

Class 5

Unit 1: Locomotor Skills



6th - 8th

Class Equipment List	6 hula-hoops	4 short cones
	5 jump ropes	2 6-pound medicine balls

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: 30-sec. plank high fives Station 2: 30-sec. cone figure eights Station 3: 30-sec. squat hold Station 4: 30-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 as many rotations as possible in 15 minutes.

Obstacle Course (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> <p>Two players at a time start the course. At the start cone, players complete 10 push-ups. From the push-ups, players run to the jump ropes and perform 20 jump ropes. Next, players pick up a medicine ball and perform 5 medicine ball slams. Next, players frog jump from one hula-hoop to the next. After the hula-hoops, players run to the end and finish with 10 vertical jumps.</p>
Diagram	

PE Game: Pacman Tag (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Use short cones to create 2 or 3 lines across the field of play.• Designate 1 or 2 players to be the taggers or “Pac people.”• All other players must move back and forth along the lines and avoid being tagged by a pac person. Players cannot jump from one line to another.• If a player is tagged by a pac person, they sit down on the line where they were tagged and become a barrier. Only pac people can pass a sitting person.• Play continues until there is only 1 or 2 players left or until all others have been tagged. <p>*To make more challenging, use a bigger space for the field of play and add bases throughout the play space so that players can have a safe place to stop and not be tagged.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.