

Class 36

Unit 4: Team Building



3rd - 5th

Class	4 tall cones
Equipment List	2 6-pound medicine balls 1 or 2 balance ropes, tug-of-war ropes

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: 55 push-ups Station 2: 55 spider lunges Station 3: 55 up/down dog Station 4: 55 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.

Fitness Game: Tug-of-War (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"> • Players divide into even teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center. <p>*Challenge players to hold on to the rope with just one hand.</p>

PE Game: Passing Relay (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 evenly into 2 teams and have each team form 2 even lines.• In line, players should be arms distance apart from their teammates in the same line and about 5 feet from their teammates in the other line.• Starting at one end of each team's lines, the medicine ball is passed back and forth across the lines.• If the medicine ball is dropped at any time, all players on the team must perform 1 burpee before continuing to pass the ball.• The first team to pass the medicine ball from beginning to end and back to the beginning, wins.
Cooldown	Choose 3 stretches from the list of stretches to end class.