

# Class 23

# Unit 3: Chasing/Fleeing



K-2nd

<b>Class Equipment List</b>	24 waist flags (any color) 4 tall cones 4 jump ropes 1 or 2 parachutes
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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, Balance, Power (15 min.)</b>	
<b>Fitness Stations</b> (5 min.)	<p> <b>Station 1:</b> 45-sec. plank  <b>Station 2:</b> 20 single-leg hops  <b>Station 3:</b> 45-sec. single-leg stand  <b>Station 4:</b> 20 broad jumps                 </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</b> (10 min.)	<p style="text-align: center;"><b>Parachute</b></p> <ul style="list-style-type: none"> <li>• Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes.</li> <li>• Players should work together to get the parachute as high as possible into the air without letting go.                     <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ When the parachute is at its highest, two opposite players change places by running under the parachute.</li> <li>○ 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.</li> </ul> </li> </ul>

<b>Relay: Jump Rope</b> (15 min.)	
<b>Setup and Instructions</b>	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> <li>• Divide players into even lines and have them line up at one end of the field of play.</li> <li>• 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.</li> <li>• Players should sit down in the back of the line after they've completed their turn.</li> </ul> <p>*Remember this is a race! The first team with all players sitting in line wins.</p>
<b>PE Game: Sharks and Minnows</b> (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>• Choose 2 players to be "sharks" and make sure all other players have waist flags.</li> <li>• The sharks stand in the middle of the field of play, and all other players, the "minnows," line up along one end of the field.</li> <li>• When the sharks call out SWIM MINNOWS or GO, the minnows run across the field to the other side, trying to avoid having their flags pulled by the sharks.</li> <li>• If minnows get their flags pulled, they become sharks for the next turn.</li> <li>• Play until only a few minnows remain and then restart.</li> </ul> <p>*Movement ideas: Instead of running, minnows can leap, hop, skip, etc.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.