Class 46   Unit 5: Communication

6th – 8th

Class Equipment List	4 tall cones 4 jump ropes

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

Fitness Focus: Push, Squat (15 min.)

Fitness Stations	**Station 1:** 45 push-ups **Station 2:** 45 jump squats **Station 3:** 45 jump lunges **Station 4:** 45 inch worms • 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 Race: Jump Rope (15 min.)

Setup and Instructions	*Set up obstacle course or relay in a space that accommodates the size of the group. • Divide players into even lines and have them line up at one end of the field of play. • When the coach blows the whistle, the first player in each line picks up a jump rope and performs a running jump rope down to the opposite end of the field of play. Once at the other end, the player performs 5 jump ropes in place and then does the running jump rope back to the start. • Players should sit down in the back of the line after they've completed their turn. *Remember this is a race! The first team with all players sitting in line wins.

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PE Game: Crossover (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	• Every player lines up at one end of the field of play. • The coach calls out a description of the players and a locomotor movement to go with the description. For example, the coach might say, "If you are wearing blue, skip to the other side." • This repeats until all students get to the other side and then again to get back to the beginning. *Movement Ideas: Hop on one leg, skip, frog jump, lunge, ski jump, bear crawl, crab walk

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