

# Class 24

# Unit 3: Chasing/Fleeing



K-2nd

<b>Class Equipment List</b>	24 pinnies 15 dots 8 tall cones	2 6-pound medicine balls 4 ankle bands
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<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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**Fitness Focus: Pull, Squat (15 min.)**

<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 30-yard crab walk  <b>Station 2:</b> 30 jumping jacks  <b>Station 3:</b> 30-yard bear crawl  <b>Station 4:</b> 30 squats</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 two full rotations so all players travel to all stations.</li> </ul>
<b>Fitness Game</b> (10 min.)	<p><b>Burpee Wave</b></p> <ul style="list-style-type: none"> <li>Form a circle with all players.</li> <li>Set one medicine ball in front of one player and another medicine ball in front of a player on the opposite side of the circle.</li> <li>Players with the medicine balls start the wave by placing their hands on the medicine ball, jumping their feet back into a push-up position, jumping back in, and standing up while picking up the medicine ball to pass it to the right.</li> <li>Repeat this until the medicine balls make it back to where they started.</li> </ul>

**Relay Race: Ankle Bands (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 the players into two teams and have each team line up behind a start cone.</li> <li>Place an ankle band at each team’s start cone, and put an end cone 20 yards away from each start cone.</li> <li>The first player from each team puts the ankle band around both ankles and runs to the end cone.</li> <li>At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on, runs back to the start cone, and passes the band to the next player in line.</li> <li>The first team to have all players complete the relay wins.</li> </ul>
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<b>PE Game: Sailors and Sharks (20 min.)</b>	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b> (20 min.)	<ul style="list-style-type: none"> <li>Scatter 25 dots all over the field of play and choose one player to be the “shark.” The shark wears a pinnie.</li> <li>All other players, the “sailors,” stand on one of the dots in the field.</li> <li>When the coach blows the whistle, sailors must move off their current dot to another one before being tagged by the shark.</li> <li>If tagged by the shark, the sailor then also puts on a pinnie and helps tag more sailors.</li> <li>Players can stand on a dot for only 5 seconds before they have to move to another one.</li> <li>Begin a new game when there are only a few sailors left.</li> </ul> <p>*Movement idea: Instead of running between dots, players can hop, skip, or side shuffle.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.