

Class 4

Unit 1: Locomotor Skills



6th - 8th

Class Equipment List	<p>4 tall cones</p> <p>1 or 2 balance ropes (tug-of-war ropes)</p>
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Squat (15 min.)	
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Fitness Stations (5 min.)	<p>Station 1: 20-yard crab walk</p> <p>Station 2: 30-sec. jumping jacks</p> <p>Station 3: 20-yard bear crawl</p> <p>Station 4: 30-sec. squats</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 as many rotations as possible in 15 minutes.
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Fitness Game: Tug-of-War (15 min.)	
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Setup and Instructions	<p>*Set up obstacle course, relay, or game in a space that accommodates the size of the group.</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.
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PE Game: Mixed Up Sports Relay (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Divide the players into 2 lines and mark each line with a start cone and an end cone.• When the coach calls out the name of a sport, players race to the end cone while acting as if they are playing that game.• For example, if the coach call “Basketball”, players have to pretend to dribble a basketball as they race to the end cone and back.• The coach can change the sport to something else at any time.• The first team to finish, wins.
Cooldown	Choose 3 stretches from the list of stretches to end class.