

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
Second	Floor Hockey	Review all the Cardio, Strength and Stretch cards	Stereo, Control Cones, Music, Fitness Cards,

Objectives

1. Work out and stretch the major muscles of the body including the heart.
2. Have fun.
3. Work cooperatively with the person at their station.
4. Be safe.

Activity	Time (Minutes)	Procedure	Comments/Set-up/Diagram
Part 1/2	20	<p>Today you are going to do all the station cards for fitness! Wow, you will have to pace yourself. There will be two or three people at each station, so you can help each other when you feel a little tired by encouraging each other to do your best!</p> <p>Remember, when the music pauses, you will rotate to the next station.</p> <p>It's ok to go slower, and if you cannot do the strength exercise for the whole minute, then do what you can, rest a second and then start again! Remember, it's your body and heart you are helping and you are the only one who knows if it is really your best job or not!</p>	<p>Have twelve stations set up, six of each card alternating cardio and strength at each station.</p> <p>I will travel around to the stations, doing the skills with some groups, pointing groups working well motivating each other, and pointing out students who are doing a great job with form or with pacing their speed!</p>
Part 3	10	<p>When I say go, I want you to get a flag. When your flag is on, find an own space. Ready, go.</p> <p>Now you get to play: (fill in this part with a running/flag game that your students really like!)</p>	