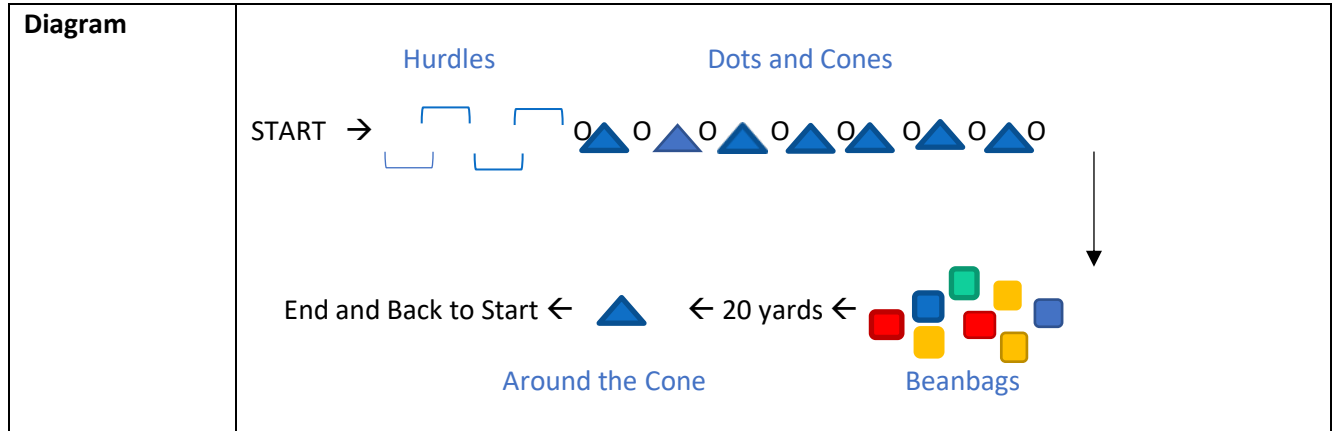


<b>Class Equipment List</b>	15 beanbags 10 dots 10 short cones 4 hurdles	4 tall cones 2 hula-hoops 1 6-pound medicine ball 1 playground ball
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<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Pull, Agility (15 min.)</b>	
<b>Fitness Stations (5 min.)</b>	<p><b>Station 1:</b> 60-sec. vertical jumps  <b>Station 2:</b> 60-sec. sit-ups  <b>Station 3:</b> 60-sec. bear crawls  <b>Station 4:</b> 60-sec. lateral shuffles</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>Over/Under</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 5 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>Obstacle Course (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. Use the diagram below when setting up.</p> <p>One person at a time starts the course. Side jump over each hurdle with two feet. Jump over the first hurdle from left to right, the second from right to left, and so on. Next, jump from one dot to the next by jumping over the cones with two feet. Balance a beanbag on his/her head while running down and around the cone. Drop the beanbag and head back to the start.</p>



<b>PE Game: Ultimate Basketball (20 min.)</b>	
<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>• Divide the players into 2 teams and give one team the pinnies to wear.</li> <li>• Place 1 hula-hoop at each end of the field of play. These are the baskets.</li> <li>• This game is played with Ultimate Frisbee rules. The ball must move down the field by being passed. Players holding the ball cannot walk or run.</li> <li>• The first team to 10 points wins.</li> </ul>
<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.