

Class 6

Unit 1: Locomotor Skills



6th - 8th

Class Equipment List	6 jump ropes 4 6-pound medicine balls 4 playground balls	4 tall cones 2 agility ladders
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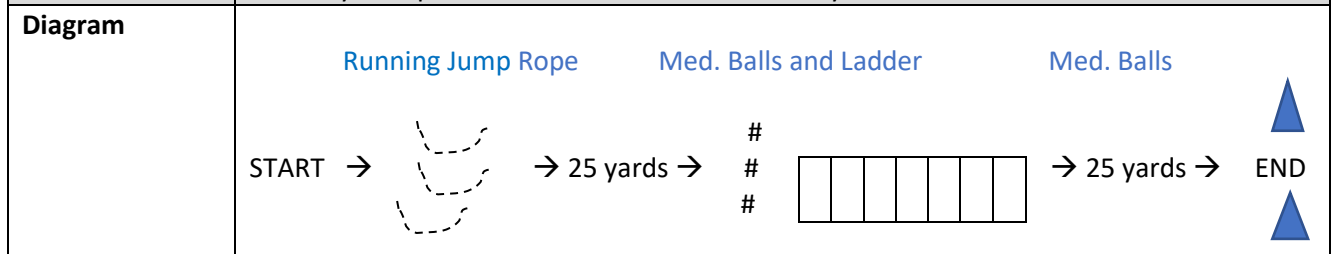
Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Squat (15 min.)

Fitness Stations	<p>Station 1: 25 push-ups Station 2: 25 jump squats Station 3: 25 jump lunges Station 4: 25 inch worms</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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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>One person at a time starts the course. To begin, the player picks up a jump rope and jumps rope for 25 yards to reach the medicine balls. At the medicine balls, the player drops the jump rope and performs 10 medicine ball squats with the ball touching the ground with each squat. Next, the player puts the medicine ball down and performs fast feet through the ladder (ie., 1 foot in, 1 foot out; both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line.</p> <p>You may set up two courses and make this a relay race and obstacle course!</p>
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PE Game: Keep It Up Volleyball (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Divide players into groups of 4 and give each group a playground ball.• The object is to work as a team and keep the ball off the ground by hitting it up into the air with their hands.• Each team should count how many hits players can get in a row before the ball touches the ground.• Once the ball hits the ground, everybody on the team does 5 push-ups and 5 jump squats. Then players can restart the game. <p>*To make this more challenging, add a second ball to the mix for each team making the goal to keep 2 balls up instead of 1.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.