

# Class 39

# Unit 4: Team Building



3<sup>rd</sup> - 5<sup>th</sup>

<b>Class</b>	36 beanbags	2 agility ladders
<b>Equipment List</b>	10 short cones	2 6-pound medicine balls
	4 tall cones	

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Pull, Squat (15 min.)</b>	
<b>Fitness Stations</b>	<p><b>Station 1:</b> 30-yard inch worms</p> <p><b>Station 2:</b> 75-sec. jumping jacks</p> <p><b>Station 3:</b> 30-yard bear crawl while pushing medicine ball</p> <p><b>Station 4:</b> 75-sec. squats</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart.</li> <li>• Divide the players into 4 small groups—one group per station.</li> <li>• 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.</li> <li>• Complete at least two full rotations so all players travel to all stations twice.</li> </ul>

<b>Relay Race: Ladder Toss (15 min.)</b>	
<b>Setup and Instructions</b>	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> <li>• Divide players into even lines and have them line up behind a short cone with an agility ladder between 5 and 10 feet away and an end cone on the opposite side of the ladder.</li> <li>• Each team should have about 15 beanbags in front of the short cone.</li> <li>• When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder.</li> <li>• If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team.</li> <li>• The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder.</li> <li>• If players miss the appropriate box, they run to collect the beanbag they threw, bring it back to the team, and then get in the back of the line.</li> <li>• This repeats until all boxes of the ladder have a beanbag, and all students are on the other side of the field.</li> </ul>

<b>PE Game: Capture the Medicine Ball (20 min.)</b>	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b>	<ul style="list-style-type: none"><li>• Make a line out of cones that divides the field of play into two equal halves. Place one 6-pound medicine ball in the center of each half (about 15 yards from the end line and 15 yards from the center line).</li><li>• Divide the players into two even teams. Teams should start on opposite sides of the center line.</li><li>• When the coach blows the whistle, players attempt to capture the medicine ball located on the opposite side of the center line without getting their waist flags pulled and bring the medicine ball back to their side of the center line.</li><li>• Players whose waist flags are pulled while on the opposite side of the field must do 10 sit-ups before they can return to the game.</li><li>• Players cannot stand within 5 feet of the medicine ball to protect it.</li><li>• The game continues until one team has successfully captured the other team's medicine ball.</li></ul>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.