

Class 47

Unit 5: Communication



6th - 8th

Class	5 jump ropes	1 or 2 parachutes
Equipment List	4 tall cones	1 agility ladder
	2 6-pound medicine balls	

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Agility (15 min.)	
Fitness Stations	<p>Station 1: 70-sec. jumping jacks Station 2: 70-sec. knee huggers Station 3: 70-sec. bear crawls Station 4: 70-sec. backward run</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>One person at a time starts the course. To begin, the player picks up a jump rope and runs or jumps rope for 25 yards to reach the medicine balls. At the medicine balls, the player drops the jump rope and performs 10 medicine ball squats with the ball touching the ground with each squat. Next, the player puts the medicine ball down and performs one-legged hops through the ladder, being sure to land in each square. After the ladder, the player should sprint through the end cones and then jog back to the start line.</p>
Diagram	<p style="text-align: center;"> Running Jump Rope Med. Balls Ladder Sprint </p> <p>START → 25 yards → # # → 25 yards → END</p>

PE Game: Follow the Leader (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Split the group into 4 teams and have each team line up behind a tall cone. • For each team, place another tall cone 20 yards away and 4 dots evenly spaced between the start and finish. • After deciding who will go first, second, third, etc., the first player uses a springing skill (i.e., hopping or jumping) to jump to the first dot. All other players in the group follow, copying that same movement. • At the first dot, the leader has to repeat a fitness movement 5 times. The other players copy. Then the leader runs to the second dot and does a new fitness movement. The other players then run to the second dot and repeat both the first and second fitness movements. • This continues to the last dot. Then a new player becomes the leader and leads the players back to the start line doing new fitness movements. <p>*Fitness Movement Ideas: Squats, push-ups, spider lunges, sit-ups</p>
Cooldown	Choose 3 stretches from the list of stretches to end class.