

5th Grade
Instructional Sequence: Football

<p><i>Day 1</i> Skill: catching(above and below), throwing Concept: form, terminology, safety Activities: throwing and catching with a partner, one step Personal-Social: 1, 2, 3</p>	<p><i>Day 2</i> Skill: catching and throwing, snapping, punting Concept: form, terminology, safety Activities: stations five minutes each Personal-Social:1, 2, 3</p>
<p><i>Day 3</i> Skill: catching, throwing, snapping, punting Concept: technique, form, safety, terminology, rules Activities: stations, one on one Personal-Social:1, 2, 3</p>	<p><i>Day 4</i> Skill: catching, throwing, running, dodging Concept: rules, safety Activities: stations, throwing catching, one on one, punting, snapping Personal-Social:1, 2, 3</p>
<p><i>Day 5</i> Skill: catching, throwing, snapping, running, dodging Concept: rules, safety, terminology, Activities: air force football, Personal-Social:1, 2, 3</p>	<p><i>Day 6</i> Skill: catching, throwing, snapping, running, dodging Concept: rules, safety Activities: four downs Personal-Social:1, 2, 3</p>