

Class 7

Unit 1: Locomotor Skills



K-2nd

Class	15 red waist flags	4 tall cones
Equipment	15 yellow waist flags	2 6-pound medicine balls
List	15 short cones	2 agility ladders

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: 15 vertical jumps Station 2: 15 sit-ups Station 3: 15 bear crawls Station 4: 15 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—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>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.

Relay: Locomotor Skills (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"> • 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, sliding, walking backward, jumping, etc.</p>

PE Game: Capture the Medicine Ball (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Make a line out of cones that divides the field of play into two equal halves. Place one 6-pound medicine ball in the center of each half (about 15 yards from the end line and 15 yards from the center line). • Divide the players into two even teams. Teams should start on opposite sides of the center line. • When the coach blows the whistle, players attempt to capture the medicine ball located on the opposite side of the center line without getting their waist flags pulled and bring the medicine ball back to their side of the center line. • Players whose waist flags are pulled while on the opposite side of the field must do 10 sit-ups before they can return to the game. • Players cannot stand within 5 feet of the medicine ball to protect it. • The game continues until one team has successfully captured the other team's medicine ball.

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