

Class 34

Unit 4: Team Building



K-2nd

Class Equipment List	36 short cones 36 beanbags 4 tall cones 4 ankle bands	2 agility ladders 2 6-pound medicine balls
-----------------------------	--	---

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

Fitness Focus: Pull, Squat (15 min.)	
---	--

Fitness Stations (5 min.)	<p> Station 1: 30-yard crab walk with ankle bands Station 2: 60-sec. jumping jacks Station 3: 30-yard bear crawl with ankle bands Station 4: 60-sec. squats </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;">Three-Legged Race</p> <ul style="list-style-type: none"> Set up 2 start cones and 2 end cones, about 20 yards apart, with one ladder for each line halfway between the cones. Players divide into 2 teams and stand in line. When the coach blows the whistle, the first two players put the ankle band around their ankles. One player will have the band around his/her left ankle, and the other will have the band around his/her right ankle for this three-legged race. Once the ankle band is on, the players work together to walk/run to the ladder and then walk/run through the ladder, stepping the banded feet in each square. Players repeat this movement back to the start cone and pass the ankle band to the next two players in line. The first team with all players finished wins.
-------------------------------	---

Relay Race: Ladder Toss (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 players into even lines and have them line up behind a short cone with an agility ladder between 5 and 10 feet away and an end cone on the opposite side of the ladder. • Each team should have about 15 beanbags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder. • If that player’s beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. • The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. • If players miss the appropriate box, they run to collect the beanbag they threw, bring it back to the team, and then get in the back of the line. • This repeats until all boxes of the ladder have a beanbag, and all students are on the other side of the field.

PE Game: Capture the Medicine Ball (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none"> • Make a line out of cones that divides the field of play into two equal halves. Place one 6-pound medicine ball in the center of each half (about 15 yards from the end line and 15 yards from the center line). • Divide the players into two even teams. Teams should start on opposite sides of the center line. • When the coach blows the whistle, players attempt to capture the medicine ball located on the opposite side of the center line without getting their waist flags pulled and bring the medicine ball back to their side of the center line. • Players whose waist flags are pulled while on the opposite side of the field must do 10 sit-ups before they can return to the game. • Players cannot stand within 5 feet of the medicine ball to protect it. • The game continues until one team has successfully captured the other team’s medicine ball.

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