

Class 30

Unit 3: Chasing/Fleeing



6th - 8th

Class	4 tall cones	4 ankle bands
Equipment List	4 short cones	2 soccer balls

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: 45-sec. plank high fives Station 2: 45-sec. cone figure eights Station 3: 45-sec. squat holds Station 4: 45-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.
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Relay Race: Three-Legged Race (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"> • Set up 2 start cones and 2 end cones, about 20 yards apart, with one ladder for each line halfway between the cones. • Players divide into 2 teams and stand in line. • When the coach blows the whistle, the first two players put the ankle band around their ankles. One player will have the band around his/her left ankle, and the other will have the band around his/her right ankle for this three-legged race. • Once the ankle band is on, the players work together to walk/run to the ladder and then walk/run through the ladder, stepping the banded feet in each square. • Players repeat this movement back to the start cone and pass the ankle band to the next two players in line. • The first team with all players finished wins.
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PE Game: Two-Ball Soccer (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Set up 2 goals, 1 on each side of the field of play, with tall cones.• Set up a midline with 10 short cones.• Divide players into two even teams and give one team the pinnies.• This game is played with soccer rules but using 2 balls instead of 1 to speed up the game and keep more players involved. <p>*To make this more challenging, use a bigger space for the field of play.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.