



# Class 16

# Unit 2: Hand/Foot-Eye Coordination

**FIT KIDS**<sup>®</sup>

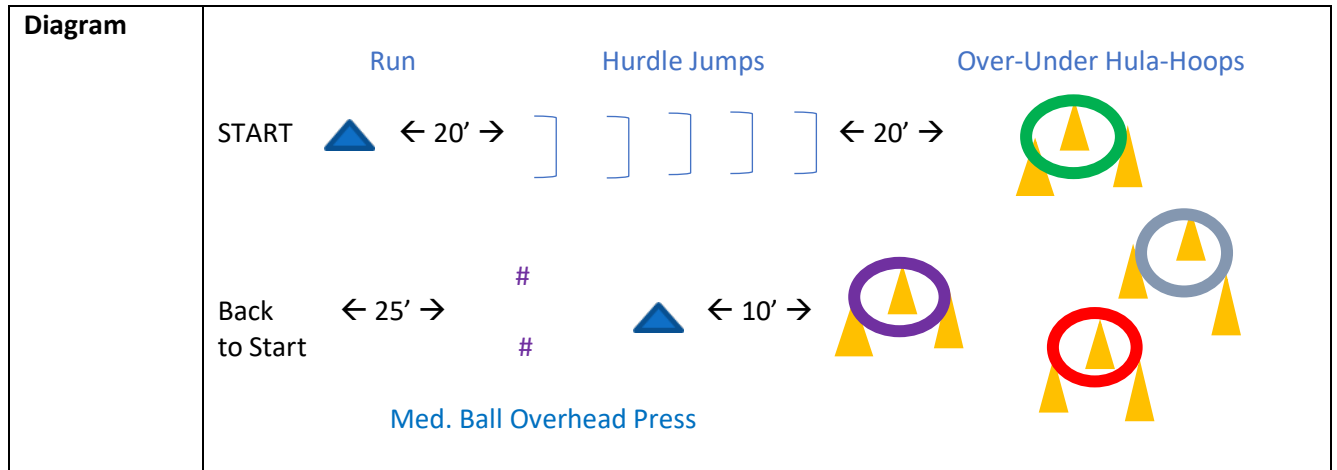
K-2nd

<b>Class Equipment List</b>	25 waist flags 10 dots 6 hula-hoops 4 hurdles	4 tall cones 2 6-pound medicine balls 2 short cones
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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: Push, Squat (15 min.)</b>	
<b>Fitness Stations (5 min.)</b>	<p><b>Station 1:</b> 25 spider lunges  <b>Station 2:</b> 25 up/down dog  <b>Station 3:</b> 25 push-ups  <b>Station 4:</b> 25 air 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 (10 min.)</b>	<p><b>Bear Crawl With the Medicine Ball</b></p> <ul style="list-style-type: none"> <li>Divide the players into 2 teams and have each team line up behind a start cone.</li> <li>When the coach blows the whistle, the first 2 players from each team bear crawl to the end cone while rolling the medicine ball back and forth to each other.</li> <li>At the end cone, players go around the cone before returning to the start.</li> <li>When the first 2 players finish, the next 2 players go, and the game continues until every member of the team has gone.</li> </ul> <p>*Be sure players are using both arms to push the medicine ball back and forth.</p>

<b>Obstacle Course (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. Use the diagram below when setting up.</p> <p>Form one line behind the start cone. One player at a time starts this course. Players run and jump over each hurdle, jumping from two feet to two feet, without knocking over the hurdles. Next, players will sprint to the first hula-hoop, jump into the center of the hoop and army crawl under it, making sure not to knock it off the three tall cones it's balanced on. Repeat this for each hula-hoop. Then, players sprint to the medicine balls where they perform 8 overhead presses, put the ball down, and then sprint back to the end of the line to do to the obstacle course again.</p>



PE Game: Ocean Rescue (20 min.)	
<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>Place 15 dots on the ground in a straight line but spread apart from each other, and place 2 tall cones as the markers for a throwing line 10 yards away from the dots.</li> <li>Divide the players into 2 groups. The first group is “sailors,” and the second group is “rescuers.”</li> <li>Rescuers stand on the throwing line and throw dodgeballs to the sailors who are each standing on a dot ready to catch a dodgeball.</li> <li>When a sailor catches a dodgeball, he/she joins the rest of the rescuers on the throwing line.</li> <li>Play continues until all sailors are “rescued,” and then the teams switch roles and play again.</li> </ul>

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