

## SEVENTH GRADE WEEK 1

<b>Day 1</b> Calisthenics Overhand Throw (TA) Partner Passing	<b>Day 2</b> Calisthenics Catching (TA) Partner Passing	<b>Days 3</b> Calisthenics Backhand Throw (TA) Partner Passing	<b>Day 4</b> Calisthenics Thumb Throw (TA) Partner Passing	<b>Day 5</b> Calisthenics Review: OH, BH, TT, catching DISC Target Game Concepts: OH, BH, TT, catching Pers/social: Pos. FB
<b>Concepts: OH throw</b>	<b>Concepts: Catching</b>	<b>Concepts: BH throw</b>	<b>Concepts: TT</b>	
<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>

## WEEK 2

<b>Day 1</b> Calisthenics Review: OH, BH, TT, Catching GUTS	<b>Day 2</b> Calisthenics Review: OH, BH, TT, catching GUTS	<b>Days 3</b> Calisthenics Review: OH, BH, TT, catching ULTIMATE FRISBEE	<b>Day 4</b> Calisthenics Review: OH, BH, TT, catching ULTIMATE FRISBEE	<b>Day 5</b> Calisthenics Review: OH, BH, TT, catching ULTIMATE FRISBEE
<b>Concepts: OH, BH TT, catching</b>	<b>Concepts: OH, BH TT, catching</b>	<b>Concepts: OH, BH TT, catching</b>	<b>Concepts: OH, BH TT, catching</b>	<b>Concepts: OH, BH TT, catching</b>
<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>	<b>Pers/social: Pos. FB</b>