



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



HOMESCHOOL
COLLABORATORS
UNITED
CO-OP & HYBRID ACADEMY 

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