

Class 38

Unit 4: Team Building



3rd - 5th

Class	18 dodgeballs	4 tall cones
Equipment List	12 dots	2 pinnies
	10 short cones	

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 Station 2: 60-sec. single-leg hops Station 3: 60-sec. single-leg standing toe touches 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>Two players at a time start the course. From the start cone, players run to the dots, where they get into the push-up position with both hands on one dot and feet extended behind them. Players perform 1 plank high five on a dot and then walk their hands to the next dot and repeat until the end of the dots (15 total). From the dots, players run to the first tall cone, crab walk to the second tall cone, and bear crawl to the ladder. At the ladder, players place their hands in adjacent squares and rotate like a windmill with their hands moving up the ladder, and their feet rotating in the grass. Run back to the start to repeat. Players should move together from one obstacle to the next.</p>
Diagram	<p>Run Plank High Fives on Dots</p> <p>START → → 10' → →</p> <p>END ← ← 15' ← ← 20' ← ←</p> <p>Ladder Balance Bear Crawl Inch Worm</p>

PE Game: Dr. Dodgeball (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 2 teams and designate 1 player on each team to be the “doctor.” Give each “doctor” a pinnie to wear.• Create a midline with short cones down the middle of the field of play, have the teams stand on opposite sides of the field, and place all the dodgeballs on the center line.• When the coach blows the whistle, players run to grab a ball and throw it at players on the other team. Players cannot cross the midline.• Players who are hit with the ball are must sit down in place.• The team “doctor” can tap players who are sitting down to get them back in the game. Team “doctors” should not be aimed for and will remain in the game without getting out.• If a player catches a ball before it hits the ground, the player who threw the ball is out and must sit down in place. <p>*Dodgeballs must be thrown at or below shoulders. Do not aim for players’ heads.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.