

Class 37

Unit 4: Team Building



3rd - 5th

Class	4 tall cones	1 playground ball
Equipment List	2 dots	1 hula-hoop
	2 personal parachutes	

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: 50 vertical jumps Station 2: 50 sit-ups Station 3: 50 bear crawls Station 4: 50 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.

Relay: Personal Parachute (15 min.)	
Setup and Instructions	<p>* Setup obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> • Divide the players into two teams and have each team line up behind a start cone. • Place an end cone 30 yards from each start cone. • The first player for each team straps a personal parachute around his/her waist. • When the coach blows the whistle, the first player runs to the end cone and back to the start as fast as possible. Once back at the start cone, the first player takes the personal parachute off and transfers it to the next player in line. • This continues until all players on the team have gone. • The team that has all players finish the run first wins. <p>*Play a few rounds of this relay race. For an extra challenge, have the players side shuffle or backpedal instead of run.</p>

PE Game: 2 Base Kickball (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 the pinnies to wear.• Use dots to create 2 bases about 40 feet apart – about where home base and 1st base would normally be on a kickball or baseball field.• Use a hula-hoop to create the pitcher’s mound. This should be where the pitcher would normally stand on a kickball or baseball field, not in between the bases.• This game is played with similar rules to kickball. However, the goal is for the kicker to run back and forth from home base to 1st base as many times as possible before the outfielders return the ball to the pitcher.• The number of times the kicker runs between bases is the number of point their team receives.• After every player on the first team has kicked, teams switch and the other team has a turn to kick.
Cooldown	Choose 3 stretches from the list of stretches to end class.