



# Class 19

# Unit 2: Hand/Foot-Eye Coordination

FIT KIDS®

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

<b>Class Equipment List</b>	12 dots 4 tall cones 4 hula-hoops 4 beanbags
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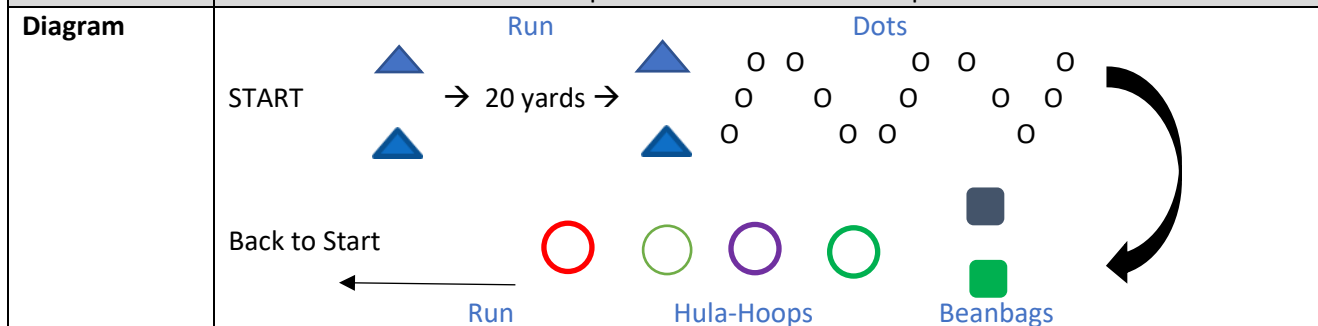
<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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### Fitness Focus: Pull, Squat (15 min.)

<b>Fitness Stations</b>	<p><b>Station 1:</b> 30-yard crab walk  <b>Station 2:</b> 30-yard spider lunges  <b>Station 3:</b> 30-yard jack squats  <b>Station 4:</b> 30-yard high knees</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>
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### Obstacle Course (15 min.)

<b>Setup and Instructions</b>	<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>Form two lines behind each of the start cones. Before leaving the start cone, the first players in each line will sit in a back-to-back wall sit and hold it for 15 seconds. Then, both players will bear crawl from their start cones to their end cones. Next, each player jumps with two feet in a zig-zag pattern, landing on each dot. At the last dot, the coach tosses a beanbag to each player so that they must jump laterally (to the side) to catch it. Together, both players move to the hula-hoops where they jump into the first and then pick it up and take it off over their heads. Repeat this for each hula-hoop and then run back to the start.</p>
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<b>PE Game: Manipulative Relay (20 min.)</b>	
<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>• Divide players into 4 lines using one short cone to designate the starting point of each line and one short cone to designate the ending point 25 yards away.</li> <li>• Place one hula-hoop at the end cone for each line.</li> <li>• When the coach blows the whistle, players move from the starting point to the ending point using different locomotor skills each time.</li> <li>• When players reach the end cone, they must pick up the hula-hoop and roll it back to the next person in line. The next person in line does what the first person did in reverse. He/she rolls the hula-hoop to the end cone and performs the movement back to the start.</li> <li>• This relay continues until all players in the line have gone.</li> </ul> <p>*Movement Ideas: Skipping, hopping, frog leaps, side shuffle, etc.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.