Class 32   Unit 4: Team Building

FIT KIDS®

6th – 8th

Class Equipment List	4 tall cones 4 dots 2 personal parachutes 1 playground 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:** 35 vertical jumps **Station 2:** 35 sit-ups **Station 3:** 35 bear crawls **Station 4:** 35 lateral shuffles • 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	* Setup obstacle course or relay in a space that accommodates the size of the group. • Divide the players into 2 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. *Play a few rounds of this relay race. For an extra challenge, have the players side shuffle or backpedal instead of run.

PE Game: Kickball (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	1. Set up a baseball field with three bases and home plate. 2. Divide the players into two teams. Baseball rules apply. *Instead of running between bases, challenge players to hop, skip, or side shuffle.

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