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| Class Equipment List | 25 beanbags 25 dots 4 tall cones 4 hula-hoops |
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| 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: 35-sec. plank high fives Station 2: 35-sec. cone figure eights Station 3: 35-sec. squat hold Station 4: 35-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 backwards. |

| Relay Race: Manipulative (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.</p> <ul style="list-style-type: none"> • Divide players into 4 lines using one short cone to designate the starting point of each line and one short cone to designate the ending point 25 yards away. • Place one hula-hoop at the end cone for each line. • When the coach blows the whistle, players move from the starting point to the ending point using different locomotor skills each time. • When players reach the end cone, they must pick up the hula-hoop and roll it back to the next person in line. The next person in line does what the first person did in reverse. He/she rolls the hula-hoop to the end cone and performs the movement back to the start. • This relay continues until all players in the line have gone. <p>*Movement Ideas: Skipping, hopping, frog leaps, side shuffle, etc.</p> |

| PE Game: Toss and Catch (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"> • Pair players up to toss and catch beanbags with each other. • Before beginning the game, the coach should give the players a chance to practice tossing and catching the beanbags. • To start the game, one partner from each pair lines up at one end of the field of play, holding a beanbag. • The other partner from each pair stands 5 yards away, facing the partner, ready to catch the beanbag. • When the coach blows the whistle, the player on the start line tosses the beanbag to his/her partner. Once the partner catches the beanbag, the player who tossed the beanbag runs past him/her, toward the end line, and then turns around to face the partner. • Players repeat the toss and catch game until they reach the end line. • The goal is to toss and catch the beanbag with as much distance between partners as possible to reach the end line faster. |

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