

<b>Class Equipment List</b>	36 beanbags 10 short cones 4 tall cones 2 6-pound medicine balls 2 ankle bands
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<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Push, Squat (15 min.)</b>	
<b>Fitness Stations (5 min.)</b>	<p> <b>Station 1:</b> 45 push-ups  <b>Station 2:</b> 45 spider lunges  <b>Station 3:</b> 45 up/down dog  <b>Station 4:</b> 45 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>
<b>Fitness Game (10 min.)</b>	<p style="text-align: center;"><b>Medicine Ball Tag</b></p> <ul style="list-style-type: none"> <li>This is a simple game of tag in which the players who are “it” must touch the other players with the medicine ball.</li> <li>When a player is tagged with the medicine ball, he/she must hold a plank for 20 seconds before getting back into the game.</li> </ul> <p>*Remind players that medicine balls should be tossed at other players.</p>

<b>Relay Race: Ankle Bands (15 min.)</b>	
<b>Setup and Instructions</b>	<p>*Set up obstacle course or relay in a space that accommodates the size of the group.</p> <ul style="list-style-type: none"> <li>Divide the players into two teams and have each team line up behind a start cone.</li> <li>Place an ankle band at each team’s start cone and put an end cone 20 yards away from each start cone.</li> <li>The first player from each team puts the ankle band around both ankles and runs to the end cone.</li> <li>At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on, runs back to the start cone, and passes the band to the next player in line.</li> <li>The first team to have all players complete the relay wins.</li> </ul>

<b>PE Game: Get Your Trash Out of My Backyard</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>• 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.