

Theme:



SUPER FOOTBALL WEEK

Lesson Focus and Goals:

- WARMUP - USE POP POMS TO MAKE IT FUN (TOUCH POM POM TO TOES, KEEP IT ON YOUR TUMMY IN CRAB WALKS, DO A BRIDGE OVER IT, ETC)
- *** ANNOTATES THIS IS THE SPOTTED SKILL OF THE CIRCUIT



LINK TO VIDEO OF CIRCUIT IN ACTION:

[HTTPS://YOUTU.BE/B0MVL5SLXQS](https://youtu.be/B0MVL5SLXQS)

Props Needed:

- CHEER POM POMS
- FUZZY POM POMS
- PINCHERS
- BOWL
- BUCKETS
- CHALK
- CONES
- HULA HOOPS (RECOMMEND HOOPS FROM THE TWISTER HOPSCOTCH GAME)
- STUFFED FOOTBALL

Decoration Ideas:

- USE CHALK TO CREATE 'PLAYS' ON THE FLOOR. SEE IMAGE IN NOTES

BASIC CIRCUIT

UP THE STEPS
WALK ACROSS THE STONES
WALK AROUND AND DOWN BEAM
LEVER TOUCHES OR FROG JUMPS
FINE MOTOR-PINCHERS AND POMS
CARTWHEEL ***
PEEK & DO 2X
HANG AND DROP BALL IN BUCKET W/ FEET

Rotation Notes:

ADVANCED CIRCUIT

UP THE STAIRS
HANG-PUT BLOCK IN BUCKET WITH FEET
PIKE ROLL
BACK BEND***
TABLETOP
SPIDERWALK
FRONT SUPPORT CASTS 3X
GRAB A CONE
BEAM-STEP ON ALL RED FEET
THROW A TOUCHDOWN

Rotation Notes:



TRAMPOLINE CIRCUIT

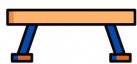
N/A

Rotation Notes:

MISC CIRCUIT

BALANCE BOARD
RELEVE WITH BEAN BAG
THROW A TOUCHDOWN
TWIST AND TURN IN FRISBEES
SPIDERWALK
BIRD SOLDIER ROCKET
BUNNY HOPS
WALK DOWN THE BEAMS

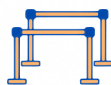
Rotation Notes:



BEAM CIRCUIT

BIRD SOLDIER ROCKET
WALK ACROSS THE BEAM
JUMP FREEZE
FORWARD ROLL
POPCORN 3X
HANDS DOWN-JUMP L & R
HIGH KNEES IN HOOPS

Rotation Notes:



BAR CIRCUIT

N/A

Rotation Notes:



SLIDE/PIT CIRCUIT

UP THE SLIDE
DOWN THE STAIRS
SIDWAYS BEARCRAWLS
PULLOVER***
WALK THROUGH LADDER
JUMPS UP/DOWN 3X
STRADDLE ROLL
BIRD SOLDIER ROCKET (ARM CIRCLE)
LEVER TOUCHES
LAY DOWN-FEET UP WALL
WALK ACROSS BEAM
RELEVE ACROSS BEAM

Rotation Notes:

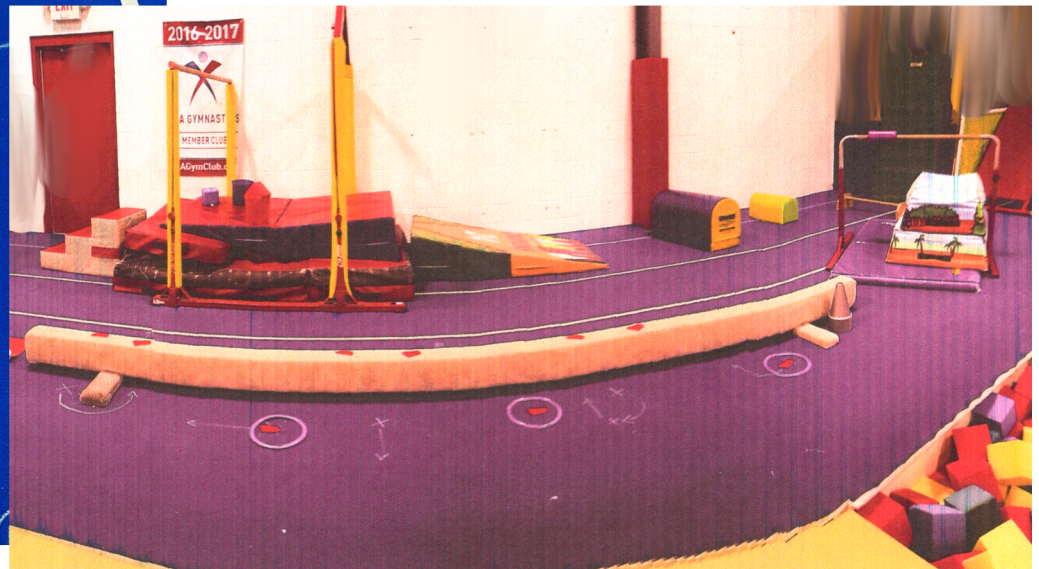
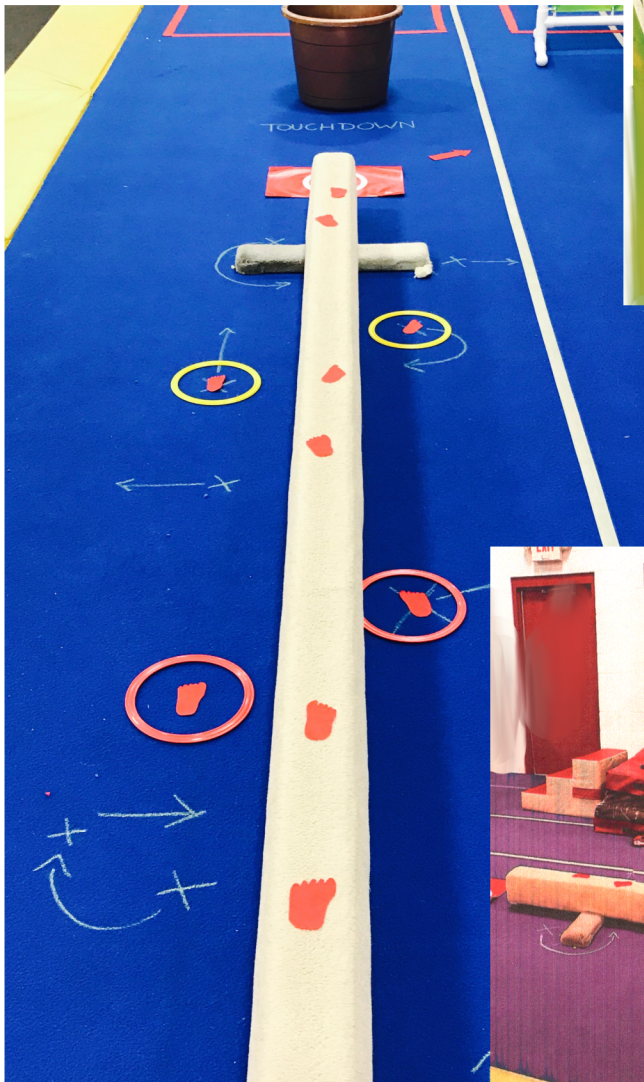
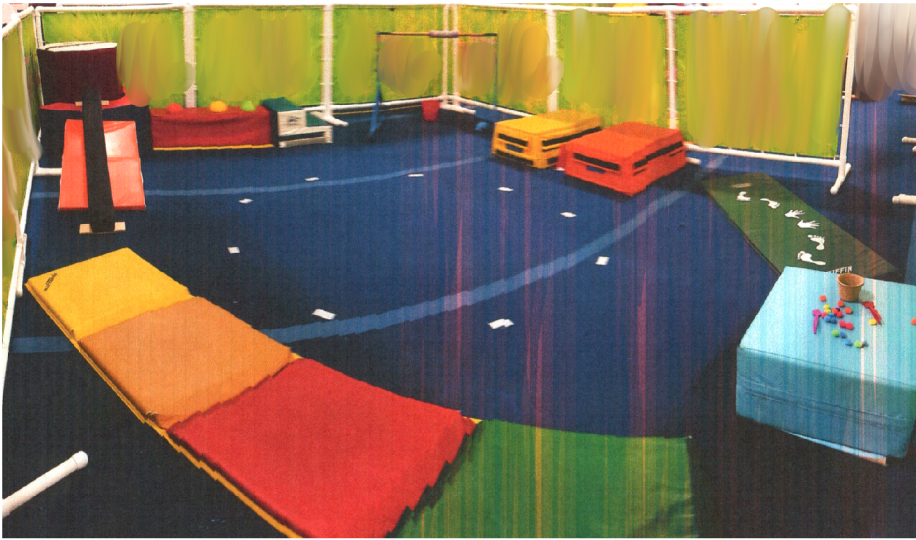


SLIDE/CLIMBING WALL CIRCUIT

CLIMB THE MOUNTAIN***
SLIDE DOWN
UP THE LADDER
THROW A TOUCHDOWN
BUNNY HOPS
FORWARD ROLL
ALL STAR JUMPS 3X
WALK THROUGH THE HOOPS
UNDER AND OVER OBSTACLES

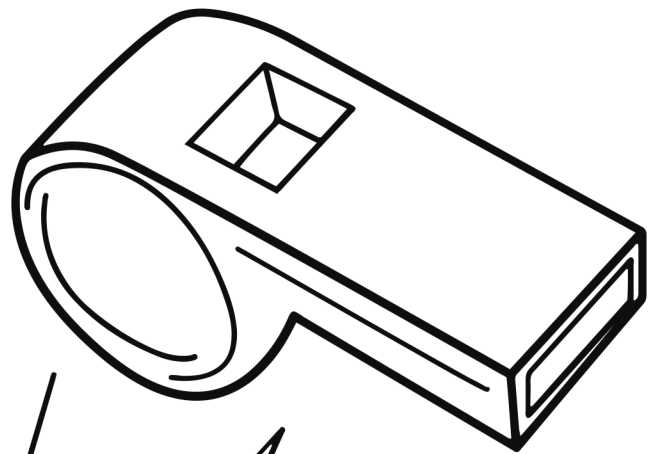
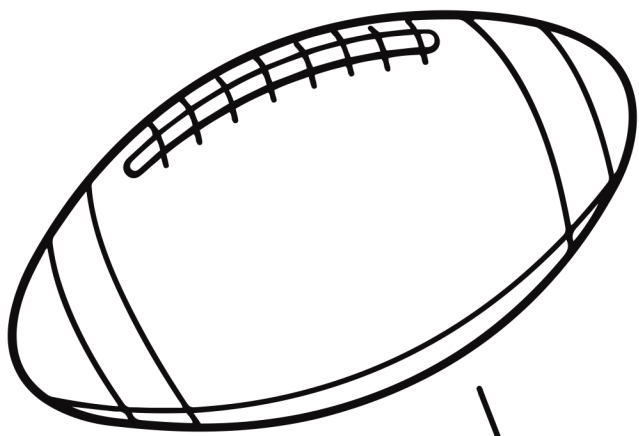
Rotation Notes:

NOTES & MORE:



NOTES & MORE:





TOUCHDOWN

