

Block Plan
Tinikling-4th Grade

<p><i>Day 1</i> Skill: Warm-up: various locomotor skills, push-up, core work, agility Double step pattern, pole skill</p> <p>Concept: keep sticks close to ground Activities: double step pattern with 1 and 2 people inside sticks Personal-Social: teamwork, follow rules</p>	<p><i>Day 2</i> Skill: Warm-up: various locomotor skills, push-ups, core work, agility Hopping, hopping with alternating feet Concept: sticks low and feet high Activities: Hopping with 1 and 2 people inside sticks, begin alternate hopping Personal-Social: teamwork, follow rules</p>
<p><i>Day 3</i> Skill:</p> <p>Concept: Activities: Personal-Social:</p>	<p><i>Day 4</i> Skill: Concept: Activities: Personal-Social:</p>
<p><i>Day 5</i> Skill: Concept: Activities: Personal-Social:</p>	<p><i>Day 6</i> Skill: Concept: Activities: Personal-Social:</p>