

# Class 33

# Unit 4: Team Building



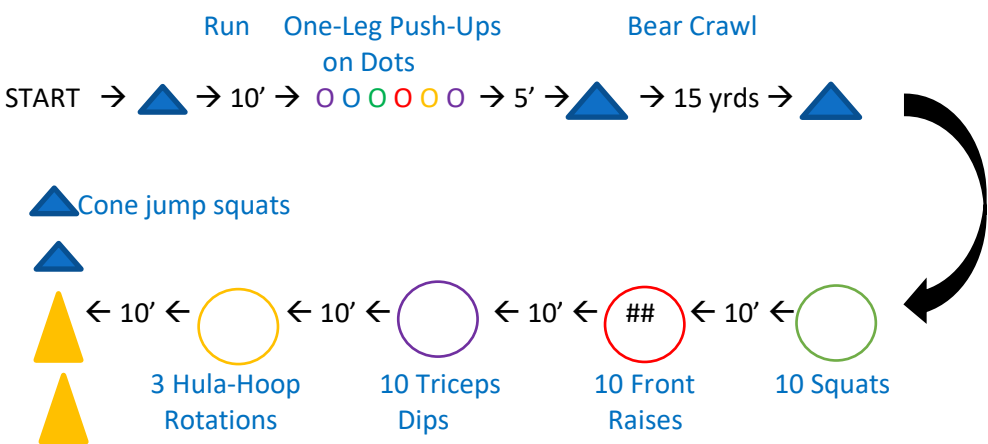
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<b>Class</b>	18 dodgeballs	4 tall cones
<b>Equipment List</b>	12 dots	2 6-pound medicine balls
	10 short cones	1 or 2 parachutes
	4 hula-hoops	

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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**Fitness Focus: Push, Balance, Power (15 min.)**

<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 50-sec. plank  <b>Station 2:</b> 25 single-leg hops  <b>Station 3:</b> 50-sec. single-leg stand  <b>Station 4:</b> 25 broad jumps</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</b> (10 min.)	<p><b>Parachute</b></p> <ul style="list-style-type: none"> <li>• Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes.</li> <li>• Players should work together to get the parachute as high as possible into the air without letting go.             <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ When the parachute is at its highest, two opposite players change places by running under the parachute.</li> <li>○ 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.</li> </ul> </li> </ul>

<b>Obstacle Course</b> (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 one line behind the start cone. One player at a time starts the course. From the start cone, players run to the first dot and get in a push-up position with one foot on the first dot and the other foot held 1 foot off the ground. Staying in push-up position, players hop their foot from one dot to the next without letting the other foot touch the ground. Next, players run to the first cone, bear crawl to the second cone, and run to the first hula-hoop. Perform the activity listed below at each hula-hoop and finish the course by attempting a jump squat over a short or tall cone without touching the cone.</p>
<b>Diagram</b>	

<b>PE Game: Dodgeball</b> (20 min.)	
<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>• Create a midline with short cones down the middle of the field of play and divide players into 2 teams.</li> <li>• Have the teams stand on opposite sides of the field and place half the dodgeballs on each team’s side.</li> <li>• When the coach blows the whistle, players run to grab a ball and throw it at the other team. Players cannot cross the midline.</li> <li>• Players who are hit with the ball are out and must run to the sideline. If a player catches a ball before it hits the ground, the player who threw the ball is out.</li> </ul> <p>*Dodgeballs must be thrown at or below shoulders. Do not aim for players’ heads.                      *Instead of sitting out for the entire game, coaches can have “out” players perform fitness skills (e.g., squats, planks, jumping jacks) to get back in the game.</p>

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