**Concepts of Individual and Dual Sports**

**Teaching Activities Sign-Up and Schedule**

Fitness Exercises/Progressions

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Push-ups

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Lunges

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Squats

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Glute Bridges

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Adbominal Exercises

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Core Exercises

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Flexibility Exercises

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Back Extension Exercises

Other (must be approved by the instructor).

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Motor Skills

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cardio-kickboxing- aerobic conditioning

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Volleyball- bump

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Volleyball – set

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Volleyball - serve

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Basketball – basic lay-up off the dribble

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Basketball – free throw

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Basketball - dribbling

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Soccer- dribbling

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Soccer – passing and trapping

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Forward roll –

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Catching a ball -

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fielding a ground ball (no glove)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tennis- forehand stroke

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tennis- backhand stroke

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Long Jump

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Throwing accurately to a target

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Golf putt

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hopping and skipping

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Smash in Badminton

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Throwing a frisbee

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Throwing a football

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Backward roll

\_\_\_\_\_\_\_\_\_\_\_\_\_\_Broad Jump

Other (must be approved by the instructor).

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_