



Class 17

Unit 2: Hand/Foot-Eye Coordination

FIT KIDS®

K-2nd

Class Equipment List	4 tall cones 4 jump ropes 1 or 2 parachutes
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Agility (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 25 vertical jumps Station 2: 25 sit-ups Station 3: 25 bear crawls Station 4: 25 skaters/lateral shuffles</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>Parachute</p> <ul style="list-style-type: none"> • Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes. • Players should work together to get the parachute as high as possible into the air without letting go. <ul style="list-style-type: none"> ○ When the parachute is at its highest, one or two players run around the group and return to their spot(s) before the parachute hits the ground. ○ When the parachute is at its highest, two opposite players change places by running under the parachute. ○ When the parachute is at its highest, one player runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player then does the same thing.

Relay: Jump Rope (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> • Divide players into even lines and have them line up at one end of the field of play. • 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. • Players should sit down in the back of the line after they've completed their turn.

	*Remember this is a race! The first team with all players sitting in line wins.
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PE Game: Follow the Leader (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Split the group into 4 teams and have each team line up behind a tall cone. • For each team, place another tall cone 20 yards away and 4 dots evenly spaced between the start and finish. • After deciding who will go first, second, third, etc., the first player uses a springing skill (i.e., hopping or jumping) to jump to the first dot. All other players in the group follow, copying that same movement. • At the first dot, the leader has to repeat a fitness movement 5 times. The other players copy. Then the leader runs to the second dot and does a new fitness movement. The other players then run to the second dot and repeat both the first and second fitness movements. • This continues to the last dot. Then a new player becomes the leader and leads the players back to the start line doing new fitness movements. <p>*Fitness Movement Ideas: Squats, push-ups, spider lunges, sit-ups</p>

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