

Fun with Fitness and Games Part 2

Spring 2015

Objective: To encourage students to enjoy being physically active while trying a variety of outdoor and indoor physical activities.

Target Age: Grades 1-6

Each week will include calisthenics, stretching and strengthening exercise—meant to improve upon and encourage personal bests. Each week will include a devotional focused on sportsmanship, team work, taking care of the body, etc. Each week will include the following themes and if appropriate a basic explanation of the sport's rules and concepts:

Mar 9—Indoor Games

Mar 16—Indoor Hockey and Kickball

Mar 23—Basketball Skills and Drills

Apr 6—Basketball Scrimmage and Shoot Out

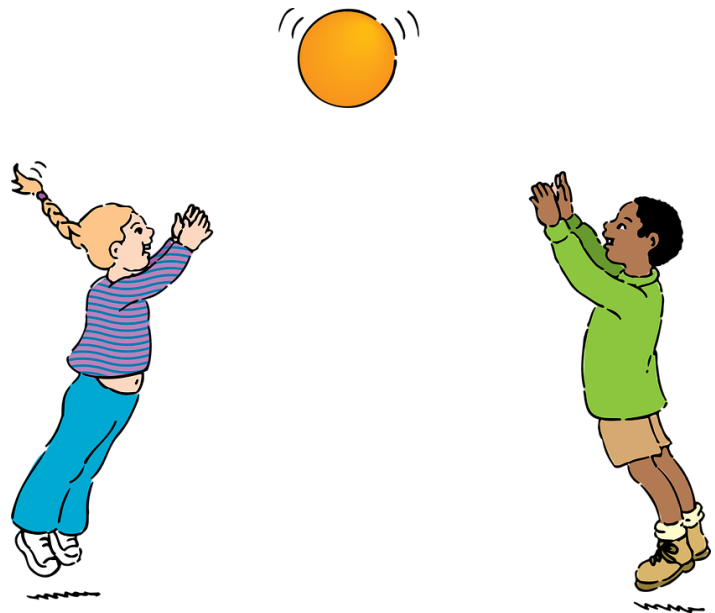
Apr 13—Scatterball

Apr 20—Volleyball Skills and Drills

May 4—Volleyball Game

May 11—Whiffle Ball

May 18—Track and Field Fun



Weather will change our plans so please prepare your child to improvise with us. Please send playground balls March 9. Send basketballs March 23, April 6. Send volleyballs April 20, May 4. I will send out a reminder of what to bring each week. Additional needs will be put on the Facebook page. Please send a bottle of water (labeled) with your student. Student should dress to play outdoors March 16 forward (multiple layers work best) and be ready to get sweaty and dirty! ☺

Cost: \$5.00