

Class 4

Unit 1: Locomotor Skills



K-2nd

Class Equipment List	36 short cones	2 hula-hoops
	25 dots	1 or 2 balance ropes
	4 tall cones	
	4 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, Squat (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 20-yard crab walk Station 2: 30-sec. jumping jacks Station 3: 20-yard bear crawl Station 4: 30-sec. 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—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 at least one full rotation so all players travel to all stations.
Fitness Game (10 min.)	<p>Tug-of-War</p> <ul style="list-style-type: none"> Players divide into even teams and line up on opposite ends of the balance rope. When the coach blows the whistle, teams try to pull the opposite team toward them. Play until one team has successfully pulled all the players from the other team to their side of the center.

Relay Race: Musical Dots (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> Use the rules for musical chairs but play with dots. Spread out 1 fewer dot than the total number of players. When the music is playing, players run around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out. The coach removes another dot after each round.

PE Game: Cone Game (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Spread 36 short cones all over the field of play.• Divide players into even teams and have them line up at one end of the field of play.• When the coach blows the whistle, one player from each team runs to pick up a cone and brings it back to his/her team. As soon as one player returns with a cone, the next player goes.• When all the cones are picked up, the game stops, and each team counts their cones. The team with the most cones wins.
Cooldown	Choose 3 stretches from the list of stretches to end class.