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| MondayWarm-up Activity: Throwing a FootballCool-down: Stretching | TuesdayWarm-upActivity:Passing and Receiving with a partnerCool-down: Stretching  | WednesdayWarm-upActivity: Passing and Route Running with a partnerCool-down: Stretching | ThursdayWarm-upActivity: Throwing and catchingCool-down: Stretching  | FridayWarm-upFree Day |
| MondayWarm-upActivity: Throwing at a targetCool-down:Stretching | TuesdayWarm-upActivity: Throwing at a targetCool-down:Stretching | WednesdayWarm-upActivity: Throwing at a targetCool-down:Stretching | ThursdayWarm-upActivity: Throwing at a targetCool-down:Stretching | FridayWarm-upFree Day |

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| MondayWarm-up Activity: Throwing a FootballCool-down: Stretching | TuesdayWarm-upActivity:Passing and Receiving with a partnerCool-down: Stretching  | WednesdayWarm-upActivity: Passing and Route Running with a partnerCool-down: Stretching | ThursdayWarm-upActivity: Throwing and catchingCool-down: Stretching  | FridayWarm-upFree Day |
| MondayWarm-upActivity: Throwing at a targetCool-down:Stretching | TuesdayWarm-upActivity: Throwing at a targetCool-down:Stretching | WednesdayWarm-upActivity: Throwing at a targetCool-down:Stretching | ThursdayWarm-upActivity: Throwing at a targetCool-down:Stretching | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Explaining Ultimate football rules | TuesdayWarm-upActivity:Ultimate Football  | WednesdayWarm-upActivity: Ultimate Football | ThursdayWarm-upActivity:  Ultimate Football | FridayWarm-upFree Day |
| MondayWarm-upActivity: Ultimate Football | TuesdayWarm-upActivity: Ultimate Football | WednesdayWarm-upActivity: Ultimate Football | ThursdayWarm-upActivity: Ultimate Football | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Volleyball, Hitting to yourself | TuesdayWarm-upActivity:Volleyball Hitting with a partner  | WednesdayWarm-upActivity: Volleyball Hitting with a partner | ThursdayWarm-upActivity:  Volleyball Hitting with a partner | FridayWarm-upFree Day |
| MondayWarm-upActivity: Hitting over the net | TuesdayWarm-upActivity: Hitting over the net | WednesdayWarm-upActivity: Hitting over the net | ThursdayWarm-upActivity: Hitting over the net | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Underhand serve | TuesdayWarm-upActivity:Underhand Serve  | WednesdayWarm-upActivity: Receiving serve | ThursdayWarm-upActivity:  Receiving serve | FridayWarm-upFree Day |
| MondayWarm-upActivity: Volleyball game | TuesdayWarm-upActivity: Volleyball game | WednesdayWarm-upActivity: Volleyball game | ThursdayWarm-upActivity: Volleyball game | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Eclipse ball | TuesdayWarm-upActivity:Eclipse ball  | WednesdayWarm-upActivity: Eclipse ball | ThursdayWarm-upActivity:  Eclipse ball | FridayWarm-upFree Day |
| MondayWarm-upBeach Ball volleyballActivity: Beach Ball volleyball | TuesdayWarm-upActivity: Beach Ball volleyball | WednesdayWarm-upActivity: Beach Ball volleyball | ThursdayWarm-upActivity: Beach Ball volleyball | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Kicking  | TuesdayWarm-upActivity:Kicking  | WednesdayWarm-upActivity: Kicking | ThursdayWarm-upActivity:  Kicking | FridayWarm-upFree Day |
| MondayWarm-upActivity: Introduce Kick ball | TuesdayWarm-upActivity: Introduce Kick ball | WednesdayWarm-upActivity: Introduce Kick ball | ThursdayWarm-upActivity: Kick Ball | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Mat Ball | TuesdayWarm-upActivity:Mat Ball  | WednesdayWarm-upActivity: Mat Ball | ThursdayWarm-upActivity:  Mat ball | FridayWarm-upFree Day |
| MondayWarm-upActivity: Introduce capture the flag | TuesdayWarm-upActivity: Introduce capture the flag | WednesdayWarm-upActivity: Introduce capture the flag | ThursdayWarm-upActivity: Capture the flag | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Basketball skills | TuesdayWarm-upActivity:Basketball skills  | WednesdayWarm-upActivity: Basketball skills | ThursdayWarm-upActivity: Basketball skills | FridayWarm-upFree Day |
| MondayWarm-upActivity: Basketball | TuesdayWarm-upActivity: Basketball  | WednesdayWarm-upActivity: Basketball | ThursdayWarm-upActivity: Basketball | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Hula hoop Rock, paper, scissors | TuesdayWarm-upActivity: Hula hoop Rock, paper, scissors | WednesdayWarm-upActivity: Hula hoop Rock, paper, scissors | ThursdayWarm-upActivity:  Hula hoop Rock, paper, scissors | FridayWarm-upFree Day |
| MondayWarm-upActivity: Hula Hoop relay | TuesdayWarm-upActivity: Hula Hoop relay | WednesdayWarm-upActivity: Hula Hoop relay | ThursdayWarm-upActivity: Hula Hoop relay | FridayWarm-upFree DayHula Hoop relay |

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| MondayWarm-up Activity:Throwing and catching a frisbee | TuesdayWarm-upActivity: Throwing and catching a frisbee | WednesdayWarm-upActivity: Throwing and catching a frisbee | ThursdayWarm-upActivity:  Throwing and catching a frisbee | FridayWarm-upFree DayThrowing and catching a frisbee |
| MondayWarm-upActivity: Throwing a frisbee at a target | TuesdayWarm-upActivity: Throwing a frisbee at a target | WednesdayWarm-upActivity: Throwing a frisbee at a target | ThursdayWarm-upActivity: Throwing a frisbee at a target | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Ultimate Frisbee | TuesdayWarm-upActivity: Ultimate Frisbee | WednesdayWarm-upActivity: Ultimate Frisbee | ThursdayWarm-upActivity: Ultimate Frisbee | FridayWarm-upFree Day |
| MondayWarm-upActivity: Ultimate Frisbee | TuesdayWarm-upActivity: Ultimate Frisbee | WednesdayWarm-upActivity: Ultimate Frisbee | ThursdayWarm-upActivity: Ultimate Frisbee | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Jump rope introduction | TuesdayWarm-upActivity: Jump rope introduction | WednesdayWarm-upActivity: Jump rope introduction | ThursdayWarm-upActivity:  Jump rope introduction | FridayWarm-upFree Day |
| MondayWarm-upActivity: Jump Rope Relay Races | TuesdayWarm-upActivity: Jump Rope Relay Races | WednesdayWarm-upActivity: Jump Rope Relay Races | ThursdayWarm-upActivity: Jump Rope Relay Races | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Parachute | TuesdayWarm-upActivity: Parachute | WednesdayWarm-upActivity: Parachute | ThursdayWarm-upActivity:  Parachute | FridayWarm-upFree Day |
| MondayWarm-upActivity: Pickleball | TuesdayWarm-upActivity: Pickleball | WednesdayWarm-upActivity: Pickleball | ThursdayWarm-upActivity: Pickleball | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Pickleball | TuesdayWarm-upActivity: Pickleball | WednesdayWarm-upActivity: Pickleball | ThursdayWarm-upActivity:  Pickleball | FridayWarm-upFree Day |
| MondayWarm-upActivity: Pickleball | TuesdayWarm-upActivity: Pickleball | WednesdayWarm-upActivity: Pickleball | ThursdayWarm-upActivity: Pickleball | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Hockey Skills | TuesdayWarm-upActivity: Hockey Skills | WednesdayWarm-upActivity: Hockey Skills | ThursdayWarm-upActivity:  Hockey Skills | FridayWarm-upFree Day |
| MondayWarm-upActivity: Hockey  | TuesdayWarm-upActivity: Hockey | WednesdayWarm-upActivity: Hockey | ThursdayWarm-upActivity: Hockey | FridayWarm-upFree Day |

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| MondayWarm-up Activity:Kickball | TuesdayWarm-upActivity: Kickball | WednesdayWarm-upActivity: Kickball | ThursdayWarm-upActivity:  Kickball | FridayWarm-upFree Day |
| MondayWarm-upActivity: Kickball | TuesdayWarm-upActivity: Kickball | WednesdayWarm-upActivity: Kickball | ThursdayWarm-upActivity: Kickball | FridayWarm-upFree Day |