

# Athletic Games

Full year 2020-2021

Grades 6+

Teachers: Carrie & Simeon Borsman

In this class students will get moving while having tons of fun! Each class will begin with a fun warm-up and stretching routine set to energetic music. (This is derived from Danish Gymnastics). Once students are warmed up and ready to go we will introduce a new **active** game we will play that week. Most of these games will not be the "typical sports" type of games but more unique and unconventional. This class is meant to be fun and active involving students at ANY level of athletic ability, as long as there is willingness to participate. All students are expected to actively participate! No sitting on the sidelines in this class.

week 1: Octa-ball

week 2: 4-Square

week 3: Capture the flag

week 4: Ulti ball

week 5: Hungry hippos & steel the bacon

week 6: Volleyball

week 7: Prisoner's base

week 8: Ultimate Frisbee

week 9: Battleship