

Class 2

Unit 1: Locomotor Skills

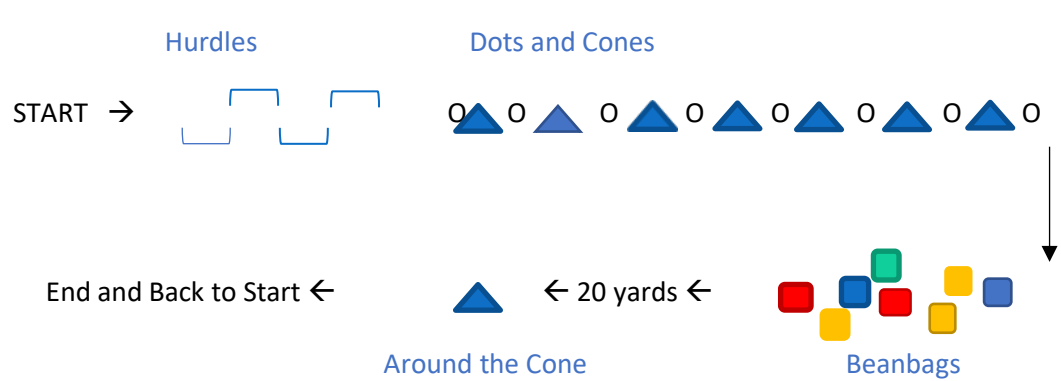


K-2nd

Class Equipment List	15 beanbags	11 tall cones
	10 dots	2 6-pound medicine balls
	5 short cones	2 agility ladders
	4 hurdles	

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 (5 min.)	<p>Station 1: 10 vertical jumps Station 2: 10 sit-ups Station 3: 10 bear crawls Station 4: 10 skaters/lateral shuffles</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>Medicine Ball Pass With Agility Ladder</p> <ul style="list-style-type: none"> • Set up 2 start cones and 2 end cones, about 20 yards apart, with one ladder for each line halfway between the cones. • Players divide into 2 teams and stand in line. • When the coach blows the whistle, the first two players in each line chest pass the medicine ball back and forth while side shuffling all the way through the ladder and to the end cone. • On the way back, one player should hold the medicine ball and pass it to the next 2 players in line. • Play until all players have completed the drill.

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. Side jump over each hurdle with two feet. Jump over the first hurdle from left to right, the second from right to left, and so on. Next, jump from one dot to the next by jumping over the cones with two feet. Balance a beanbag on his/her head while running down and around the cone. Drop the beanbag and head back to the start.</p>
Diagram	

PE Game: Crossover (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • 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. <p>*Movement Ideas: Hop on one leg, skip, frog jump, lunge, ski jump, bear crawl, crab walk, etc.</p>

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