

# Class 39

# Unit 4: Team Building



K-2nd

<b>Class</b>	36 beanbags	4 ankle bands
<b>Equipment List</b>	6 hula-hoops	2 agility ladders
	4 tall cones	

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Pull, Squat (15 min.)</b>	
<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 30-yard crab walk with ankle bands</p> <p><b>Station 2:</b> 60-sec. jumping jacks</p> <p><b>Station 3:</b> 30-yard bear crawl with ankle bands</p> <p><b>Station 4:</b> 60-sec. 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</b> (10 min.)	<p><b>Three-Legged Race</b></p> <ul style="list-style-type: none"> <li>• Set up 2 start cones and 2 end cones, about 20 yards apart, with one ladder for each line halfway between cones.</li> <li>• Players divide into 2 teams and stand in line.</li> <li>• 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.</li> <li>• 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.</li> <li>• Players repeat this movement back to the start cone and pass the ankle band to the next two players in line.</li> <li>• The first team with all players finished wins.</li> </ul>

<b>Relay Race: Ladder Toss</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.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Each team should have about 15 beanbags in front of the short cone.</li> <li>• 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.</li> <li>• 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.</li> <li>• The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder.</li> <li>• 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.</li> <li>• This repeats until all boxes of the ladder have a beanbag, and all students are on the other side of the field.</li> </ul>
<b>PE Game: Pass the Hoop</b> (20 min.)	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b> (20 min.)	<ul style="list-style-type: none"> <li>• Have players form a circle by holding hands.</li> <li>• Choose 1 player to be the starting point of the hula-hoop by breaking hands and placing the hoop on his/her arm and then grabbing hands again.</li> <li>• Begin to pass the hula-hoop around the circle without breaking hands until it comes back to the beginning.</li> </ul> <p>*To make this more challenging, split into 2 groups and see which group can finish first. Or, add hula-hoops to have multiple hula-hoops going around at the same time.</p>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.