

Class 5

Unit 1: Locomotor Skills

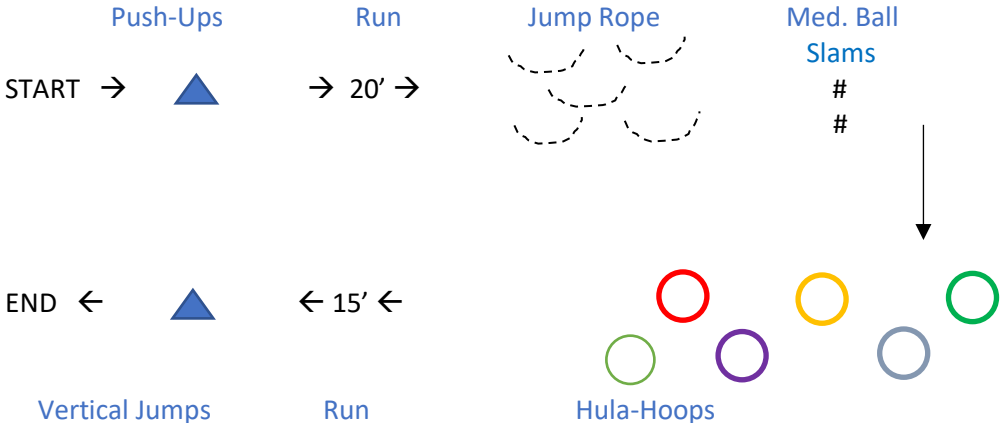


K-2nd

Class Equipment List	25 beanbags	2 short cones
	25 dots	2 6-pound medicine balls
	6 hula-hoops	1 stopwatch
	5 jump ropes	

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Speed, Squat, Core (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 30-sec. plank high fives</p> <p>Station 2: 30-sec. cone figure eights</p> <p>Station 3: 30-sec. squat hold</p> <p>Station 4: 30-sec. burpees</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>Dots and Beanbags Race</p> <ul style="list-style-type: none"> • Divide the players into 2 teams and give one team the dots and the other team the beanbags. • When the coach blows the whistle, the team with the dots places the dots in random locations on the field and then returns to the start area. The other team closes their eyes while the dots are being placed. • Once the first team finishes placing the dots, the team with the beanbags runs out and places one beanbag on every dot and then returns to the start area. • The goal is for each team to complete their task as quickly as possible. The coach should be timing how long it takes each team to finish placing dots or beanbags. • Do a couple rounds so that both teams have the opportunity to place dots and beanbags. • You can change it up by asking teams to perform other movements when placing dots and beanbags, such as hopping, skipping, running backward.

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>Two players at a time start the course. At the start cone, players complete 7 push-ups. From the push-ups, players run to the jump ropes and perform 10 jump ropes. Next, players pick up a medicine ball and perform 3 medicine ball slams. Next, players frog jump from one hula-hoop to the next. After the hula-hoops, players run to the end and finish with 5 vertical jumps.</p>
Diagram	

PE Game: Red Light, Green Light (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> Red Light, Green Light rules apply. The coach stands in the middle of the boundary and calls out light colors: <ul style="list-style-type: none"> Red Light = movement in place (squat hold, plank, etc.) Yellow Light = slow movement forward (walk, lunges, etc.) Green Light = quick movement forward (hop, side shuffle, etc.) If any of the players continue to move when RED LIGHT is called, they must do 5 burpees. When all players reach the opposite end of the field of play, the coach can begin a new round.

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