



# Class 14

# Unit 2: Hand/Foot-Eye Coordination

**FIT KIDS**<sup>®</sup>

K-2nd

<b>Class Equipment List</b>	8 tall cones	1 or 2 balance ropes
	4 6-pound medicine balls	25 dots
	2 hula-hoops	36 short cones
	15 beanbags	

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
----------------	---

**Fitness Focus: Pull, Squat (15 min.)**

<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 25-yard crab walk  <b>Station 2:</b> 45-sec. jumping jacks  <b>Station 3:</b> 25-yard bear crawl  <b>Station 4:</b> 45-sec. squats</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</b> (10 min.)	<p><b>Tug-of-War</b></p> <ul style="list-style-type: none"> <li>Players divide into even teams and line up on opposite ends of the balance rope.</li> <li>When the coach blows the whistle, teams try to pull the opposite team toward them.</li> <li>Play until one team has successfully pulled all the players from the other team to their side of the center.</li> </ul>

**Relay Race: Musical Dots (15 min.)**

<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>Use the rules for musical chairs but play with dots.</li> <li>Spread out 1 fewer dot than the total number of players.</li> <li>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.</li> <li>The player without a dot is out.</li> <li>The coach removes another dot after each round.</li> </ul>
-------------------------------	--

<b>PE Game: Animal Soccer (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>• Use 2 short cones to set up a goal line on each side of the field of play.</li><li>• Divide the players into 2 teams and have each team pick an animal.</li><li>• The rules are identical to soccer except players may move only like the animal their team chooses.</li></ul> <p>*Animal Ideas: Crabs, bears, ducks, frogs, etc.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.