

## **Sample Lesson**

Warm-up jog to one song. Students jog around the gym while music plays. We often will toss a ball between the instructor and the students at the same time. This works on multi-tasking, hand-eye coordination, and body control.

Stretching. At the junior level the students roll fitness dice to stretch. One die has various stretches on each side, the other has numbers. The students perform the stretch/exercise for the number of seconds/repetitions.

Warm-up activity (white line relay, 60 minute period only). Students form 3-4 lines at one end of the gym, each line has a ball. Students perform a shuttle run with the ball down the gym and back using white lines as stopping points. The students are tasked with moving the ball around their body as they run (i.e. between their legs, around their heads, etc.). Between 3 and 5 relays are run.

Play main game (Pirate Treasure). This game is like Capture the Flag, but with four teams instead of two. The increase in teams changes the strategy and requires more in-depth thought and teamwork for success. Each team is assigned a color for balls, pinnies, and hoops. The field is divided into four equal quadrants. Each team places their hoop in the middle of the quadrant and is given a ball of each color. A team wins when they place all of the balls of their color into their hoop. If you go into another team's area, you can be tagged and frozen. A teammate must tag you to unfreeze you. You may only carry one ball at a time and the balls cannot be passed between teammates. This is a great game for strategy, teamwork, and fitness.