

Warm-Up	Choose 3 activities from the list of warm-ups to start class.
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PE Game: Beastly Basketball	
Equipment	4 playground balls 4 hula-hoops
Setup	<ul style="list-style-type: none"> • Create 4 teams and line all players up behind 1 tall cone. • Give the first player in each line a playground ball. • Put 1 hula-hoop 5 yards from each cone.
Game Instructions	The first player in line does a burpee and then makes a basketball throw to try to land the playground ball into the hula-hoop. That player must get his/her own rebound while the next person in line does a burpee and then takes a shot when the ball is returned to him/her. The first team to get to 10 points wins. For more challenge, move the hula-hoop farther away.

PE Game: Two-Ball Soccer	
Equipment	13 pinnies 10 short cones 4 tall cones 2 soccer balls
Setup	<ul style="list-style-type: none"> • Designate a field of play. • Create a goal on each end of the playing field with tall cones and a midline with 10 short cones.
Game Instructions	Divide players into 2 even teams and give 1 team pinnies. Play with soccer rules using 2 balls instead of 1. This will speed up the game and keep more players involved.

PE Game: Capture the Medicine Ball	
Equipment	24 waist flags (12 each of 2 different colors) 20 short cones 2 6-pound medicine balls 2 dots
Setup	<ul style="list-style-type: none"> • Designate a 30-yard by 30-yard playing field with short cones. • Make a line out of cones for the center line. • Place a dot with a 6-pound medicine ball on top of it on each side, 15 yards from the line.
Game Instructions	Start the game with each team on its respective side. Teams should have different-colored waist flags. The object is for players to grab the other team’s medicine ball and bring it to their side without getting their waist flags pulled off. If a player’s waist flag is pulled off on the other team’s side, that player must do 10 sit-ups at the spot where he/she was tagged and then return to his/her side before trying for the medicine ball again. Participants cannot stand within 5 feet of the medicine ball to protect it. There can be only 1 person defending the ball at all times.

Class 50

GAME DAY



PE Game: Crossover	
Equipment	4 tall cones
Setup	Designate a field of play with boundaries marked by tall cones.
Game Instructions	<p>Designate boundaries based on number of players. No equipment is needed for this activity. Have players line up on one side of the boundary. The coach calls out a description of the players and a locomotor movement to go with the description, for example, "If you are wearing blue, skip to the other side." This repeats for as long as needed. Movements can include:</p> <ul style="list-style-type: none">• Hop on one leg• Skip• Frog jump• Lunge• Ski jump• Bear crawl• Crab walk
Cooldown	Choose 3 stretches from the list of stretches to end class.