

Class Equipment List	24 waist flags 4 short cones 2 personal 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: Speed, Squat, Core (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 35-sec. plank high fives Station 2: 35-sec. cone figure eights Station 3: 35-sec. squat hold 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>TIC-TAC-TOE</p> <ul style="list-style-type: none"> Create a 3x3 grid (9 squares total) using the short cones and divide the players into two teams. Divide the beanbags evenly between the teams and be sure each team has a certain color or colors of beanbags. For example, team one's beanbags might be green and blue, while team two's beanbags are red and yellow. Standing 10 feet away, the first players for each team pick up a beanbag and toss it to land in one of the squares of the grid. Each player takes a turn tossing a beanbag until one team is able to get three beanbags in a row—vertical, horizontal, or diagonal.

Relay: Personal Parachute (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 the players into two teams and have each team line up behind a start cone. Place an end cone 30 yards from each start cone. The first player for each team straps a personal parachute around his/her waist. When the coach blows the whistle, the first player runs to the end cone and back to the start as fast as possible. Once back at the start cone, the first player takes the personal parachute off and transfers it to the next player in line. This continues until all players on the team have gone. The team that has all players finish the run first wins.

	*Play a few rounds of this relay race. For an extra challenge, have the players side shuffle or backpedal instead of run.
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PE Game: Freeze Tag (20 min.)	
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Setup	Designate a field of play based on the number of players.
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Game Instructions	<ul style="list-style-type: none"> • Make sure every player is wearing a waist flag and choose 2 players to be “taggers.” • Taggers count down from 10 to start the game. • When the game begins, taggers try to pull other players’ flags. When players’ flags are pulled, they must freeze in place and stand on one leg until another player tags them to unfreeze them. • Play for 2 to 3 minutes at a time and then switch taggers. <p>*When players are frozen, they can also do plank, squat, lunge, etc.</p>
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Cooldown	Choose 3 stretches from the list of stretches to end class.
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