

Class 25

Unit 3: Chasing/Fleeing



6th - 8th

Class Equipment List	24 waist flags	4 tall cones
	6 hula-hoops	2 6-pound medicine balls
	5 jump ropes	2 balance ropes
	2 short cones	

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: 50-sec. plank high fives Station 2: 50-sec. cone figure eights Station 3: 50-sec. squat hold Station 4: 50-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.

Obstacle Course (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay in space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Two players at a time start the course. At the start cone, players complete 15 push-ups. From the push-ups, players run to the jump ropes and perform 30 jump ropes. Next, players pick up a medicine ball and perform 8 medicine ball slams. Next, players frog jump from one hula-hoop to the next. After the hula-hoops, players run to the end and finish with 8 vertical jumps.</p>
Diagram	

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PE Game: Chaos Tag (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 sure every player has a waist flag.• All players are "it" and can pull any other player's flag.• When a player's flag is pulled, he/she must sit down in place but continue to watch the player who pulled his/her flag. When that player's flag is pulled, the seated player can get back in the game.• When several players are sitting, the coach can call out BREAK or RESET to reset the game so all players are standing again.• This game is played in intervals of 2 or 3 minutes. <p>*To make this more challenging, decrease the size of the field of play and make a rule that players that go out of bounds must sit down until the next "break" or "reset."</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.