

Class Equipment List	36 beanbags 14 waist flags 4 tall cones 2 personal parachutes
-----------------------------	--

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
----------------	---

Fitness Focus: Push, Squat (15 min.)	
Fitness Stations (5 min.)	<p> Station 1: 35 push-ups Station 2: 35 squats Station 3: 35 spider lunges Station 4: 35 up/down dog </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 style="text-align: center;">Beanbag Tag</p> <ul style="list-style-type: none"> • Choose one player to be “it” and have that player stand in the middle of the playing field with 36 beanbags. • When the coach blows the whistle, all other players try to run from one end of the field of play to the other without being hit by a beanbag. • Players who get hit with a beanbag must perform 5 squats and join the it player in the middle to help tag more players. • The last player to get hit with a beanbag is the first it for the next round. <p>*Remind players that beanbags should be tossed at or below shoulder height.</p>

Relay: Personal Parachute (15 min.)	
Setup and Instructions	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> • Divide the players into two teams and have each team line up behind a start cone. • Place an end cone 30 yards from each start cone. • The first player for each team straps a personal parachute around his/her waist. • When the coach blows the whistle, the first player runs to the end cone and back to the start as fast as possible. Once back at the start cone, the first player takes the personal parachute off and transfers it to the next player in line. • This continues until all players on the team have gone. • The team that has all players finish the run first wins. <p>*Play a few rounds of this relay race. For an extra challenge, have the players side shuffle or backpedal instead of run.</p>
PE Game: Lizard Tag (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions (20 min.)	<ul style="list-style-type: none"> • Divide the players into pairs and ask one player in each pair to put on a waist flag. • The pairs of players link arms and are “lizards.” • When the coach blows the whistle, lizards try to grab as many other “lizard tails” (waist flags) as possible while keeping their arms linked. • If a lizard grabs a tail from another pair, the latter pair is frozen. • The last pair with a tail wins.
Cooldown	Choose 3 stretches from the list of stretches to end class.