl from their start cones to their end cones. Next, each player jumps with two feet in a zig-zag pattern, landing on each dot. At the last dot, the coach tosses a beanbag to each player so that they must jump laterally (to the side) to catch it. Together, both players move to the hula-hoops where they jump into the first and then pick it up and take it off over their heads. Repeat this for each hula-hoop and then run back to the start.</p>
Diagram	

PE Game: Four Goal Soccer (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 teams and give one team pinnies.• Use cones to create 4 goals, one on each side of the field of play.• Designate 2 goals per team and have teams decide whether to have 1, 2, or no goalies defending their goals.• The game is played for a set time. <p>*To make more difficult, challenge teams to complete 5 passes before shooting at the goal.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.