

Class Equipment List	6 hula-hoops 4 tall cones 1 or 2 balance ropes
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Speed, Squat, Core (15 min.)	
Fitness Stations	<p>Station 1: 85-sec. plank high fives Station 2: 85-sec. cone figure eights Station 3: 85-sec. squat holds Station 4: 85-sec. burpees</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.

Fitness Game: Tug-of-War (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> <ul style="list-style-type: none"> Players divide into even teams and line up on opposite ends of the balance rope. When the coach blows the whistle, teams try to pull the opposite team toward them. Play until one team has successfully pulled all the players from the other team to their side of the center.

PE Game: Pass the Hoop (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> Have players form a circle by holding hands. Choose 1 player to be the starting point of the hula-hoop by breaking hands and placing the hoop on his/her arm and then grabbing hands again. Begin to pass the hula-hoop around the circle without breaking hands until it comes back to the beginning. <p>*To make this more challenging, split into 2 groups and see which group can finish first. Or, add hula-hoops to have multiple hula-hoops going around at the same time.</p>

Cooldown	Choose 3 stretches from the list of stretches to end class.
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