

<b>Class</b>	24 dots	4 tall cones
<b>Equipment List</b>	18 dodgeballs	2 6-pound medicine balls
	14 short cones	1 agility ladder
	5 jump ropes	

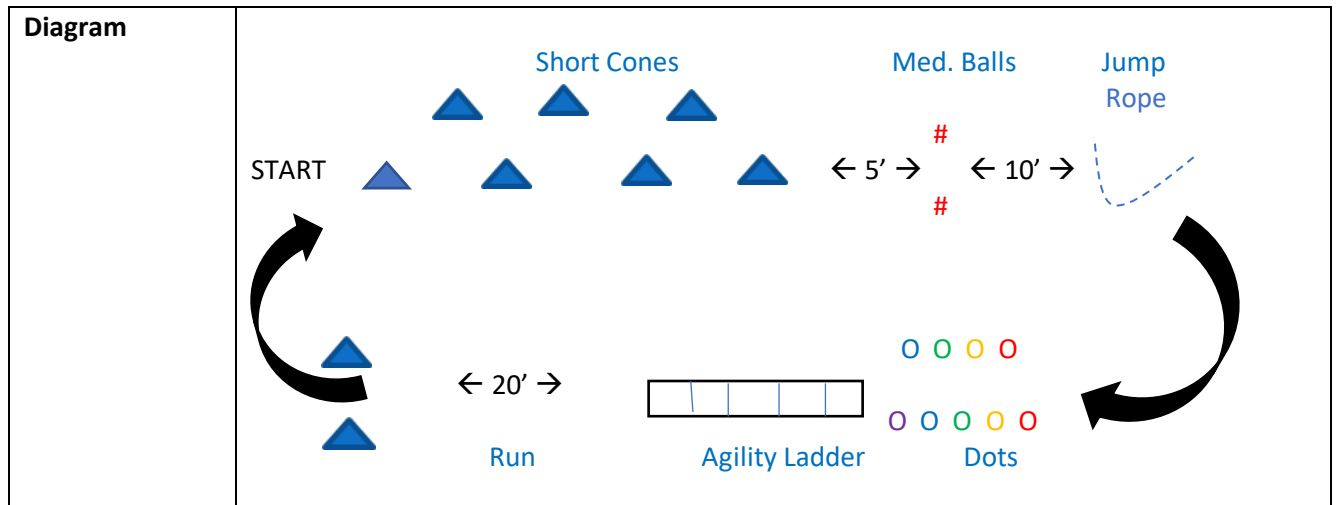
<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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**Fitness Focus: Speed, Squat, Core** (15 min.)

<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 60-sec. plank high fives  <b>Station 2:</b> 60-sec. cone figure eights  <b>Station 3:</b> 60-sec. squat hold  <b>Station 4:</b> 60-sec. burpees</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>Frogger</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 3 groups: 1 group of “frogs” and 2 groups of throwers.</li> <li>• Have the thrower groups stand on opposite sides of the field of play and give each group 8 dodgeballs.</li> <li>• The frogs should stand to the side of the field, ready to frog jump across.</li> <li>• When the coach blows the whistle, the frogs begin frog jumping from one side of the field to the other, trying not to get hit with a dodgeball along the way.</li> <li>• Dodgeball rules for being out and getting back in the game apply.</li> </ul>

**Obstacle Course** (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 1 line behind the start cone. One player at a time starts this course. Players walk to the first short cone and then alternate between side shuffle right and side shuffle left to move from cone to cone. At the end of the short cones, players perform a broad jump toward the medicine balls. Next, players perform 10 quick toe taps on one of the medicine balls, run to the jump ropes, and complete 5 jump ropes. After the jump ropes, players run to the dots and touch each foot to one dot as quickly as possible. To finish, players run through the ladder as quickly as possible, touching one foot in each square, and then sprint through the end cones and get back in line to start again.</p>
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<b>PE Game: Over/Under (20 min.)</b>	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions (20 min.)</b>	<ul style="list-style-type: none"> <li>• Divide the players into 2 teams and give each team 1 medicine ball.</li> <li>• Each team lines up across the field, one player behind the other, and the player in the front starts by passing the ball either overhead or between his/her legs to the player behind.</li> <li>• The next player passes the ball in the opposite way from the player that passed it to him/her.</li> <li>• Continue passing the ball over/under until the ball reaches the end of the line, at which time the last player runs with the ball to the front of the line and starts again.</li> <li>• Play continues until each player has been to the front of the line.</li> </ul>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.