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| Monday  Warm-up  Activity:  Throwing a Football  Cool-down: Stretching | Tuesday  Warm-up  Activity:  Passing and Receiving with a partner  Cool-down:  Stretching | Wednesday  Warm-up  Activity:  Passing and Route Running with a partner  Cool-down:  Stretching | Thursday  Warm-up  Activity:  Throwing and catching  Cool-down: Stretching | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Tuesday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Wednesday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Thursday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Throwing a Football  Cool-down: Stretching | Tuesday  Warm-up  Activity:  Passing and Receiving with a partner  Cool-down:  Stretching | Wednesday  Warm-up  Activity:  Passing and Route Running with a partner  Cool-down:  Stretching | Thursday  Warm-up  Activity:  Throwing and catching  Cool-down: Stretching | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Tuesday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Wednesday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Thursday  Warm-up  Activity:  Throwing at a target  Cool-down:  Stretching | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Explaining Ultimate football rules | Tuesday  Warm-up  Activity:  Ultimate Football | Wednesday  Warm-up  Activity:  Ultimate Football | Thursday  Warm-up  Activity:  Ultimate Football | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Ultimate Football | Tuesday  Warm-up  Activity:  Ultimate Football | Wednesday  Warm-up  Activity:  Ultimate Football | Thursday  Warm-up  Activity:  Ultimate Football | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Volleyball, Hitting to yourself | Tuesday  Warm-up  Activity:  Volleyball Hitting with a partner | Wednesday  Warm-up  Activity:  Volleyball Hitting with a partner | Thursday  Warm-up  Activity:  Volleyball Hitting with a partner | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Hitting over the net | Tuesday  Warm-up  Activity:  Hitting over the net | Wednesday  Warm-up  Activity:  Hitting over the net | Thursday  Warm-up  Activity:  Hitting over the net | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Underhand serve | Tuesday  Warm-up  Activity:  Underhand Serve | Wednesday  Warm-up  Activity:  Receiving serve | Thursday  Warm-up  Activity:  Receiving serve | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Volleyball game | Tuesday  Warm-up  Activity:  Volleyball game | Wednesday  Warm-up  Activity:  Volleyball game | Thursday  Warm-up  Activity:  Volleyball game | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Eclipse ball | Tuesday  Warm-up  Activity:  Eclipse ball | Wednesday  Warm-up  Activity:  Eclipse ball | Thursday  Warm-up  Activity:  Eclipse ball | Friday  Warm-up  Free Day |
| Monday  Warm-up  Beach Ball volleyball  Activity:  Beach Ball volleyball | Tuesday  Warm-up  Activity:  Beach Ball volleyball | Wednesday  Warm-up  Activity:  Beach Ball volleyball | Thursday  Warm-up  Activity:  Beach Ball volleyball | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Kicking | Tuesday  Warm-up  Activity:  Kicking | Wednesday  Warm-up  Activity:  Kicking | Thursday  Warm-up  Activity:  Kicking | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Introduce Kick ball | Tuesday  Warm-up  Activity:  Introduce Kick ball | Wednesday  Warm-up  Activity:  Introduce Kick ball | Thursday  Warm-up  Activity:  Kick Ball | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Mat Ball | Tuesday  Warm-up  Activity:  Mat Ball | Wednesday  Warm-up  Activity:  Mat Ball | Thursday  Warm-up  Activity:  Mat ball | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Introduce capture the flag | Tuesday  Warm-up  Activity:  Introduce capture the flag | Wednesday  Warm-up  Activity:  Introduce capture the flag | Thursday  Warm-up  Activity:  Capture the flag | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Basketball skills | Tuesday  Warm-up  Activity:  Basketball skills | Wednesday  Warm-up  Activity:  Basketball skills | Thursday  Warm-up  Activity:  Basketball skills | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Basketball | Tuesday  Warm-up  Activity:  Basketball | Wednesday  Warm-up  Activity:  Basketball | Thursday  Warm-up  Activity:  Basketball | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Hula hoop Rock, paper, scissors | Tuesday  Warm-up  Activity:  Hula hoop Rock, paper, scissors | Wednesday  Warm-up  Activity:  Hula hoop Rock, paper, scissors | Thursday  Warm-up  Activity:  Hula hoop Rock, paper, scissors | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Hula Hoop relay | Tuesday  Warm-up  Activity:  Hula Hoop relay | Wednesday  Warm-up  Activity:  Hula Hoop relay | Thursday  Warm-up  Activity:  Hula Hoop relay | Friday  Warm-up  Free Day  Hula Hoop relay |

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| Monday  Warm-up  Activity:  Throwing and catching a frisbee | Tuesday  Warm-up  Activity:  Throwing and catching a frisbee | Wednesday  Warm-up  Activity:  Throwing and catching a frisbee | Thursday  Warm-up  Activity:    Throwing and catching a frisbee | Friday  Warm-up  Free Day  Throwing and catching a frisbee |
| Monday  Warm-up  Activity:  Throwing a frisbee at a target | Tuesday  Warm-up  Activity:  Throwing a frisbee at a target | Wednesday  Warm-up  Activity:  Throwing a frisbee at a target | Thursday  Warm-up  Activity:  Throwing a frisbee at a target | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Ultimate Frisbee | Tuesday  Warm-up  Activity:  Ultimate Frisbee | Wednesday  Warm-up  Activity:  Ultimate Frisbee | Thursday  Warm-up  Activity:  Ultimate Frisbee | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Ultimate Frisbee | Tuesday  Warm-up  Activity:  Ultimate Frisbee | Wednesday  Warm-up  Activity:  Ultimate Frisbee | Thursday  Warm-up  Activity:  Ultimate Frisbee | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Jump rope introduction | Tuesday  Warm-up  Activity:  Jump rope introduction | Wednesday  Warm-up  Activity:  Jump rope introduction | Thursday  Warm-up  Activity:    Jump rope introduction | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Jump Rope Relay Races | Tuesday  Warm-up  Activity:  Jump Rope Relay Races | Wednesday  Warm-up  Activity:  Jump Rope Relay Races | Thursday  Warm-up  Activity:  Jump Rope Relay Races | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Parachute | Tuesday  Warm-up  Activity:  Parachute | Wednesday  Warm-up  Activity:  Parachute | Thursday  Warm-up  Activity:    Parachute | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Pickleball | Tuesday  Warm-up  Activity:  Pickleball | Wednesday  Warm-up  Activity:  Pickleball | Thursday  Warm-up  Activity:  Pickleball | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Pickleball | Tuesday  Warm-up  Activity:  Pickleball | Wednesday  Warm-up  Activity:  Pickleball | Thursday  Warm-up  Activity:    Pickleball | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Pickleball | Tuesday  Warm-up  Activity:  Pickleball | Wednesday  Warm-up  Activity:  Pickleball | Thursday  Warm-up  Activity:  Pickleball | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Hockey Skills | Tuesday  Warm-up  Activity:  Hockey Skills | Wednesday  Warm-up  Activity:  Hockey Skills | Thursday  Warm-up  Activity:    Hockey Skills | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Hockey | Tuesday  Warm-up  Activity:  Hockey | Wednesday  Warm-up  Activity:  Hockey | Thursday  Warm-up  Activity:  Hockey | Friday  Warm-up  Free Day |

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| Monday  Warm-up  Activity:  Kickball | Tuesday  Warm-up  Activity:  Kickball | Wednesday  Warm-up  Activity:  Kickball | Thursday  Warm-up  Activity:    Kickball | Friday  Warm-up  Free Day |
| Monday  Warm-up  Activity:  Kickball | Tuesday  Warm-up  Activity:  Kickball | Wednesday  Warm-up  Activity:  Kickball | Thursday  Warm-up  Activity:  Kickball | Friday  Warm-up  Free Day |