

<h2>Training Together</h2>	<b>Time</b> 20 minutes	<b>Facility</b> <input type="checkbox"/> Classroom <input type="checkbox"/> Multipurpose <input checked="" type="checkbox"/> Gymnasium <input checked="" type="checkbox"/> Outdoors	
<b>Equipment</b> None		<b>Physical Activity Level</b> <input type="checkbox"/> Moderate <input checked="" type="checkbox"/> Vigorous	
<b>Safety</b> <ul style="list-style-type: none"> <li>Remind students to be cautious when moving and to be aware of the personal space of others.</li> </ul>			
<b>Warm-up</b> <ul style="list-style-type: none"> <li>Place students in groups of 4–6. Have students choose one student in each group to start as the leader.</li> <li>Have the leader demonstrate one physical activity to increase heart rates. Have all students in the group repeat the activity for eight counts.</li> <li>As the students are participating in the activity, have the leader call out the next person to lead the activity.</li> <li>Have the new student start a new activity as soon as the first one is complete.</li> <li>Have the students continue until all students have been leader.</li> <li>Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches).</li> </ul> <b>Activity: Training Together</b> <ul style="list-style-type: none"> <li>Divide the students into groups of 4–6.</li> <li>Have the team move around a predetermined area (e.g., around the outside of the activity area) in a line.</li> <li>Have the groups complete a physical activity at each station, led by the first student in the line. Once the activity is complete, have that student move to the back and the group move to a new station with a new leader.</li> <li>Have the students do the following activities:             <ul style="list-style-type: none"> <li>jog to station 1 – do 20 jumping jacks</li> <li>hop to station 2 – do 10 tuck jumps</li> <li>walk to station 3 – do 25 leaps</li> <li>gallop to station 4 – do 5 push-ups</li> <li>jump to station 5 – do 10 lunges</li> <li>walk to station 6 – do 5 heel touches</li> </ul> </li> <li>Have students continue until the groups reach their original starting positions.</li> </ul> <b>Cool-down: Mirror Image</b> <ul style="list-style-type: none"> <li>Have students move around the activity area in groups of 2–4, playing follow-the-leader.</li> <li>Have one student lead the way by moving the group through a variety of movements and directions.</li> <li>Give a signal to stop. Have a different student in each group take the lead. Have the new leaders lead their groups through a variety of movements and directions at a slower speed.</li> <li>Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches).</li> </ul>			
<b>Variations</b> <ul style="list-style-type: none"> <li>Have each group come up with a challenge or tasks for the other groups to complete.</li> </ul>			
<b>Notes for Teachers</b> <ul style="list-style-type: none"> <li>Discuss with students different ways in which this activity could be done using other forms of movement.</li> </ul>		<b>Planning Notes and Reflection</b>	