



Class 11

Unit 2: Hand/Foot-Eye Coordination

FIT KIDS®

K-2nd

Class Equipment List	20 dots 20 beanbags 4 ankle bands 4 tall cones 4 playground balls	4 6-pound medicine balls 3 hula-hoops 2 short cones 2 agility ladders
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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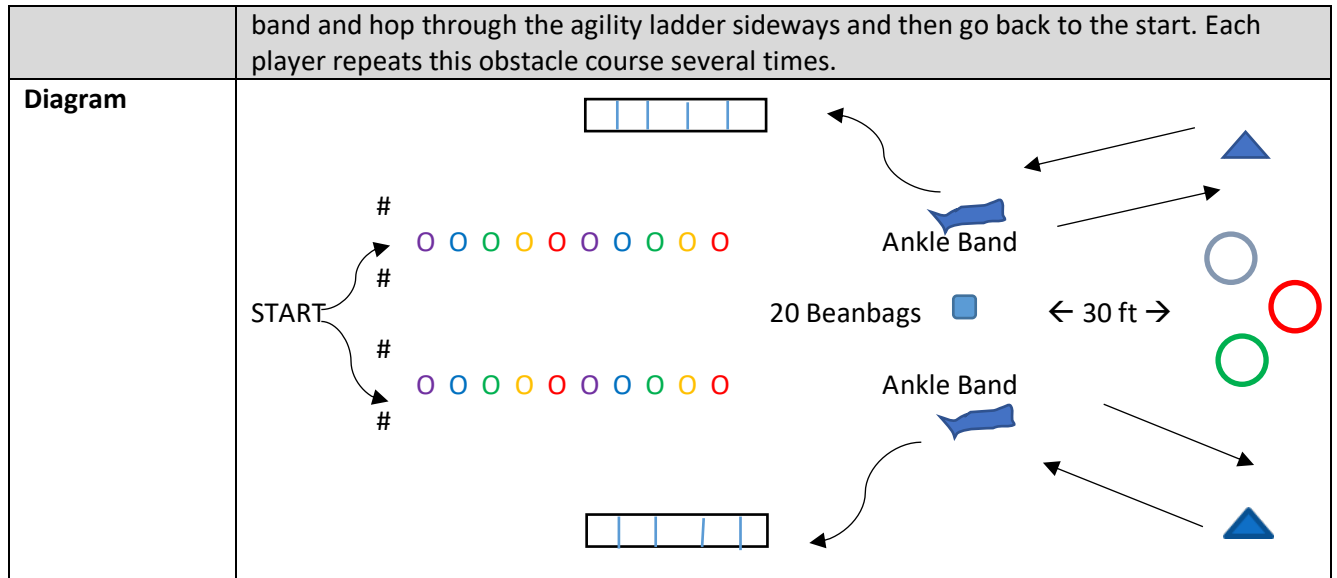
Fitness Focus: Push, Squat (15 min.)

Fitness Stations (5 min.)	<p>Station 1: 20 spider lunges Station 2: 20 up/down dog Station 3: 20 push-ups Station 4: 20 air 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.
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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.
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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>Divide the players into 2 lines. Four players at a time start this course, 2 from each line. To start, players pick up a medicine ball and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one beanbag into a hula-hoop that is 30 feet away. Once they get a beanbag into the hula-hoop, players put an ankle band around their ankles and run down and around the cone that is 30 feet away. Last, players take off the ankle</p>
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PE Game: Keep It Up (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 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.

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