

<b>Class Equipment List</b>	5 dodgeballs 4 tall cones 2 6-pound medicine balls 1 or 2 parachutes
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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: Push, Balance, Power</b> (15 min.)	
<b>Fitness Stations</b>	<p> <b>Station 1:</b> 65-sec. plank  <b>Station 2:</b> 65-sec. single-leg hops  <b>Station 3:</b> 65-sec. single-leg stand with toe touches  <b>Station 4:</b> 65-sec. broad jumps         </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: Personal Parachute</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.</p> <ul style="list-style-type: none"> <li>• Divide the players into two teams and have each team line up behind a start cone.</li> <li>• Place an end cone 30 yards from each start cone.</li> <li>• The first player for each team straps a personal parachute around his/her waist.</li> <li>• 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.</li> <li>• This continues until all players on the team have gone.</li> <li>• The team that has all players finish the run first wins.</li> </ul> <p>*Play a few rounds of this relay race. For an extra challenge, have the players side shuffle or backpedal instead of run.</p>

<b>PE Game: Ball Passover</b> (20 min.)	
<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>• Divide the players into 5 teams and have the players in each team lie down head-to-toe in a line.</li> <li>• Place a dodgeball at the feet of the first player and a hula-hoop at the head of the last player.</li> <li>• Using only his/her feet, the first player picks up the ball and passes it to the next person in line behind him/her—pass feet to feet, no hands allowed!</li> <li>• Passing continues until the ball reaches the last player in line. That player tries to drop the ball into the hula-hoop.</li> <li>• If the last player succeeds at dropping the ball into the hula-hoop, that team gets one point, and the last player rotates to the front of the line.</li> <li>• Play continues for a set amount of time. The team with the most points wins.</li> </ul> <p>*Encourage players to use positive verbal affirmations such as, “Do you have it?”; “Yes, let go”; or “OK, I’m letting go now!” to help each other out.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.