

Class 6

Unit 1: Locomotor Skills


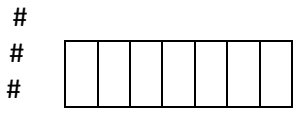



K-2nd

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

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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, Squat (15 min.) | |
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| Fitness Stations (5 min.) | <p>Station 1: 15 spider lunges Station 2: 15 up/down dog Station 3: 15 push-ups Station 4: 15 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>Hot Potato With the 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.) | |
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| 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. To begin, the player picks up a jump rope and runs or jumps rope for 25 yards to reach the medicine balls. At the medicine balls, the player drops the jump rope and performs 10 medicine ball squats with the ball touching the ground with each squat. Next, the player puts the medicine ball down and performs one-legged hops through the ladder, being sure to land in each square. After the ladder, the player should sprint through the end cones and then jog back to the start line.</p> |
| Diagram | <p style="text-align: center;"> Running Jump Rope Med. Balls and Ladder Med. Balls </p> <p> START →  → 25 yards →  → 25 yards →  END </p> |

| PE Game: Keep It Up (20 min.) | |
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| Setup | Designate a field of play based on the number of players. |
| Game Instructions | <ul style="list-style-type: none"> • Divide players into groups of 4 and give each group a ball. • The object is to work as a team and keep the ball off the ground by hitting it up into the air with their hands. • Each team should count how many hits players can get in a row before the ball touches the ground. • Once the ball hits the ground, everybody on the team does 5 push-ups and 5 squats. Then players can repeat to try to better their score. • This game is played for a specific time or to a set number of rounds. |

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