

Class 1

Unit 1: Locomotor Skills



K-2nd

Class Equipment List	25 waist flags	4 tall cones
	10 dots	2 6-pound medicine balls
	6 hula-hoops	2 short cones
	4 hurdles	

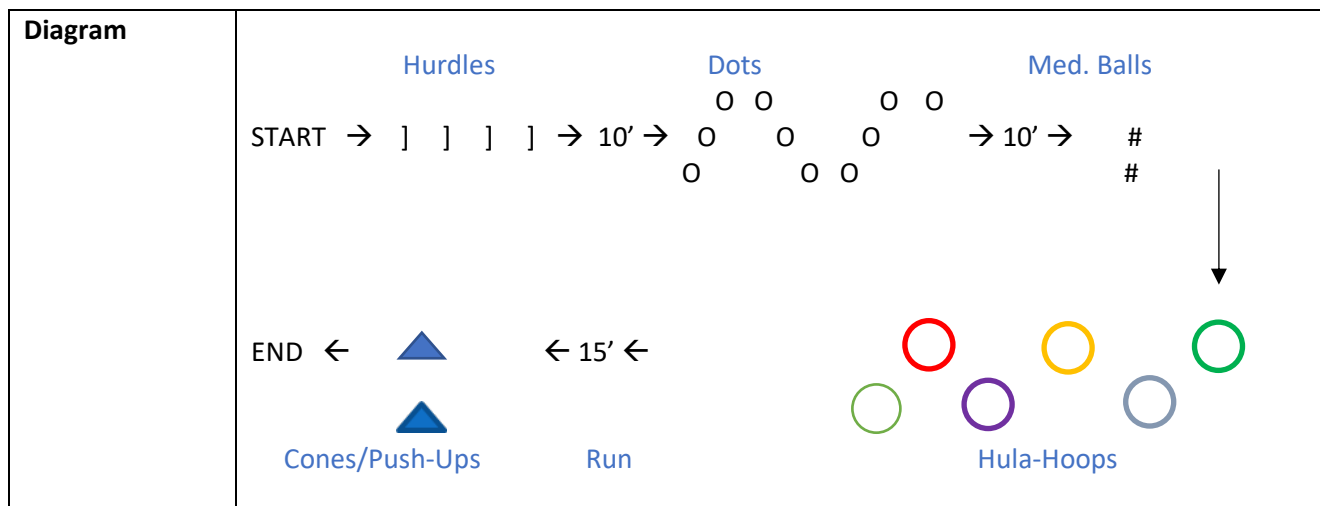
Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Squat (15 min.)

Fitness Stations (5 min.)	<p>Station 1: 10 spider lunges Station 2: 10 up/down dog Station 3: 10 push-ups Station 4: 10 air 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—1 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 at least one full rotation so all players travel to all stations.
Fitness Game (10 min.)	<p>Hot Potato With Medicine Ball</p> <ul style="list-style-type: none"> Players sit or stand in a circle; 2 players start with a medicine ball. When the coach blows the whistle, players pass the medicine ball around the circle. They can pass sideways or toss it underhand. When the coach says STOP, the 2 players with a medicine ball in their hands must do 5 push-ups or 5 squats. Play until all or most of the players have been caught with the “hot potato” and performed 5 push-ups or 5 squats.

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. Jump over each hurdle with two feet. Jump on the dots, landing on one foot for each dot. Raise a medicine ball up over head and place it back down. Jump from one hula-hoop to the next with two feet. Run to the end and finish with 3 push-ups.</p>
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PE Game: What Time Is It, Mr. Fox? (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Every player wears a waist flag (any color) and lines up at one end of the field of play. • The coach stands in the middle of the boundary. Players call out, “What time is it, Mr. Fox?” and the coach responds with a time, such as 5 o’clock. • Players take steps that align with the time (5 o’clock = 5 steps) toward the coach and the opposite end of the field of play. • When students have spread throughout the field of play, the coach responds to “What time is it, Mr. Fox?” with “LUNCHTIME,” which cues players to run back to the beginning while trying not to have their flag pulled by Mr. Fox. • Any students who get their flags pulled become helpers for Mr. Fox and try to catch other players on subsequent rounds. • When all players are caught, the game concludes.
Cooldown	Choose 3 stretches from the list of stretches to end class.