



Week	Activity	Skill	Zone
1	Intro to Throwing Skills	Throwing	Tennis Ball Zone
1	Intro to Catching Skills	Catching	Beanbag Zone
1	Intro to Running Skills	Running	Frisbee Zone
1	Intro to Jumping Skills	Jumping	Soft Ball Zone
2	Circle of Throws	Throwing	Tennis Ball Zone
2	Beanbag Relay	Catching	Beanbag Zone
2	Throw & Go	Running	Frisbee Zone
2	Pac-Man	Jumping	Soft Ball Zone
3	Jungle Jumps	Throwing	Tennis Ball Zone
3	Tic-Tac-Throw	Catching	Beanbag Zone
3	Focus Frisbee	Running	Frisbee Zone
3	Dodgeball Alley	Jumping	Soft Ball Zone
4	Tennis Ball Pick Up	Throwing	Tennis Ball Zone
4	Speed Bounce	Catching	Beanbag Zone
4	Frisbee Golf	Running	Frisbee Zone
4	Catch Me If You Can	Jumping	Soft Ball Zone
5	Droppers & Catchers	Throwing	Tennis Ball Zone
5	Simon Says Sprint	Catching	Beanbag Zone
5	Jump in the Mud	Running	Frisbee Zone
5	Softball Dodgeball	Jumping	Soft Ball Zone
6	Review It: Throwing Skills	Throwing	Tennis Ball Zone
6	Review It: Catching Skills	Catching	Beanbag Zone
6	Review It: Running Skills	Running	Frisbee Zone
6	Review It: Jumping Skills	Jumping	Soft Ball Zone