

Class	15 beanbags	6 tall cones
Equipment List	12 short cones	1 agility ladder
	3 hula-hoops	1 soccer ball

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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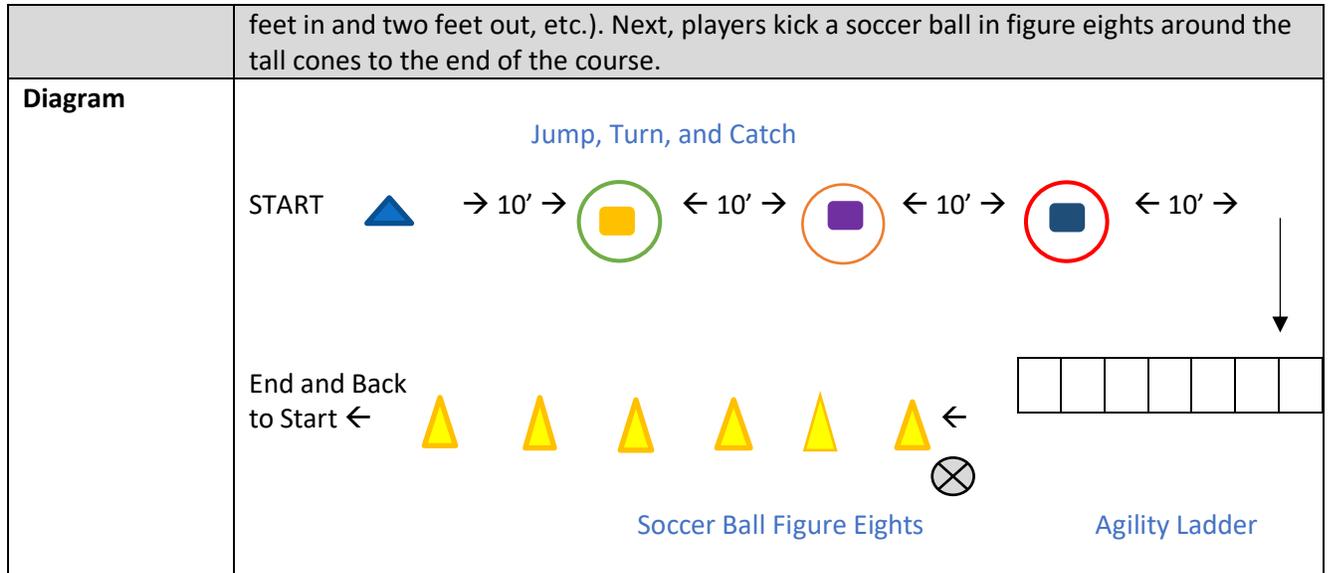
Fitness Focus: Pull, Agility (15 min.)

Fitness Stations (5 min.)	<p>Station 1: 25 vertical jumps Station 2: 25 sit-ups Station 3: 25 bear crawls Station 4: 25 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.
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Fitness Game (10 min.)	<p>TIC-TAC-TOE</p> <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares total) using the short cones and divide the players into two teams. • Divide the beanbags evenly between the teams and be sure each team has a certain color or colors of beanbags. For example, team one’s beanbags might be green and blue, while team two’s beanbags are red and yellow. • Standing 10 feet away, the first players for each team pick up a beanbag and toss it to land in one of the squares of the grid. • Each player takes a turn tossing a beanbag until one team is able to get three beanbags in a row—vertical, horizontal, or diagonal.
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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. Players run to the first hula-hoop, pick up a beanbag, and throw it up in the air. Immediately after throwing the beanbag high in the air, players jump and spin 360 degrees and try to catch the beanbag before it hits the ground. They get three tries at each hula-hoop to catch the beanbag. Players should run between hula-hoops. From the last hula-hoop, players run to the agility ladder where a coach tells them how to go through the ladder (e.g., hop on one foot, hop scotch, two</p>
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PE Game: Mixed-Up Sports Relay (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Divide players into even lines and have them line up at one end of the field of play. • The coach calls out different sports, and players must race to the opposite end of the field of play while acting as if they are playing that sport. • The first team to finish with all players on the opposite end of the field of play wins. <p>*Movement Ideas: Basketball, skate boarding, bicycling, swimming, etc.</p>

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