

3rd Grade Football Instructional Sequence

<p>Day 1 Skill: Catching(above, below), Throwing</p> <p>Concept: form, terminology, safety Activities: catching and throwing with a partner Personal-Social: 1, 2, 3</p>	<p>Day 2 Skill: Catching and throwing, introduce snapping Concept: form, technique, terminology, safety Activities: One step(catching/throwing), snapping with a partner Personal-Social:1, 2, 3</p>
<p>Day 3 Skill: Review snapping, introduce punting with playground ball</p> <p>Concept: form, technique, terminology, safety Activities: snap with center becoming receiver, punting with a partner Personal-Social:1, 2, 3</p>	<p>Day 4 Skill: throwing, catching, snapping, punting Concept: form, technique, safety Activities: Stations five minutes each rotate through Personal-Social:1, 2, 3</p>
<p>Day 5 Skill: throwing, catching, snapping, punting Concept: form, technique, safety Activities: stations Personal-Social:1, 2, 3</p>	<p>Day 6 Skill: throwing, catching, running, dodging Concept: rules, terminology, safety Activities: capture the footballs Personal-Social:1, 2, 3</p>