

Class 35

Unit 4: Team Building



3rd - 5th

Class	8 tall cones	4 playground balls
Equipment List	6 hula-hoops	2 short cones
	5 jump ropes	2 6-pound medicine balls

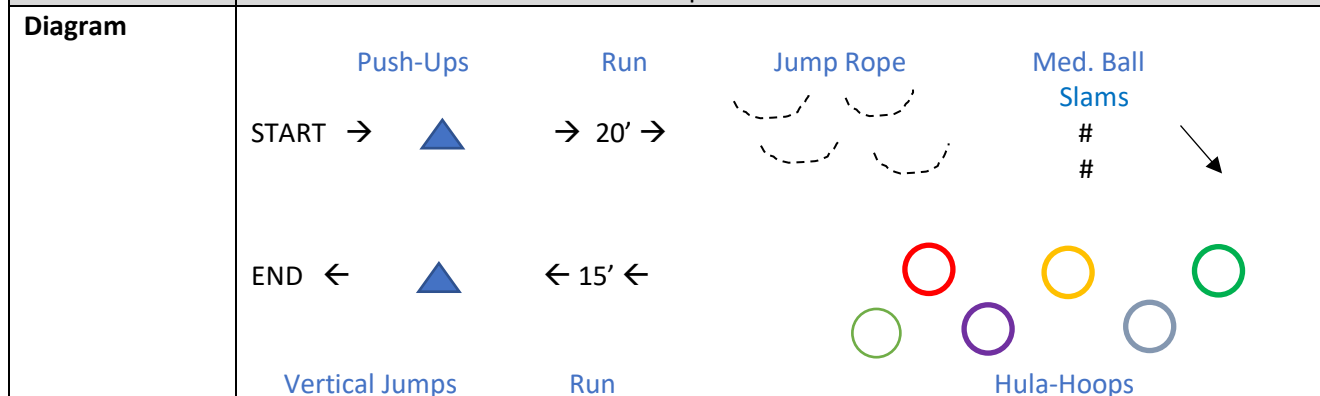
Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Speed, Squat, Core (15 min.)

Fitness Stations	<p>Station 1: 70-sec. plank high fives Station 2: 70-sec. cone figure eights Station 3: 70-sec. squat holds Station 4: 70-sec. burpees</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.
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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>Two players at a time start the course. At the start cone, players complete 12 plank high fives. From the planks, players run to the jump ropes and perform 10 jump ropes. Next, players pick up a medicine ball and perform 5 medicine ball tosses with squats. Next, players frog jump from one hula-hoop to the next. After the hula-hoops, players run to the end and finish with 5 vertical jumps with high fives. Players should advance to the next section of the course with their partner.</p>
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PE Game: Hula-Hoop Basketball (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 4 lines and have them line up behind 1 tall cone for each line.• Give the first person in line a playground ball and place a hula-hoop 5 yards from each tall cone.• When the coach blows the whistle, the first player in line performs 1 burpee and then shoots the playground ball like a basketball into the hula-hoop.• The player who shot the playground ball must get his/her own rebound while the next player in line performs a burpee.• The first team to get 10 points wins. <p>*To make this more challenging, move the hula-hoop farther away from the start cone.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.