

Class	4 tall cones	2 ankle bands
Equipment List	2 dodgeballs	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, Balance, Power (15 min.)

Fitness Stations (5 min.)	<p>Station 1: 60-sec. plank Station 2: 60-sec. single-leg hop Station 3: 60-sec. broad jump Station 4: 60-sec. single-leg stand</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 two full rotations so all players travel to all stations.
Fitness Game (10 min.)	<p style="text-align: center;">Burpee Wave</p> <ul style="list-style-type: none"> Form a circle with all players. Set one medicine ball in front of one player and another medicine ball in front of a player on the opposite side of the circle. Players with the medicine balls start the wave by placing their hands on the medicine ball, jumping their feet back into a push-up position, jumping back in, and standing up while picking up the medicine ball to pass it to the right. Repeat this until the medicine balls make it back to where they started.

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.
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PE Game: Scatter (20 min.)	
Setup	Designate a field of play based on the number of players.
Game Instructions	<p>This is a variation of dodgeball that is played in an “every man for himself” manner. No teams are necessary.</p> <ul style="list-style-type: none">• Place 2 dodgeballs in the middle of the field of play and have players line up on any of the field of play boundaries.• When the coach blows the whistle, the players run toward the middle of the field and try to grab one of the dodgeballs. The 2 players who grab the dodgeballs are throwers, and the rest of the players scatter.• A thrower can throw the dodgeball or tap other players with it. When a player gets hit or tapped by a dodgeball, he/she must perform jumping jacks.• If a thrower throws the dodgeball and another player catches it, the thrower is out, and all previous players whom the thrower hit with the dodgeball are back in the game.• Play continues for 10 minutes at a time.
Cooldown	Choose 3 stretches from the list of stretches to end class.