FIT KIDS

Class 27 Unit 3: Chasing/Fleeing

6th - 8th

Class	15 beanbags	1 short cone
Equipment List	6 tall cones	1 agility ladder
	3 hula-hoops	1 soccer ball

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

Fitness Focus: Pull, Agility (15 min.)		
Fitness Stations	Station 1: 50-sec. jumping jacks	
	Station 2: 50-sec. knee huggers	
	Station 3: 50-sec. bear crawls	
	Station 4: 50-sec. backward run	
	 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	*Set up obstacle course or relay in a space that accommodates the size of the group. Use
Instructions	the diagram below when setting up.
	One person at a time starts the course. Players run to the first hula-hoop, pick up a
	beanbag, and throw it up in the air. Immediately after throwing the beanbag high in the
	air, players jump and spin 360 degrees and try to catch the beanbag before it hits the
	ground. They get three tries at each hula-hoop to catch the beanbag. Players should run
	between hula-hoops. From the last hula-hoop, players run to the agility ladder where a
	coach tells them how to go through the ladder (e.g., hop on one foot, hop scotch, two
	feet in and two feet out, etc.). Next, players kick a soccer ball in figure eights around the tall cones to the end of the course.
Diagram	Jump, Turn, and Catch
Diagram	
	START
	End and Back to Start ←
	\otimes
	Soccer Ball Figure Eights Agility Ladder



Class 27 Unit 3: Chasing/Fleeing

6th - 8th

PE Game: Mixed-Up Sports Relay (20 min.)		
Setup	Designate a field of play based on the number of players.	
Game Instructions	 Divide players into even lines and have them line up at one end of the field of play. The coach calls out different sports, and players must race to the opposite end of the field of play while acting as if they are playing that sport. The first team to finish with all players on the opposite end of the field of play wins. *Movement Ideas: Basketball, skate boarding, bicycling, swimming, etc. 	

Cooldown	Choose 3 stretches from the list of stretches to end class.
----------	---