

LIFETIME SPORTS SCOPE AND SEQUENCE

Skill	Content	Minimum # of Classes
Introductory	Set up a positive classroom environment	2
Net games	Tennis	4
Net games	Badminton	4
Net games	Pickleball	4
Net games	Volleyball	4
Yoga	Intro poses, meditation, yoga routines; create your own routine	6
Fitness	Safety, fitness center, fitness walking	3
Cooperative learning	Cooperative games, Low ropes activities	10
Cooperative games	Mat ball, boffle ball, guard the pin, triangle ball, wompum tag	8
Lifetime sports	Snow shoeing, disc golf	8
Invasion games	Soccer	3
Invasion games	Floor Hockey	4
Invasion games	Basketball	4
Invasion games	Team handball	4