

# Class 34

# Unit 4: Team Building



6<sup>th</sup> - 8<sup>th</sup>

<b>Class</b>	36 beanbags	2 agility ladders
<b>Equipment List</b>	4 tall cones	2 6-pound medicine balls
	4 playground balls	

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Pull, Squat (15 min.)</b>	
<b>Fitness Stations</b>	<p><b>Station 1:</b> 35-yard crab walks  <b>Station 2:</b> 45-sec. jumping jacks  <b>Station 3:</b> 35-yard bear crawls  <b>Station 4:</b> 45-sec. squats</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart.</li> <li>• Divide the players into 4 small groups—one group per station.</li> <li>• 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.</li> <li>• Complete as many rotations as possible in 15 minutes.</li> </ul>

<b>Relay Race: Ladder Toss (15 min.)</b>	
<b>Setup and Instructions</b>	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> <li>• Divide players into even lines and have them line up behind a short cone with an agility ladder between 5 and 10 feet away and an end cone on the opposite side of the ladder.</li> <li>• Each team should have about 15 beanbags in front of the short cone.</li> <li>• When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder.</li> <li>• If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team.</li> <li>• The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder.</li> <li>• If players miss the appropriate box, they run to collect the beanbag they threw, bring it back to the team, and then get in the back of the line.</li> <li>• This repeats until all boxes of the ladder have a beanbag, and all students are on the other side of the field.</li> </ul>

<b>PE Game: Keep It Up Volleyball</b> (20 min.)	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b>	<ul style="list-style-type: none"><li>• Divide players into groups of 5-8 and give each group a playground ball.</li><li>• The object is to work as a team and keep the ball off the ground by hitting it up into the air with their hands.</li><li>• Each team should count how many hits players can get in a row before the ball touches the ground.</li><li>• Once the ball hits the ground, everybody on the team does 5 push-ups and 5 jump squats. Then players can restart the game.</li></ul> <p>*To make this more challenging, give each team 2 balls making the goal to keep 2 balls up instead of just 1.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.