

# Class 48

# Unit 5: Communication



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

<b>Class</b>	4 tall cones
<b>Equipment List</b>	2 6-pound medicine balls

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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**Fitness Focus: Push, Balance, Power (15 min.)**

<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 90-sec. plank</p> <p><b>Station 2:</b> 60 single-leg hops, perform on each leg</p> <p><b>Station 3:</b> 60 broad jumps</p> <p><b>Station 4:</b> 60 single-leg stands with toe touch, perform on each leg</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>
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**Fitness Game: Burpee Wave (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>• Form a circle with all players.</li> <li>• Set one medicine ball in front of one player and another medicine ball in front of a player on the opposite side of the circle.</li> <li>• Players with the medicine balls start the wave by placing their hands on the medicine ball, jumping their feet back into a push-up position, jumping back in, and standing up while picking up the medicine ball to pass it to the right.</li> <li>• Repeat this until the medicine balls make it back to where they started.</li> </ul>
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<b>PE Game: Cha Cha Slide or Cupid Shuffle (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>• If you are able to play music, find a recording of the song and play for students to dance to.<ul style="list-style-type: none"><li>a. All players should listen carefully to the directions in the lyrics and dance along.</li></ul></li><li>• If you are not able to play music, this game can be played by choosing about 5 – 8 players to lead the group.<ul style="list-style-type: none"><li>a. The first lead player comes up with a dance step for the group to perform.</li><li>b. Each of the other lead players comes up with dance steps that build on the previous step. For example, player 1 might direct the group to do 3 side-shuffles to the right, player 2 might direct the group to do hop in place 4 times, and so on.</li><li>c. All players should listen carefully to the directions so the dance steps can be strung together.</li></ul></li></ul> <p>*Dance step ideas: slide, side-shuffle, hop, hip shake, arm pump, clap, etc.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.