

# Class 45

# Unit 5: Communication

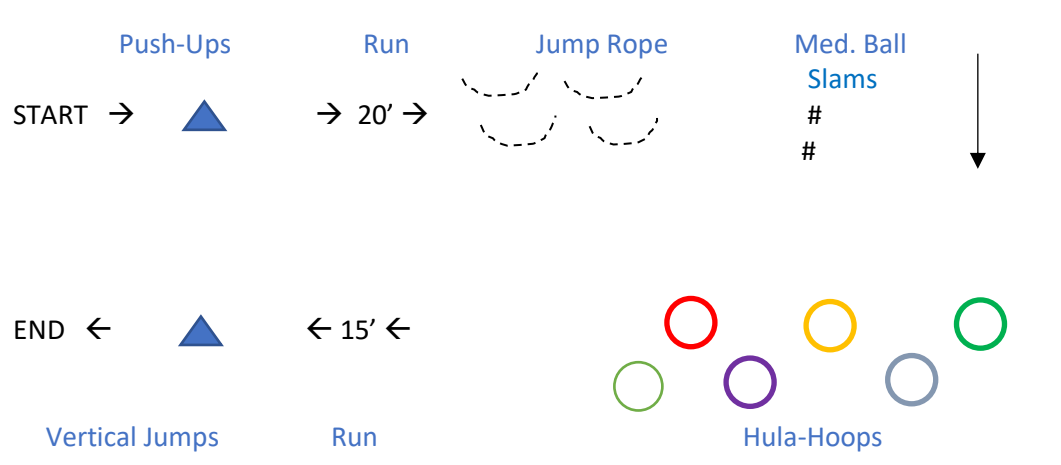


K-2nd

<b>Class</b>	8 tall cones	2 short cones
<b>Equipment List</b>	6 hula-hoops	2 6-pound medicine balls
	5 jump ropes	1 or 2 balance ropes

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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<b>Fitness Focus: Speed, Squat, Core</b> (15 min.)	
<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 60-sec. plank high fives</p> <p><b>Station 2:</b> 60-sec. cone figure eights</p> <p><b>Station 3:</b> 60-sec. squat holds</p> <p><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>Tug-of-War</b></p> <ul style="list-style-type: none"> <li>• Players divide into even teams and line up on opposite ends of the balance rope.</li> <li>• When the coach blows the whistle, teams try to pull the opposite team toward them.</li> <li>• Play until one team has successfully pulled all the players from the other team to their side of the center.</li> </ul>

<b>Obstacle Course</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. Use the diagram below when setting up.</p> <p>Two players at a time start the course. At the start cone, players complete 12 plank high fives. From the planks, players run to the jump ropes and perform 10 jump ropes. Next, players pick up a medicine ball and perform 5 medicine ball tosses with squats. Next, players frog jump from one hula-hoop to the next. After the hula-hoops, players run to the end and finish with 5 vertical jumps with high fives. Players should advance to the next section of the course with their partner.</p>
<b>Diagram</b>	 <p>The diagram illustrates the layout of the obstacle course. It begins at a blue triangle labeled 'START'. An arrow points right to a blue triangle labeled 'Push-Ups'. From there, an arrow points right to a '20'' distance, leading to a section with dashed lines representing 'Jump Rope'. This is followed by 'Med. Ball Slams' indicated by two hash marks (# #) and a downward-pointing arrow. Below this, five colored circles (green, red, purple, yellow, blue) represent 'Hula-Hoops'. An arrow points left to a '15'' distance, leading to a blue triangle labeled 'Vertical Jumps'. Finally, an arrow points left to a blue triangle labeled 'END'.</p>

<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>	<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.
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