

***Block Plan
Tinikling-3rd Grade***

<p>Day 1 Skill: Warm-up: variety of loco motor skills, push-ups, core work, agility Tinikling: pole work, basic jump in and out even rhythm</p> <p>Concept: inside/outside poles Activities: teach proper grip and tapping skills along with jumping rhythm Personal-Social: work with partners, follow directions</p>	<p>Day 2 Skill: variety of loco motor skills, push-ups, core work, agility Review double step pattern, and continue to get better Concept: Activities: work in small groups to improve double step pattern, 1 jumper and then 2 jumpers Personal-Social: work with partners, follow directions</p>
<p>Day 3 Skill:</p> <p>Concept: Activities: Personal-Social:</p>	<p>Day 4 Skill: Concept: Activities: Personal-Social:</p>
<p>Day 5 Skill: Concept: Activities: Personal-Social:</p>	<p>Day 6 Skill: Concept: Activities: Personal-Social:</p>