

# Class 47

# Unit 5: Communication



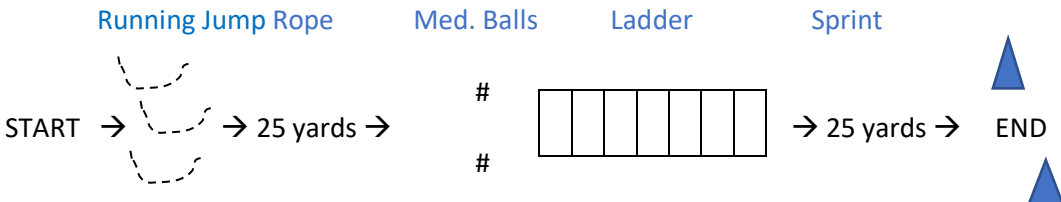
K-2nd

<b>Class</b>	4 tall cones	1 or 2 parachutes
<b>Equipment List</b>	5 jump ropes	1 agility ladder
	2 6-pound medicine balls	

<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</b> (5 min.)	<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</b> (10 min.)	<p><b>Parachute</b></p> <ul style="list-style-type: none"> <li>• Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes.</li> <li>• Players should work together to get the parachute as high as possible into the air without letting go. <ul style="list-style-type: none"> <li>○ When the parachute is at its highest, one or two players run around the group and return to their spot(s) before the parachute hits the ground.</li> <li>○ When the parachute is at its highest, two opposite players change places by running under the parachute.</li> <li>○ When the parachute is at its highest, one player runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player then does the same thing.</li> </ul> </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. To begin, the player picks up a jump rope and runs or jumps rope for 25 yards to reach the medicine balls. At the medicine balls, the player drops the jump rope and performs 10 medicine ball squats with the ball touching the ground with each squat. Next, the player puts the medicine ball down and performs</p>

	one-legged hops through the ladder, being sure to land in each square. After the ladder, the player should sprint through the end cones and then jog back to the start line.
<b>Diagram</b>	<p style="text-align: center;"> <span style="color: blue;">Running Jump Rope</span>      <span style="color: blue;">Med. Balls</span>      <span style="color: blue;">Ladder</span>      <span style="color: blue;">Sprint</span> </p> 

<b>PE Game: Follow the Leader</b> (20 min.)	
<b>Setup</b>	Designate a field of play based on the number of players.
<b>Game Instructions</b>	<ol style="list-style-type: none"> <li>1. Split the group into 4 teams and have each team line up behind a tall cone.</li> <li>2. For each team, place another tall cone 20 yards away and 4 dots evenly spaced between the start and finish.</li> <li>3. After deciding who will go first, second, third, etc., the first player uses a springing skill (i.e., hopping or jumping) to jump to the first dot. All other players in the group follow, copying that same movement.</li> <li>4. At the first dot, the leader has to repeat a fitness movement 5 times. The other players copy. Then the leader runs to the second dot and does a new fitness movement. The other players then run to the second dot and repeat both the first and second fitness movements.</li> <li>5. This continues to the last dot. Then a new player becomes the leader and leads the players back to the start line doing new fitness movements.</li> </ol> <p>*Fitness Movement Ideas: Squats, push-ups, spider lunges, sit-ups</p>

<b>Cooldown</b>	Choose 3 stretches from the list of stretches to end class.
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