## Class 40

## Unit 4: Team Building



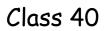
6<sup>th</sup> - 8<sup>th</sup>

Class	10 dots	2 6-pound medicine balls
<b>Equipment List</b>	10 short cones	2 playground balls
	5 jump ropes 4 tall cones	1 agility ladder

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

Fitness Focus: Speed, Squat, Core (15 min.)		
Fitness Stations	Station 1: 50-sec. plank	
(5 min.)	Station 2: 50-sec. cone figure eights	
	Station 3: 50-sec. squat hold with medicine ball	
	Station 4: 50-sec. burpees	
	<ul> <li>Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart.</li> </ul>	
	<ul> <li>Divide the players into 4 small groups—one group per station.</li> </ul>	
	<ul> <li>All players begin at the same time by performing the fitness skill at their station.</li> <li>When all players are ready to rotate, they can skip, jog, hop, or run to the next station.</li> </ul>	
	<ul> <li>Complete as many rotations as possible in 15 minutes.</li> </ul>	

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.		
	Form 1 line behind the start cone. One player at a time starts this course. Players walk to the first short cone and then alternate between side shuffle right and side shuffle left to move from cone to cone. At the end of the short cones, players perform a broad jump toward the medicine balls. Next, players perform 10 quick toe taps on one of the medicine balls, run to the jump ropes, and complete 5 jump ropes. After the jump ropes, players run to the dots and touch each foot to one dot as quickly as possible. To finish, players run through the ladder as quickly as possible, touching one foot in each square, and then sprint through the end cones and get back in line to start again.		
Diagram	Short Cones Med. Balls Jump		
	A Rope		
	START $\leftarrow 5' \rightarrow \leftarrow 10' \rightarrow$		
	← 20′ →		
	Run Agility Ladder Dots		



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

PE Game: Dribbling Relay (20 min.)		
Setup	Designate a field of play based on the number of players.	
Game Instructions (20 min.)	<ul> <li>Divide players into 2 even teams. Have each team line up behind a start cone and give each team a playground ball.</li> <li>When the coach blows the whistle, the first player from each team dribbles the ball to the end cone and back.</li> <li>The first team with every player in line to finish, wins.</li> <li>*Dribbling can be soccer kicks or basketball dribbling.</li> </ul>	

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