



Class 20

Unit 2: Hand/Foot-Eye Coordination

FIT KIDS

6th - 8th

Class Equipment List	4 tall cones 4 short cones 2 personal parachutes 1 soccer ball	4 6-pound medicine balls
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Speed, Squat, Core (15 min.)	
Fitness Stations	<p>Station 1: 40-sec. plank Station 2: 40-sec. cone figure eights Station 3: 40-sec. squat hold with medicine ball Station 4: 40-sec. burpees</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.

Relay: Personal Parachute (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"> • Divide the players into two teams and have each team line up behind a start cone. • Place an end cone 30 yards from each start cone. • The first player for each team straps a personal parachute around his/her waist. • When the coach blows the whistle, the first player runs to the end cone and back to the start as fast as possible. Once back at the start cone, the first player takes the personal parachute off and transfers it to the next player in line. • This continues until all players on the team have gone. • The team that has all players finish the run first wins. <p>*Play a few rounds of this relay race. For an extra challenge, have the players side shuffle or backpedal instead of run.</p>

PE Game: Handball (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• This game follows the same rules as soccer, but players use their hands instead of their feet.• Divide players into 2 teams and have each team start on opposite sides of the field of play.• Use tall cones to designate a goal area on each team's side.• In order to score, the soccer ball must be thrown into the goal with both hands.• The game can be played for a set time or until one team reaches a certain number of points. <p>*To make this more challenging, use a bigger space for the field of play and use the rule that the player with the ball may only take up to 3 steps before passing or shooting.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.