



6th Grade/PE

Lesson: May 15th, 2020

Objective/Learning Target:

To Practice and complete a Bag Drill Workout.

LT-1 I can identify critical elements to improve performance in selected areas.

Participates in a variety of aerobic fitness activities such as cardio-kick, step aerobics and aerobic dance. S3,M3.6



Essential Question

How can I improve my coordination and change of direction skills?



Warm-Ups

Let's Get Started:

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of frog jumps--[Frog Jumps](#)
2. 10 second break
3. 20 seconds of toe touches--[Toe Touches](#)
4. 10 second break
5. 20 seconds of plank touches shoulders-[Plank Shoulder Touches](#)
6. 10 second break
7. 20 seconds of bicycle crunches--[Bicycle Crunches](#)



Practice Video:

As you watch the video, follow along with the instructor to understand the techniques of bag drills.

- 1) [Bag Drills](#)



Practice

Complete each of the 4 drills 3 time each direction.

- 1) Run through**
- 2) Lateral shuffle**
- 3) Upward shuffle**
- 4) Up & backs**

Remember: You do not have to have bags to complete the drills. The movements are the most important. Be creative, you can use clothes, wood, or other items as markers substituting for bags.



Summary

Answer these reflection questions on a piece of paper.

How do bag drills help with coordination and change of direction?

What did you struggle with as you did the bag drills and what did you succeed with as you did bag drills?

What other drills could you include in your bag drill routine?