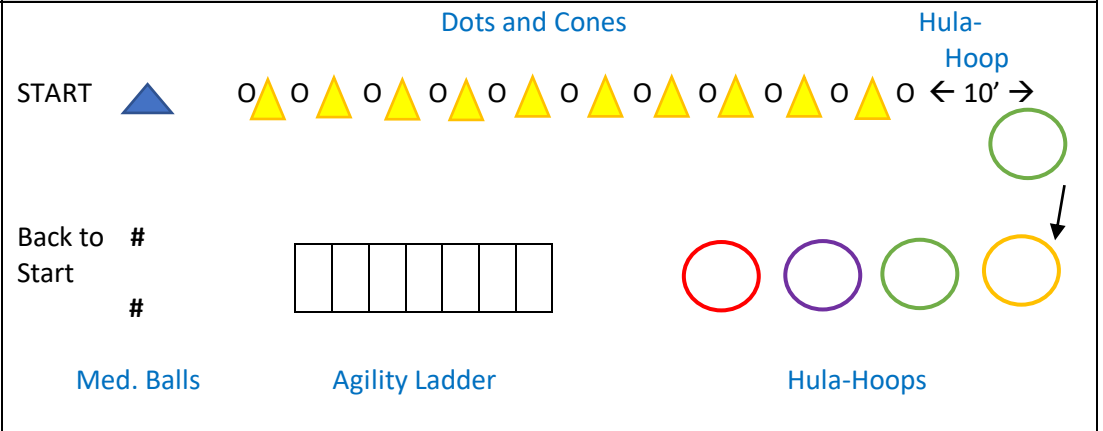


Class Equipment List	12 dots 10 tall cones 5 hula-hoops 4 short cones	2 6-pound medicine balls 1 or 2 parachutes 1 agility ladder
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Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Balance, Power (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 50-sec. plank Station 2: 25 single-leg hops Station 3: 50-sec. single-leg stand Station 4: 25 broad jumps</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;">Parachute</p> <ul style="list-style-type: none"> • Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes. • Players should work together to get the parachute as high as possible into the air without letting go. <ul style="list-style-type: none"> ○ 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. ○ When the parachute is at its highest, two opposite players change places by running under the parachute. ○ 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.

Obstacle Course (15 min.)	
<p>Setup and Instructions</p>	<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 player at a time starts this course. From the start cone, players run to the first dot and jump from the dot over the first cone and land on the second dot. Players repeat this until the end of the cones. Then, players will sprint from the last dot to the hula-hoop and perform 3 burpees, jumping as high as possible. Next, the players run to the line of hula-hoops and jump through them with both feet landing in each hula-hoop. At the agility ladder, players perform a broad jump, trying to jump over as many rungs as possible and land on two feet. Finally, players run to pick up a 6-pound medicine ball, jump as high as possible into the air 3 times while holding the ball, and then put the ball down before returning to the start line.</p>
<p>Diagram</p>	

PE Game: Follow the Leader (20 min.)	
<p>Setup</p>	<p>Designate a field of play based on the number of players.</p>
<p>Game Instructions</p>	<ul style="list-style-type: none"> • Split the group into 4 teams and have each team line up behind a tall cone. • For each team, place another tall cone 20 yards away and 4 dots evenly spaced between the start and finish. • After deciding who will go first, second, third, etc., the first player uses a springing skill (i.e., hopping or jumping) to jump to the first dot. All other players in the group follow, copying that same movement. • At the first dot, the leader has to repeat a fitness movement 5 times. The other players copy. Then the leader runs to the second dot and does a new fitness movement. The other players then run to the second dot and repeat both the first and second fitness movements. • This continues to the last dot. Then a new player becomes the leader and leads the players back to the start line doing new fitness movements. <p>*Movement Ideas: Squats, push-ups, spider lunges, sit-ups</p>

Class 28

Unit 3: Chasing/Fleeing



K-2nd

Cooldown

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