**Class Title:** BLUE/ORANGE Sports & Rec

**Teacher Name:** Laura Lewis

**Class Day:** Monday

**Class Size:** 12

**Class Cost:** $29

**Ages or color group served:** Blue & Orange (4th - 8th grades)

**What level is this class:** Level 2

**Prerequisites:** N/A

**Graduation Requirements:** N/A

**Homework Requirements:** N/A

**Class Description:**

Let's explore more about the sports so many of us love and have some fun together! We’re going to look at the history and origin story for a different sport/recreation each week and then play! A few we’ll cover are: basketball, football, soccer, corn hole, tennis, kickball, track and field events, ladder-ball!

**Week 1:**

What to expect. What’s the difference between competitive & recreation sports? Why activities with a team are good for us.

Team Building activities

**Week 2:**

Flag Football

**Week 3:**

Soccer

**Week 4:**

Badminton

**Week 5:**

Kickball

**Week 6:**

Ladder Ball and Cornhole

**Week 7:**

Volleyball

**Week 8:**

Rotating Stations

Jump Rope, 4-Square, Frisbee, Spike-Ball

**Week 9:**

Dodgeball

**Week 10:**

Wiffle Ball

**Week 11:**

Basketball

**Week 12:**

Olympics