

Class 22

Unit 3: Chasing/Fleeing

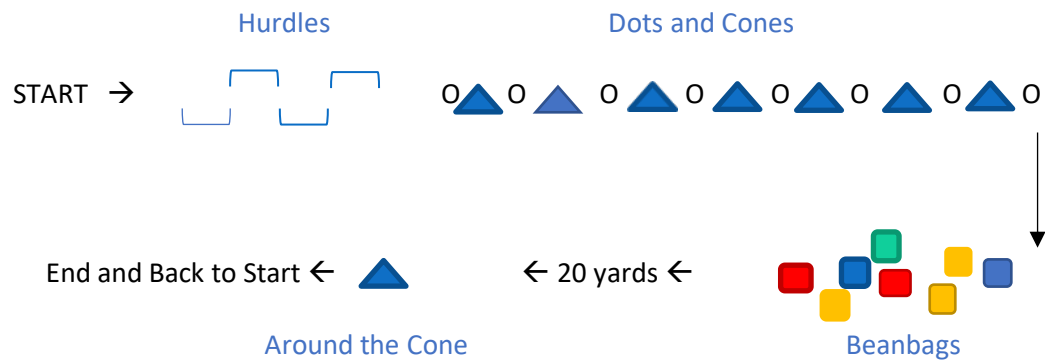


K-2nd

Class	36 short cones	4 tall cones
Equipment List	15 beanbags	2 6-pound medicine balls
	10 dots	1 or 2 balance ropes
	4 hurdles	

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: 20 vertical jumps</p> <p>Station 2: 20 sit-ups</p> <p>Station 3: 20 bear crawls</p> <p>Station 4: 20 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>Tug-of-War</p> <ul style="list-style-type: none"> • Players divide into even teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center.

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>One person at a time starts the course. Side jump over each hurdle with two feet. Jump over the first hurdle from left to right, the second from right to left, and so on. Next, jump from one dot to the next by jumping over the cones with two feet. Balance a beanbag on his/her head while running down and around the cone. Drop the beanbag and head back to the start.</p>
Diagram	

PE Game: Cone Game (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Spread 36 short cones all over the field of play. • Divide players into even teams and have them line up at one end of the field of play. • When the coach blows the whistle, one player from each team runs to pick up a cone and brings it back to his/her team. As soon as one player returns with a cone, the next player goes. • When all the cones are picked up, the game stops, and each team counts their cones. The team with the most cones wins.

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