

# Class 40

# Unit 4: Team Building



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

|                       |                |                          |
|-----------------------|----------------|--------------------------|
| <b>Class</b>          | 10 dots        | 2 6-pound medicine balls |
| <b>Equipment List</b> | 10 short cones | 2 playground balls       |
|                       | 5 jump ropes   | 1 agility ladder         |
|                       | 4 tall cones   |                          |

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| <b>Warm-Up</b> | Choose 3 activities from the list of warm-ups to start class. |
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| <b>Fitness Focus: Speed, Squat, Core</b> (15 min.) |  |
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| <b>Fitness Stations</b><br>(5 min.)                | <p><b>Station 1:</b> 75-sec. plank high fives</p> <p><b>Station 2:</b> 75-sec. cone figure eights</p> <p><b>Station 3:</b> 75-sec. squat hold</p> <p><b>Station 4:</b> 75-sec. burpees</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>Obstacle Course</b> (15 min.) |  |
|----------------------------------|--|
| <b>Setup and Instructions</b>    | <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>Form 1 line behind the start cone. One player at a time starts this course. Players walk to the first short cone and then alternate between side shuffle right and side shuffle left to move from cone to cone. At the end of the short cones, players perform a broad jump toward the medicine balls. Next, players perform 10 quick toe taps on one of the medicine balls, run to the jump ropes, and complete 5 jump ropes. After the jump ropes, players run to the dots and touch each foot to one dot as quickly as possible. To finish, players run through the ladder as quickly as possible, touching one foot in each square, and then sprint through the end cones and get back in line to start again.</p> |
| <b>Diagram</b>                   |  |

| <b>PE Game: Dribbling Relay (20 min.)</b> |   |
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| <b>Setup</b>                              | Designate a field of play based on the number of players.   |
| <b>Game Instructions</b><br>(20 min.)     | <ul style="list-style-type: none"><li>• Divide players into 2 even teams. Have each team line up behind a start cone and give each team a playground ball.</li><li>• When the coach blows the whistle, the first player from each team dribbles the ball to the end cone and back.</li><li>• The first team with every player in line to finish, wins.</li></ul> <p>*Dribbling can be soccer kicks or basketball dribbling.</p> |
| <b>Cooldown</b>                           | Choose 3 stretches from the list of stretches to end class.   |