

## **4-6 Yearly Plans**

### **August/September: Getting Started by Staying Fit**

- expectations
- Virginia Wellness Testing

### **September: Let's Have Fun/Moving with Your Feet**

- practice Field day Games
- soccer skills: dribbling with feet and passing-Starts September 28
- soccer related games and activities

### **October: Let's Have Fun/ Moving with Your Feet**

- field day-October 2: Make up day October 7
- continue soccer skills: dribbling with feet and shooting
- continue soccer related games and activities

### **November: Let's Play Catch**

- underhand and overhand throwing and catching-4<sup>th</sup> and 5<sup>th</sup>
- underhand serve, forearm pass and overhand spike-6<sup>th</sup>
- volleyball related games and activities
- bowling-November 16 through December

### **December: Rolling and Bowling**

- underhand throwing patterns
- bowling related games and activities

**January: Slap Shot**

- **dribbling**
- **passing**
- **shooting**
- **floor hockey related games and activities**

**February: Final Four**

- **passing**
- **shooting**
- **dribbling with hand**
- **basketball related games and activities**

**March: Continuing Staying Fit and Swat It-starts March 15**

- **VA Wellness**
- **Forehand**
- **Backhand**
- **Serve**
- **Badminton-5-6/Pickleball-4 games and activities**

**April: Swat It**

- **forehand**
- **backhand**
- **serve**
- **badminton-5-6/pickleball-4 games and activities**

**May: Start Wrapping Up**

- **review field day games for June**

**June: Let's Have a Blast**

- **field day-June**
- **step box and jump rope**
- **cooperative games**