



Class 13

Unit 2: Hand/Foot-Eye Coordination

FIT KIDS®

K-2nd

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| Class | 36 beanbags | 4 tall cones |
| Equipment List | 6 dots | 4 hula-hoops |
| | 6 short cones | 4 6-pound medicine balls |

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| Warm-Up | Choose 3 activities from the list of warm-ups to start class. |
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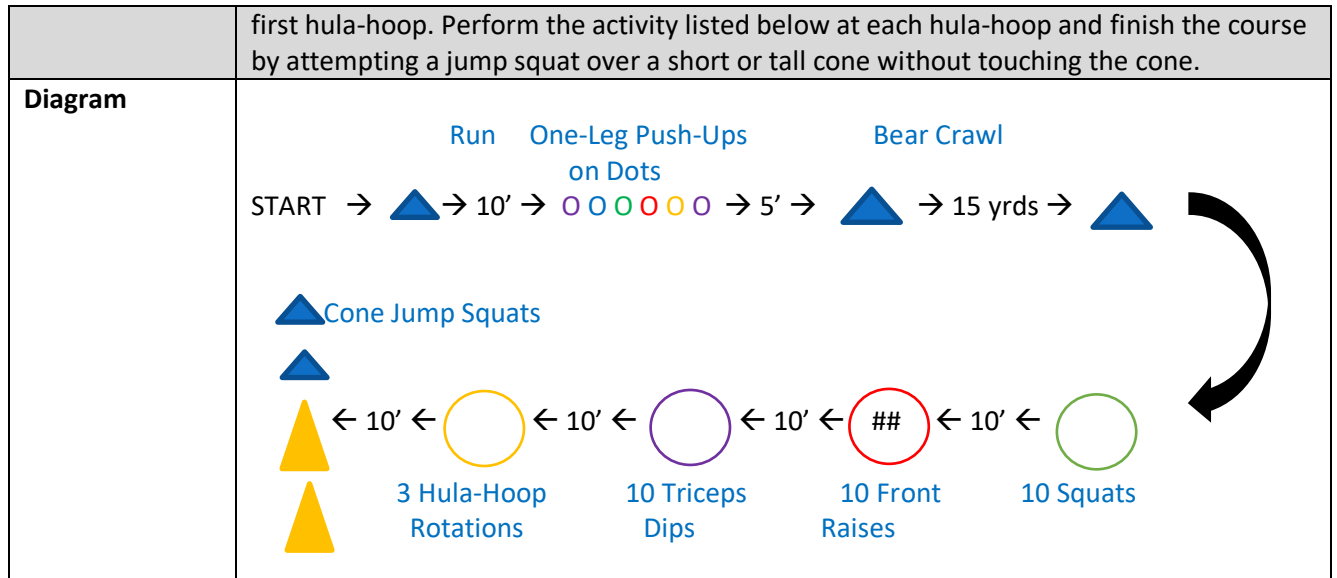
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| Fitness Focus: Push, Balance, Power (15 min.) | |
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| Fitness Stations (5 min.) | <p>Station 1: 40-sec. plank</p> <p>Station 2: 40-sec. single leg hop</p> <p>Station 3: 40-sec. broad jump</p> <p>Station 4: 40-sec. single leg stand</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 two full rotations so all players travel to all stations. |
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| Fitness Game (10 min.) | <p>Wheelbarrow and Crab Walks</p> <ul style="list-style-type: none"> • Set up 4 start cones and 4 end cones, about 20 yards apart, with 1 medicine ball at each end cone. • Players divide into 4 teams and line up behind the start cones. • When the coach blows the whistle, the first two players in each line do a wheelbarrow race down to the end cone. • At the end cone, players pick up the medicine ball and pass it back and forth 10 times. • On the way back, players crab walk to the start cone and high five the next 2 players in line to go. • Play until all players have completed the drill. |
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| Obstacle Course (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. Use the diagram below when setting up.</p> <p>Form one line behind the start cone. One player at a time starts the course. From the start cone, players run to the first dot and get in a push-up position with one foot on the first dot and the other foot held 1 foot off the ground. Staying in push-up position, players hop their foot from one dot to the next without letting the other foot touch the ground. Next, players run to the first cone, bear crawl to the second cone, and run to the</p> |
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| PE Game: Hungry Crabs (20 min.) | |
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| Setup | Designate a field of play based on the number of players. |
| Game Instructions (20 min.) | <ul style="list-style-type: none"> • Use 4 tall cones to mark the field of play, and scatter 36 beanbags throughout the field. • Divide the players into 4 teams and place the teams at the four corners of the field of play. • Explain to the players that the area inside the cones is the “ocean,” and the beanbags are “crab food.” • To play, one player from each team crab walks inside the cones, places one beanbag on his/her stomach, and crab walks back to his/her team’s cone. • When the first player returns to the team with a beanbag, the next player can go. • The goal is to collect the most beanbags either before time runs out or before all the beanbags are gone. |

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