



Class 15

Unit 2: Hand/Foot-Eye Coordination

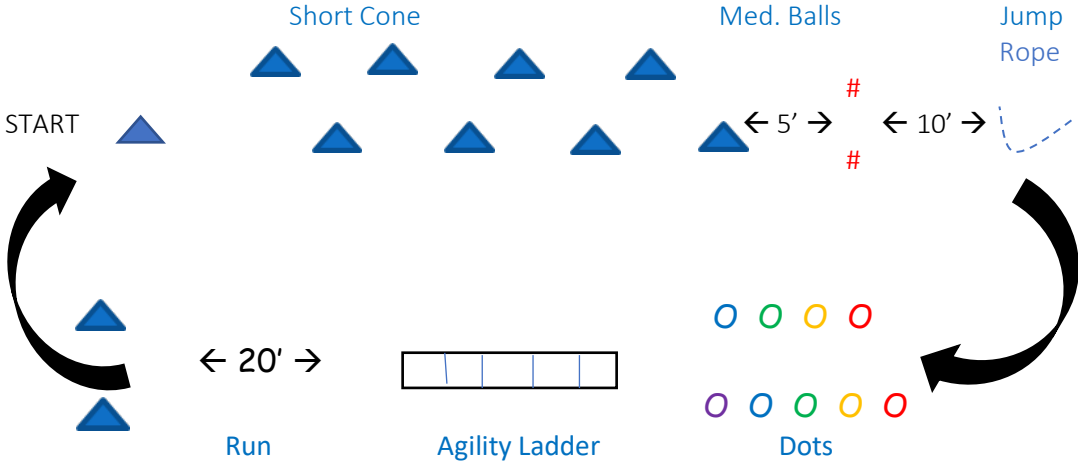
FIT KIDS[®]

K-2nd

Class	25 beanbags	14 short cones
Equipment List	25 dots	2 6-pound medicine balls
	6 hula-hoops	1 stopwatch
	5 jump ropes	1 agility ladder

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</p> <p>Station 2: 35-sec. cone figure eights</p> <p>Station 3: 35-sec. squat hold</p> <p>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.

Obstacle Course (15 min.)	
<p>Setup and Instructions</p>	<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 1 line behind the start cone. One player at a time starts this course. Players walk to the first short cone and then alternate between quick feet facing forward and quick feet facing backward to move from cone to cone. At the end of the short cones, players perform a broad jump toward the medicine balls. Next, players perform 10 quick toe taps on one of the medicine balls, run to the jump ropes, and complete 5 jump ropes. After the jump ropes, players run to the dots and touch each foot to one dot as quickly as possible. To finish, players run through the ladder as quickly as possible, touching one foot in each square, and then sprint through the end cones and get back in line to start again.</p>
<p>Diagram</p>	

PE Game: Kickball (20 min.)	
<p>Setup</p>	<p>Designate a field of play based on the number of players.</p>
<p>Game Instructions</p>	<ul style="list-style-type: none"> • Set up a baseball field with three bases and home plate. • Divide the players into two teams. Baseball rules apply. <p>*Movement ideas: Instead of running between bases, challenge players to hop, skip, or side shuffle.</p>

<p>Cooldown</p>	<p>Choose 3 stretches from the list of stretches to end class.</p>
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