

<b>Class</b>	30 beanbags	4 6-pound medicine balls
<b>Equipment List</b>	24 waist flags (any color)	3 hula-hoops
	15 dots	2 agility ladders
	4 tall cones	2 ankle bands

<b>Warm-Up</b>	Choose 3 activities from the list of warm-ups to start class.
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**Fitness Focus: Pull, Squat (15 min.)**

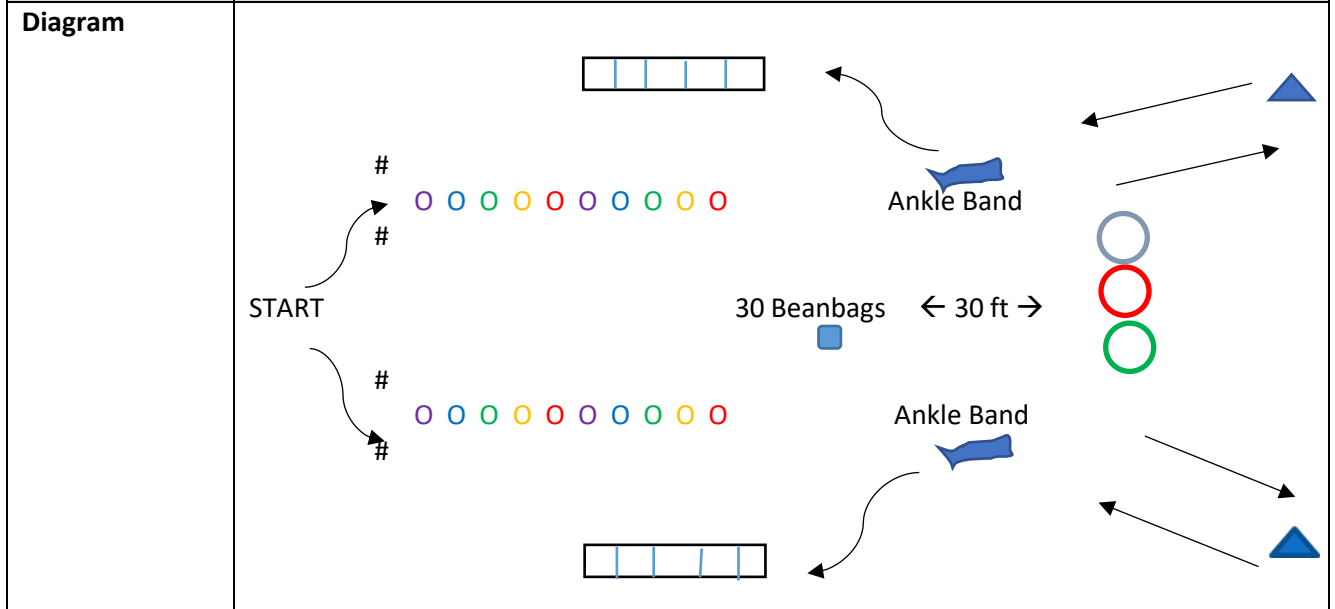
<b>Fitness Stations</b> (5 min.)	<p><b>Station 1:</b> 60-sec. yard crab walk  <b>Station 2:</b> 60-sec. jumping jacks  <b>Station 3:</b> 60-sec. yard bear crawl  <b>Station 4:</b> 60-sec. squats</p> <ul style="list-style-type: none"> <li>Use 4 tall cones to designate 4 stations. Each station should be 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>
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<b>Fitness Game</b> (10 min.)	<p><b>Three-Legged Race</b></p> <ul style="list-style-type: none"> <li>Set up 2 start cones and 2 end cones, about 20 yards apart, with one ladder for each line halfway between cones.</li> <li>Players divide into 2 teams and stand in line.</li> <li>When the coach blows the whistle, the first two players put the ankle band around their ankles. One player will have the band around his/her left ankle, and the other will have the band around his/her right ankle for this three-legged race.</li> <li>Once the ankle band is on, the players work together to walk/run to the ladder and then walk/run through the ladder, stepping the banded feet in each square.</li> <li>Players repeat this movement back to the start cone and pass the ankle band to the next two players in line.</li> <li>The first team with all players finished wins.</li> </ul>
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**Obstacle Course (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>Divide the players into 2 lines. Four players at a time start this course, 2 from each line. To start, players pick up a medicine ball and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one beanbag into a hula-hoop that is 30 feet away. Once</p>
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they get a beanbag into the hula-hoop, players put an ankle band around their ankles and run down and around the cone that is 30 feet away. Last, players take off the ankle band and hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.



PE Game: Chaos Tag (20 min.)	
<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>• Make sure every player has a waist flag.</li> <li>• All players are "it" and can pull any other player's flag.</li> <li>• When a player's flag is pulled, he/she must sit down in place but continue to watch the player who pulled his/her flag. When that player's flag is pulled, the seated player can get back in the game.</li> <li>• When several players are sitting, the coach can call out BREAK or RESET to reset the game so all players are standing again.</li> <li>• This game is played in intervals of 2 or 3 minutes.</li> </ul>

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