

Class 24

Unit 3: Chasing/Fleeing



6th - 8th

Class Equipment List	24 pinnies 4 tall cones	4 ankle bands 2 6-pound medicine balls
-----------------------------	----------------------------	---

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
----------------	---

Fitness Focus: Pull, Squat (15 min.)	
Fitness Stations	<p>Station 1: 30-yard crab walk with ankle band Station 2: 40-sec. jumping jacks Station 3: 30-yard bear crawl with ankle band Station 4: 40-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.

Relay Race: Ankle Bands (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 ankle band at each team’s start cone, and put an end cone 20 yards away from each start cone. • The first player from each team puts the ankle band around both ankles and runs to the end cone. • At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on, runs back to the start cone, and passes the band to the next player in line. • The first team to have all players complete the relay wins.

PE Game: Capture The Medicine Ball (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions (20 min.)	<ul style="list-style-type: none"> • Make a line out of cones that divides the field of play into two equal halves. Place one 6-pound medicine ball in the center of each half (about 15 yards from the end line and 15 yards from the center line). • Divide the players into two even teams. Teams should start on opposite sides of the center line. • When the coach blows the whistle, players attempt to capture the medicine ball located on the opposite side of the center line without getting their waist flags pulled and bring the medicine ball back to their side of the center line. • Players whose waist flags are pulled while on the opposite side of the field must do 10 sit-ups before they can return to the game. • Players cannot stand within 5 feet of the medicine ball to protect it. • The game continues until one team has successfully captured the other team's medicine ball. <p>*To make this more challenging, use a bigger space for the field of play and give players specific roles in the game such as offense or defense.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.