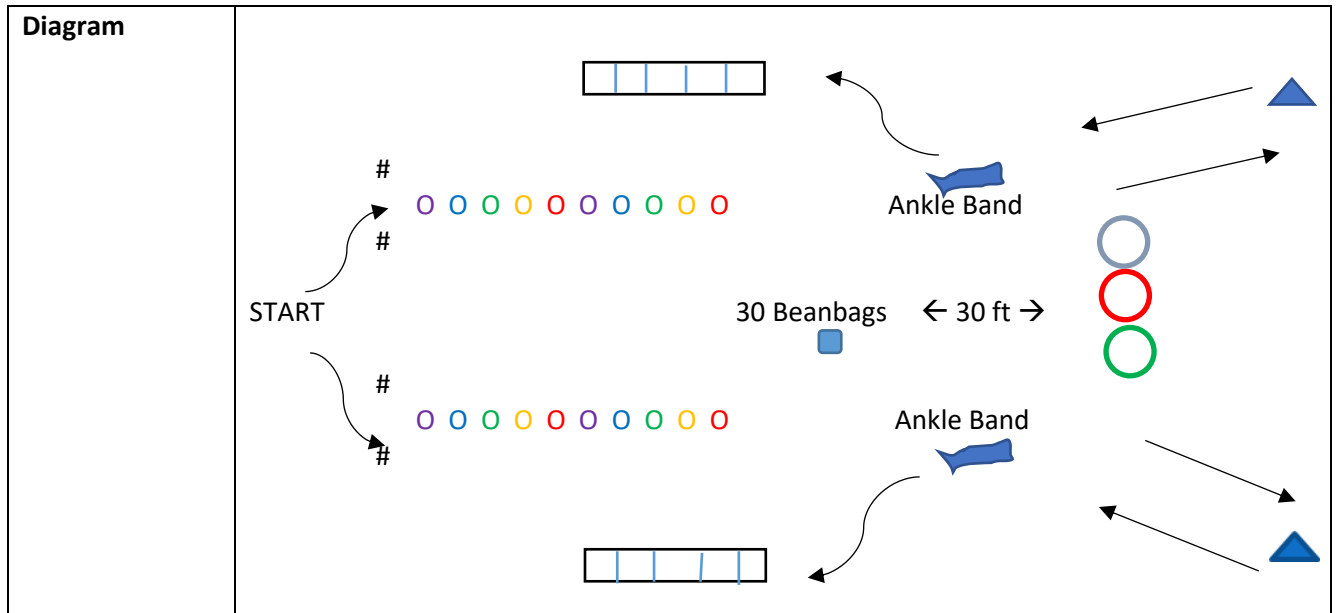


Class Equipment List	30 beanbags 24 waist flags 15 dots 4 tall cones	4 6-pound medicine balls 3 hula-hoops 2 agility ladders 2 ankle bands
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Squat (15 min.)	
Fitness Stations	<p>Station 1: 30-yard crab walks Station 2: 30-yard spider lunges Station 3: 30-yard jack squats Station 4: 30-yard high knees</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>Divide the players into 2 lines. Four players at a time start this course, 2 from each line. To start, players pick up a medicine ball and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one beanbag into a hula-hoop that is 30 feet away. Once they get a beanbag into the hula-hoop, players put an ankle band around their ankles and run down and around the cone that is 30 feet away. Last, players take off the ankle band and hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.</p>



PE Game: Chaos Tag (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions (20 min.)	<ul style="list-style-type: none"> • Make sure every player has a waist flag. • All players are "it" and can pull any other player's flag. • When a player's flag is pulled, he/she must sit down in place but continue to watch the player who pulled his/her flag. When that player's flag is pulled, the seated player can get back in the game. • When several players are sitting, the coach can call out BREAK or RESET to reset the game so all players are standing again. • This game is played in intervals of 2 or 3 minutes.
Cooldown	Choose 3 stretches from the list of stretches to end class.