

Class	25 dots
Equipment	8 tall cones
List	2 6-pound medicine balls 1 or 2 balance ropes

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: 25-yard crab walk Station 2: 45-sec. jumping jacks Station 3: 25-yard bear crawl Station 4: 45-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: 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.