



# Class 18

# Unit 2: Hand/Foot-Eye Coordination

**FIT KIDS**<sup>®</sup>

6<sup>th</sup>- 8<sup>th</sup>

<b>Class Equipment List</b>	20 beanbags 4 tall cones 4 6-pound medicine balls
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<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Push, Balance, Power (15 min.)</b>	
<b>Fitness Stations (5 min.)</b>	<p><b>Station 1:</b> 30-sec. side plank right <b>Station 2:</b> 30-sec. side plank left <b>Station 3:</b> 30-sec. broad jump <b>Station 4:</b> 30-sec. overhead press with medicine ball</p> <ul style="list-style-type: none"><li>• Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart.</li><li>• Divide the players into 4 small groups—one group per station.</li><li>• 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.</li><li>• Complete as many rotations as possible in 15 minutes.</li></ul>

<b>Relay Race: Burpee Wave (15 min.)</b>	
<b>Setup and Instructions</b>	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"><li>• Divide the players into 2 teams and give each team 1 medicine ball.</li><li>• Let each team decide which player will start and place the medicine ball in front of him/her.</li><li>• Players with the medicine balls start the wave by placing their hands on the medicine ball, jumping their feet back into a push-up position, jumping back in, and standing up while picking up the medicine ball to pass it to the right.</li><li>• Repeat this until the medicine balls make it back to where they started.</li><li>• The first team to make it around the circle first, wins.</li></ul>

<b>PE Game: Toss and Catch</b> (20 min.)	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b>	<ul style="list-style-type: none"><li>• Pair players up to toss and catch beanbags with each other.</li><li>• Before beginning the game, the coach should give the players a chance to practice tossing and catching the beanbags.</li><li>• To start the game, one partner from each pair lines up at one end of the field of play, holding a beanbag.</li><li>• The other partner from each pair stands 5-10 yards away, facing the partner, ready to catch the beanbag.</li><li>• When the coach blows the whistle, the player on the start line tosses the beanbag to his/her partner. Once the partner catches the beanbag, the player who tossed the beanbag runs past him/her, toward the end line, and then turns around to face the partner.</li><li>• Players repeat the toss and catch game until they reach the end line.</li><li>• The goal is to toss and catch the beanbag with as much distance between partners as possible to reach the end line faster.</li></ul>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.