





Class Equipment List	8 tall cones 4 6-pound medicine balls 2 hula-hoops
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Balance, Power (15 min.)	
Fitness Stations (5 min.)	<p> Station 1: 30-sec. plank Station 2: 30-sec. single leg hop Station 3: 30-sec. broad jump Station 4: 30-sec. single leg stand </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 two full rotations so all players travel to all stations.
Fitness Game (10 min.)	<p>Wheelbarrow and Crab Walks</p> <ul style="list-style-type: none"> • Set up 4 start cones and 4 end cones, about 20 yards apart, with 1 medicine ball at each end cone. • Players divide into 4 teams and line up behind the start cones. • When the coach blows the whistle, the first two players in each line do a wheelbarrow race down to the end cone. • At the end cone, players pick up the medicine ball and pass it back and forth 10 times. • On the way back, players crab walk to the start cone and high five the next 2 players in line to go. • Play until all players have completed the drill.

Relay Race (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 teams and have them line up behind a start cone with an end cone 25 yards away. One player at a time rolls the hula-hoop from the start cone to the end cone and back. If the hula-hoop falls flat, players must stop and do 5 push-ups before picking up the hula-hoop and continuing.</p>
Diagram	<p>START →   → 25 yards →  </p>

PE Game: Locomotor Practice (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Divide players into even lines and have them line up at one end of the field of play. • The coach calls out different locomotor movements for players to perform from one end of the field to the other. • Remember this is a race! The goal for the players is to reach the opposite end of the field of play first. • This repeats until all students get to the other side and then again to get back to the beginning. <p>*Movement Ideas: Running, skipping, galloping, sliding, walking backward, etc.</p>

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