

Fun with Fitness and Games

Fall 2014

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:

Week 1: (Sept 8) Kickball

Week 2: (Sept 15) Outdoor Playground Games

Week 3: (Sept 22) Basketball Skills and Drills

Week 4: (Oct 6) More Basketball Skills and Drills

Week 5: (Oct 13) Soccer Skills (with Scott)

Week 6: (Oct 20) Soccer Game

Week 7: (Nov 3) Rockwall Climbing

Week 8: (Nov 10) Indoor Obstacle Course

Week 9: (Nov 17) Minute to Win It Indoor Games



Supplies: We will need a variety of sports equipment. I will ask for anyone in the co-op to bring the items in as we need them. Please send a bottle of water with your student. Student should dress to play outdoors (multiple layers when cooler) and get dirty!

Cost: \$5.00

Note: Schedule may change due to weather.