



# Class 12

# Unit 2: Hand/Foot-Eye Coordination

**FIT KIDS**<sup>®</sup>

K-2nd

<b>Class Equipment List</b>	15 red waist flags 15 yellow waist flags 4 jump ropes	4 tall cones 2 6-pound medicine balls 2 agility ladders
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<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Pull, Agility (15 min.)</b>	
<b>Fitness Stations (5 min.)</b>	<p><b>Station 1:</b> 20 vertical jumps  <b>Station 2:</b> 20 sit-ups  <b>Station 3:</b> 20 bear crawls  <b>Station 4:</b> 20 skaters/lateral shuffles</p> <ul style="list-style-type: none"> <li>Use 4 tall cones to designate 4 stations. Each station should be approximately 25 yards apart.</li> <li>Divide the players into 4 small groups—one group per station.</li> <li>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.</li> <li>Complete at least one full rotation so all players travel to all stations.</li> </ul>
<b>Fitness Game (10 min.)</b>	<p><b>Medicine Ball Pass With Agility Ladder</b></p> <ul style="list-style-type: none"> <li>Set up 2 start cones and 2 end cones, about 20 yards apart, with one ladder for each line halfway between the cones.</li> <li>Players divide into 2 teams and stand in line.</li> <li>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.</li> <li>On the way back, one player should hold the medicine ball and pass it to the next 2 players in line.</li> <li>Play until all players have completed the drill.</li> </ul>

<b>Relay Race: Jump Rope (15 min.)</b>	
<b>Setup and Instructions</b>	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> <li>Divide players into even lines and have them line up at one end of the field of play.</li> <li>When the coach blows the whistle, the first player in each line picks up a jump rope and performs a running jump rope down to the opposite end of the field of play. Once at the other end, the player performs 5 jump ropes in place and then does the running jump rope back to the start.</li> <li>Players should sit down in the back of the line after they've completed their turn.</li> </ul> <p>*Remember this is a race! The first team with all players sitting in line wins.</p>

<b>PE Game: Sharks and Minnows (20 min.)</b>	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b>	<ul style="list-style-type: none"><li>• Choose two players to be “sharks” and make sure all other players have waist flags.</li><li>• The sharks stand in the middle of the field of play, and all other players, the “minnows,” line up along one end of the field.</li><li>• When the sharks call out SWIM MINNOWS or GO, the minnows run across the field to the other side, trying to avoid having their flags pulled by the sharks.</li><li>• If minnows get their flags pulled, they become sharks for the next turn.</li><li>• Play until only a few minnows remain and then restart.</li></ul> <p>*Instead of running, minnows can leap, hop, skip, etc.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.