

**Secondary Instructional Sequence**

**SHUFFLEBOARD GRADE 7**

<b>Week</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>1</b>	<p>Warm Up/Stretch</p> <p><b>Intro:</b> General Rules, 2 person &amp; 4 person, concepts and strategies of shuffleboard</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Sliding discs</li> </ul> <p><b>Concepts:</b></p> <ul style="list-style-type: none"> <li>How to keep score</li> <li>Serving a disc to score pts</li> <li>Serving a disc to take pts away from an opponent</li> <li>Serving a disc to block an opponent's play</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Sliding discs</li> <li>Playing discs off other discs</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, concepts and strategies of shuffleboard</p> <p><b>Review Concepts:</b></p> <ul style="list-style-type: none"> <li>How to keep score</li> <li>Serving a disc to score pts</li> <li>Serving a disc to take pts away from an opponent</li> <li>Serving a disc to block an opponent's play</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Sliding discs</li> <li>Playing discs off other discs</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Lead-up shuffleboard Game C</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Two person shuffleboard</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Two person shuffleboard</li> </ul>
<b>Week</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>2</b>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, 2 person &amp; 4 person, concepts and strategies of shuffleboard</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Four Person Shuffleboard</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, 2 person &amp; 4 person, concepts and strategies of shuffleboard</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Four Person Shuffleboard</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, 2 person &amp; 4 person, concepts and strategies of shuffleboard</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Quiz Review</li> <li>Four Person Shuffleboard</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Review:</b> General Rules, 2 person &amp; 4 person, concepts and strategies of shuffleboard</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Quiz Review</li> <li>Shuffleboard</li> </ul>	<p>Warm Up/Stretch</p> <p><b>Activities:</b> Shuffleboard Quiz  Shuffleboard</p>

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