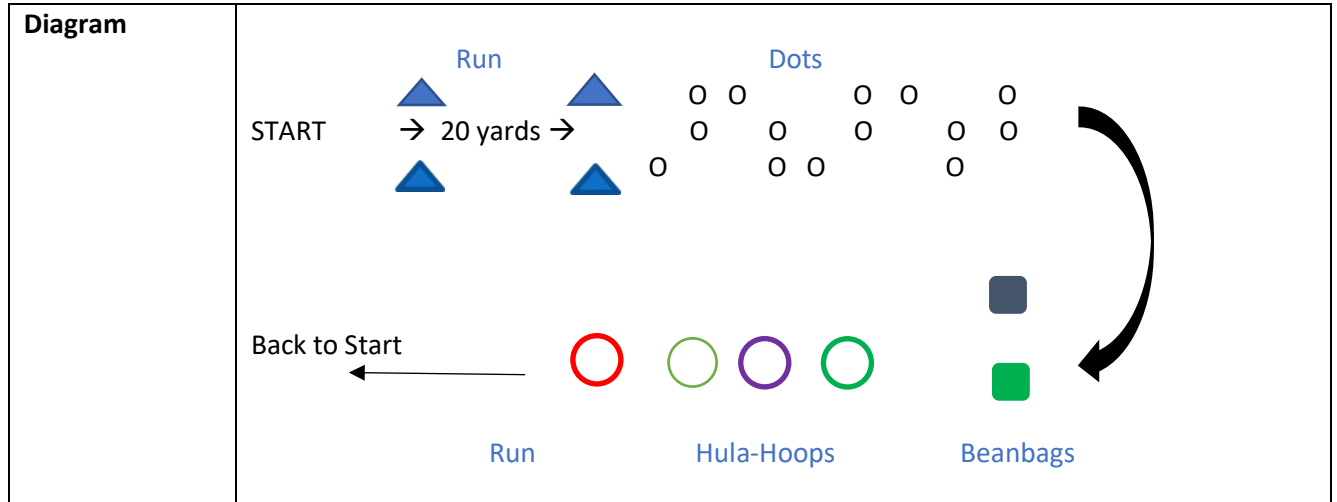


Class	16 dodgeballs	4 tall cones
Equipment List	15 waist flags (any color)	4 hula-hoops
	12–15 dots	2 beanbags

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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Fitness Focus: Pull, Squat (15 min.)	
Fitness Stations (5 min.)	<p>Station 1: 60-sec. yard crab walk</p> <p>Station 2: 60-sec. jumping jacks</p> <p>Station 3: 60-sec. yard bear crawl</p> <p>Station 4: 60-sec. 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>Frogger</p> <ul style="list-style-type: none"> • Divide the players into 3 groups: 1 group of “frogs” and 2 groups of throwers. • Have the thrower groups stand on opposite sides of the field of play and give each group 8 dodgeballs. • The frogs should stand to the side of the field, ready to frog jump across. • 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. • Dodgeball rules for being out and getting back in the game apply.

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>Form two lines behind each of the start cones. Before leaving the start cone, the first players in each line will sit in a back-to-back wall sit and hold it for 15 seconds. Then, both players will bear crawl from their start cones to their end cones. Next, each player jumps with two feet in a zig-zag pattern, landing on each dot. At the last dot, the coach tosses a beanbag to each player so that they must jump laterally (to the side) to catch it. Together, both players move to the hula-hoops where they jump into the first and then pick it up and take it off over their heads. Repeat this for each hula-hoop and then run back to the start.</p>



PE Game: Lizard Tag (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions (20 min.)	<ul style="list-style-type: none"> • Divide the players into pairs and ask one player in each pair to put on a waist flag. • The pairs of players link arms and are “lizards.” • When the coach blows the whistle, lizards try to grab as many other “lizard tails” (waist flags) as possible while keeping their arms linked. • If a lizard grabs a tail from another pair, the latter pair is frozen. • The last pair with a tail wins.
Cooldown	Choose 3 stretches from the list of stretches to end class.