

Class Equipment List	12 dodgeballs 10 short cones 4 tall cones 1 or 2 balance ropes, tug-of-war ropes
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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.)	
Fitness Stations	<p> Station 1: 25-yard crab walk Station 2: 35-sec. jumping jacks Station 3: 25-yard bear crawl Station 4: 35-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.

Fitness Game: Tug-of-War (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay 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.

PE Game: Asteroids (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Divide the designated field of play into 2 equal sides, with a center line on short cones in the middle.• Divide the players into two teams and have each team stand on opposite sides of the field of play.• Place 1 playground ball in the center of the field of play and give each team 6 dodgeballs.• When the coach blows the whistle, players start throwing their dodgeballs at the playground ball with the goal of hitting it and moving it past the other teams end line.• The first team to move the playground ball past their opponent's end line, wins the round.• Play as many rounds as possible in 20 minutes.
Cooldown	Choose 3 stretches from the list of stretches to end class.