

<b>Class Equipment List</b>	<p>36 beanbags                  12 – 15 dots                  4 tall cones                  4 hula-hoops</p>
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<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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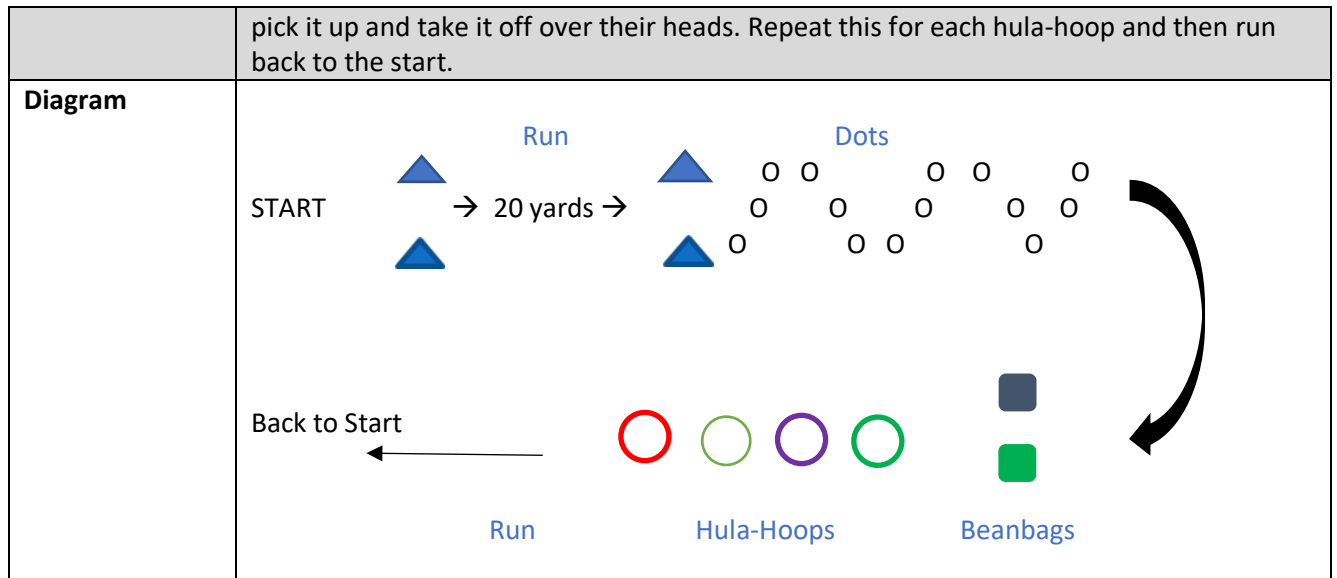
**Fitness Focus: Push, Squat (15 min.)**

<b>Fitness Stations (5 min.)</b>	<p><b>Station 1:</b> 40 push-ups  <b>Station 2:</b> 40 spider lunges  <b>Station 3:</b> 40 up/down dog  <b>Station 4:</b> 40 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 one full rotation so all players travel to all stations.</li> </ul>
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<b>Fitness Game (10 min.)</b>	<p style="text-align: center;"><b>Beanbag Tag</b></p> <ul style="list-style-type: none"> <li>Choose one player to be “it” and have that player stand in the middle of the playing field with 36 beanbags.</li> <li>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.</li> <li>Players who get hit with a beanbag must perform 5 squats and join the it player in the middle to help tag more players.</li> <li>The last player to get hit with a beanbag is the first it for the next round.</li> </ul> <p>*Remind players that beanbags should be tossed at or below shoulder height.</p>
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**Obstacle Course (15 min.)**

<b>Setup and Instructions</b>	<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>Form two lines behind each of the start cones. Before leaving the start cone, the first players in each line will sit in a back-to-back wall sit and hold it for 15 seconds. Then, both players will bear crawl from their start cones to their end cones. Next, each player jumps with two feet in a zig-zag pattern, landing on each dot. At the last dot, the coach tosses a beanbag to each player so that they must jump laterally (to the side) to catch it. Together, both players move to the hula-hoops where they jump into the first and then</p>
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<b>PE Game: Get Your Trash Out of My Backyard (20 min.)</b>	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b>	<ul style="list-style-type: none"> <li>• Divide the field of play in half with a midline created with short cones.</li> <li>• Divide the players into 2 teams and give each team an equal number of beanbags.</li> <li>• When the coach blows the whistle, players start throwing beanbags to the opposite side of the midline.</li> <li>• Players can throw the beanbags that land on their side back onto the other team's side.</li> <li>• After 2 minutes, the coach gives a 30-second warning.</li> <li>• When time is up, have each team count how many beanbags they have on their side.</li> <li>• The side with fewer beanbags wins.</li> </ul>

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