

Class 8

Unit 1: Locomotor Skills



6th - 8th

Class Equipment List	15 dots 4 tall cones 4 medicine balls	1 agility ladder 1 short cone
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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, Balance, Power (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 20-sec. side plank right Station 2: 20-sec. side plank left Station 3: 20-sec. broad jumps Station 4: 20-sec. overhead press with medicine ball</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>One player at a time starts the course. From the start cone, players run to the dots, where they get into the push-up position with both hands on one dot and feet extended behind them. Players perform 1 push-up on a dot and then walk their hands to the next dot and repeat until the end of the dots (15 total). From the dots, players run to the first tall cone, crab walk to the second tall cone, and bear crawl to the ladder. At the ladder, players place their hands in adjacent squares and rotate like a windmill with their hands moving up the ladder, and their feet rotating in the grass. Run back to the start to repeat.</p>
Diagram	<p>Run Push-Ups on Dots</p> <p>START → → 10' → → 20' ← ← 15' ← ← END</p> <p>Ladder Balance Bear Crawl Crab Walk</p>

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 players into even lines and have them line up at one end of the field of play.• The coach calls out different sports, and players must race to the opposite end of the field of play while acting as if they are playing that sport.• The first team to finish with all players on the opposite end of the field of play wins. <p>*Movement Ideas: Basketball, skate boarding, bicycling, swimming, etc.</p>
<u>Cooldown</u>	Choose 3 stretches from the list of stretches to end class.