

Class	4 tall cones
Equipment List	4 ankle bands 2 6-pound medicine balls

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Push, Squat (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 60-sec. spider lunges Station 2: 60-sec. up/down dog Station 3: 60-sec. push-ups Station 4: 60-sec. air 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>Bear Crawl With the Medicine Ball</p> <ul style="list-style-type: none"> Divide the players into 2 teams and have each team line up behind a start cone. When the coach blows the whistle, the first 2 players from each team bear crawl to the end cone while rolling the medicine ball back and forth to each other. At the end cone, players go around the cone before returning to the start. When the first 2 players finish, the next 2 players go, and the game continues until every member of the team has gone. <p>*Be sure players are using both arms to push the medicine ball back and forth.</p>

Relay Race: Ankle Bands (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 the players into two teams and have each team line up behind a start cone. Place an ankle band at each team's start cone, and put an end cone 20 yards away from each start cone. The first player from each team puts the ankle band around both ankles and runs to the end cone. 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. The first team to have all players complete the relay wins.

PE Game: Duck, Duck, Goose (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<ul style="list-style-type: none">• Have the players sit in a circle on the ground and choose 1 player to be the “ducker.”• The ducker walks around the outside of the circle, touching each player on the head, and says DUCK with each touch.• When the ducker says GOOSE and touches a player on the head, that player—the “goose”—stands up and chases the ducker around the circle until the ducker sits in the same spot as the goose was.• If the goose tags the ducker, then the ducker doesn’t change. If the ducker gets back to the spot without being tagged, then the goose becomes the ducker.
Cooldown	Choose 3 stretches from the list of stretches to end class.