

Class 21

Unit 3: Chasing/Fleeing



K-2nd

Class	14 dots	2 6-pound medicine balls
Equipment	4 hurdles	1 balance rope
List	4 tall cones	1 playground ball

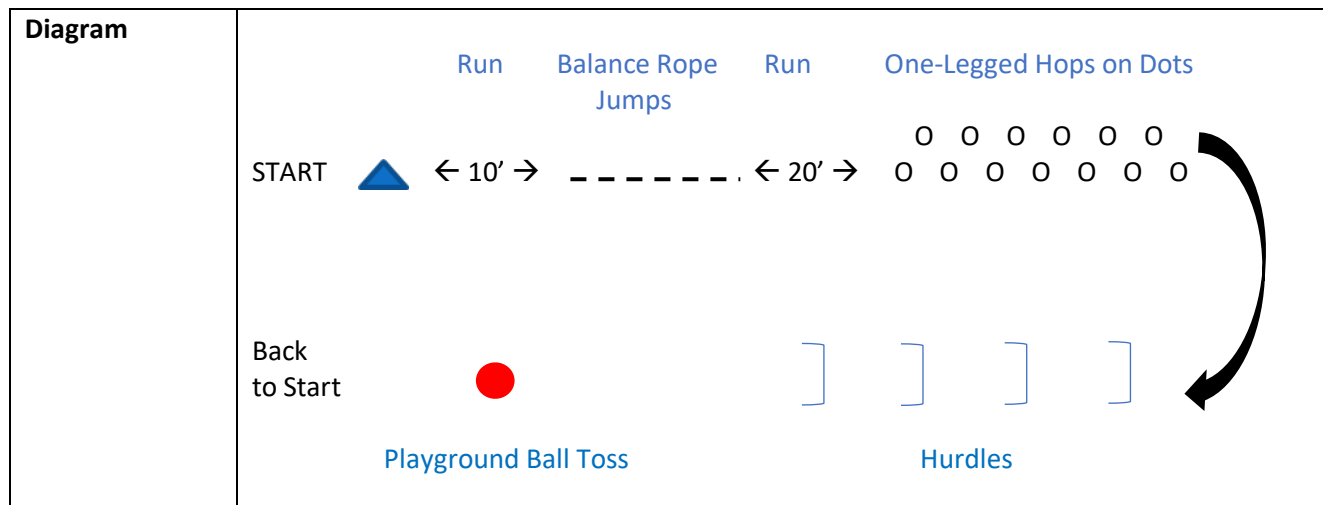
Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Squat (15 min.)

Fitness Stations (5 min.)	<p>Station 1: 30 spider lunges Station 2: 30 up/down dog Station 3: 30 push-ups Station 4: 30 air squats</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>Bear Crawl With the Medicine Ball</p> <ul style="list-style-type: none"> Divide the players into 2 teams and have each team line up behind a start cone. 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. At the end cone, players go around the cone before returning to the start. When the first 2 players finish, the next 2 players go, and the game continues until every member of the team has gone. <p>*Be sure players are using both arms to push the medicine ball back and forth.</p>

Obstacle Course (15 min.)

Setup and Instructions	<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 completes this course. Players start by running up to the balance rope and jumping back and forth over the rope for the full length of the rope. Next, players hop from dot to dot on one foot following the zig-zag pattern—switch feet after each hop. Then, players jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to the player, and the player must try to catch it in midair and then toss it back to the coach. Players then return to the start line.</p>
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PE Game: Crossover (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Every player lines up at one end of the field of play. • The coach calls out a description of the players and a locomotor movement to go with the description. For example, the coach might say, "If you are wearing blue, skip to the other side." • This repeats until all students get to the other side and then again to get back to the beginning. *Movement Ideas: Hop on one leg, skip, frog jump, lunge, ski jump, bear crawl, crab walk
Cooldown	Choose 3 stretches from the list of stretches to end class.