

Class 44

Unit 5: Communication



6th - 8th

Class	12–15 dots	4 hula-hoops
Equipment List	4 tall cones	2 beanbags

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Squat (15 min.)	
Fitness Stations	<p>Station 1: 40-yard crab walk Station 2: 50-sec. jumping jacks Station 3: 40-yard bear crawl Station 4: 50-sec. squats</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.

Obstacle Course (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Form two lines behind each of the start cones. Before leaving the start cone, the first players in each line will sit in a back-to-back wall sit and hold it for 15 seconds. Then, both players will bear crawl from their start cones to their end cones. Next, each player jumps with two feet in a zig-zag pattern, landing on each dot. At the last dot, the coach tosses a beanbag to each player so that they must jump laterally (to the side) to catch it. Together, both players move to the hula-hoops where they jump into the first and then pick it up and take it off over their heads. Repeat this for each hula-hoop and then run back to the start.</p>
Diagram	

PE Game: Cupid Shuffle (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • 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"> ○ All players should listen carefully to the directions in the lyrics and dance along. ○ This is a good version of the song: Kids Dance Party – Cupid Shuffle • 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"> ○ The first lead player comes up with a dance step for the group to perform. ○ 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. ○ All players should listen carefully to the directions so the dance steps can be strung together. <p>*Dance step ideas: slide, side-shuffle, hop, hip shake, arm pump, clap, etc.</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.