

Class 38

Unit 4: Team Building



K-2nd

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

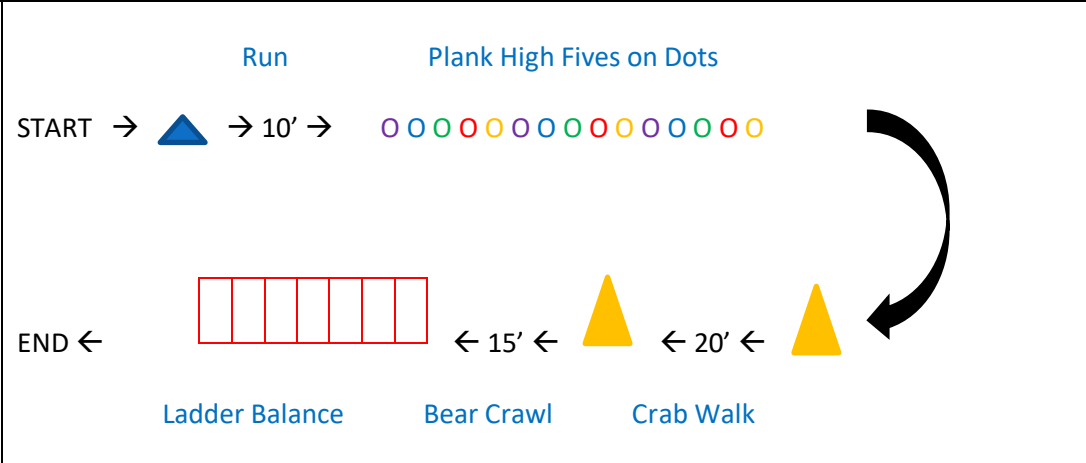
Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Balance, Power (15 min.)

Fitness Stations (5 min.)	<p>Station 1: 55-sec. plank Station 2: 30 single-leg hops Station 3: 55-sec. single-leg stand Station 4: 30 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>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.)

Setup and Instructions	<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>Two players at a time start the course. From the start cone, players run to the dots, where they get into the push-up position with both hands on one dot and feet extended behind them. Players perform 1 plank high five on a dot and then walk their hands to the next dot and repeat until the end of the dots (15 total). From the dots, players run to the</p>
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	<p>first tall cone, crab walk to the second tall cone, and bear crawl to the ladder. At the ladder, players place their hands in adjacent squares and rotate like a windmill with their hands moving up the ladder, and their feet rotating in the grass. Run back to the start to repeat. Players should move together from one obstacle to the next.</p>
<p>Diagram</p>	

<p>PE Game: Dodgeball (20 min.)</p>	
<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"> • Create a midline with short cones down the middle of the field of play and divide players into 2 teams. • Have the teams stand on opposite sides of the field and place half the dodgeballs on each team’s side. • When the coach blows the whistle, players run to grab a ball and throw it at the other team. Players cannot cross the midline. • 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. <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>

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