

<b>Class</b>	4 tall cones
<b>Equipment List</b>	4 ankle bands 2 6-pound medicine balls

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Push, Squat (15 min.)</b>	
<b>Fitness Stations</b>	<p><b>Station 1:</b> 40 spider lunges  <b>Station 2:</b> 40 up/down dog  <b>Station 3:</b> 40 push-ups  <b>Station 4:</b> 40 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: Ankle Bands (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 the players into two teams and have each team line up behind a start cone.</li> <li>• Place an ankle band at each team's start cone and put an end cone 20 yards away from each start cone.</li> <li>• The first player from each team puts the ankle band around both ankles and runs to the end cone.</li> <li>• At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on, runs back to the start cone, and passes the band to the next player in line.</li> <li>• The first team to have all players complete the relay wins.</li> </ul>

<b>PE Game: Cha Cha Slide (20 min.)</b>	
<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>• If you are able to play music, find a recording of the song and play for students to dance to. <ul style="list-style-type: none"> <li>○ All players should listen carefully to the directions in the lyrics and dance along.</li> <li>○ This is a good version of the song: Kids Bop Party Pop – Cha Cha Slide</li> </ul> </li> <li>• If you are not able to play music, this game can be played by choosing about 5 – 8 players to lead the group. <ul style="list-style-type: none"> <li>○ The first lead player comes up with a dance step for the group to perform.</li> <li>○ Each of the other lead players comes up with dance steps that build on the previous step. For example, player 1 might direct the group to do 3 side-shuffles to the right, player 2 might director the group to do hop in place 4 times, and so on.</li> <li>○ All players should listen carefully to the directions so the dance steps can be strung together.</li> </ul> </li> </ul> <p>*Dance step ideas: slide, side-shuffle, hop, hip shake, arm pump, clap, etc.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.