

# Class 25

# Unit 3: Chasing/Fleeing

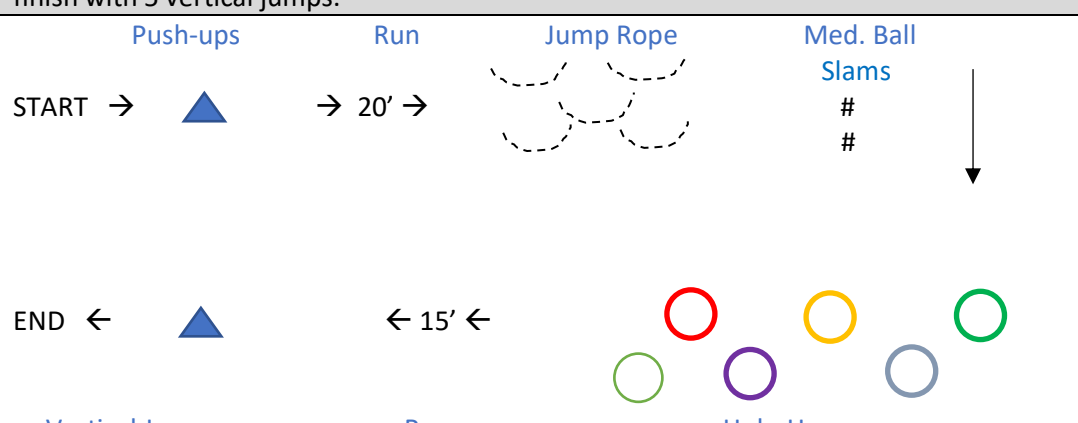


K-2nd

<b>Class Equipment List</b>	24 waist flags 6 hula-hoops 5 jump ropes 2 short cones	4 tall cones 2 6-pound medicine balls 2 balance ropes
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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: Speed, Squat, Core (15 min.)</b>	
<b>Fitness Stations (5 min.)</b>	<p><b>Station 1:</b> 45-sec. plank high fives  <b>Station 2:</b> 45-sec. cone figure eights  <b>Station 3:</b> 45-sec. squat hold  <b>Station 4:</b> 45-sec. burpees</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 (10 min.)</b>	<p style="text-align: center;"><b>Tug-of-War</b></p> <ul style="list-style-type: none"> <li>• Players divide into even teams and line up on opposite ends of the balance rope.</li> <li>• When the coach blows the whistle, teams try to pull the opposite team toward them.</li> <li>• Play until one team has successfully pulled all the players from the other team to their side of the center.</li> </ul>

<b>Obstacle Course</b> (15 min.)	
<b>Setup and Instructions</b>	<p>*Set up obstacle course or relay in space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Two players at a time start the course. At the start cone, players complete 7 push-ups. From the push-ups, players run to the jump ropes and perform 10 jump ropes. Next, players pick up a medicine ball and perform 3 medicine ball slams. Next, players frog jump from one hula-hoop to the next. After the hula-hoops, players run to the end and finish with 5 vertical jumps.</p>
<b>Diagram</b>	

<b>PE Game: Chaos Tag</b> (20 min.)	
<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>• Make sure every player has a waist flag.</li> <li>• All players are “it” and can pull any other player’s flag.</li> <li>• When a player’s flag is pulled, he/she must sit down in place but continue to watch the player who pulled his/her flag. When that player’s flag is pulled, the seated player can get back in the game.</li> <li>• When several players are sitting, the coach can call out BREAK or RESET to reset the game so all players are standing again.</li> <li>• This game is played in intervals of 2 or 3 minutes.</li> </ul>

<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.
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