

**Push The Rock**  
**Home School Curriculum 2011-2012**  
**Sports and Games Session Three**

**Session 3: January-February**

**Week 1: Indoor Soccer**

We will begin this class by learning the basic skills of indoor soccer including shooting, passing and dribbling. We will utilize the skills learned in several fun soccer games. We will end the class by playing indoor soccer team games.

**Week 2: Gator Ball**

Gator Ball is a game that is a mix between soccer and basketball. If the ball is in the air, students move by passing and running with the ball. If the ball is on the ground, the ball is moved by dribbling with your feet. The goals are very large and there are multiple goal keepers. In this class we will learn the game of gator ball and play several team games.

**Week 3: Volleyball**

In this class, we will spend time learning how to set, bump and serve a volleyball. We will have several competitions where the students practice these skills. We will then play team games of volleyball.

**Week 4: Fitness Circuit/Dodgeball**

Every session, we lead the students in a Fitness Circuit. Each circuit includes exercises the students can do to live a healthy life. After we finish the circuit, we will play Dodgeball.

**Week 5: Field Day**

Field Day is a class where we split the group into teams and spend the day competing in team style games. The students earn points for each game and we have a friendly competition throughout the day. Field day is always a highlight of each session!

**Week 6: Street Hockey/Pillow Polo**

To begin this class, we will practice the skills of street hockey in stations. Students will be taught the rules of street hockey. After we have practiced the skills in various competitions, the students will play team games of street hockey. Younger students will get a chance to use Pillow Polo sticks.

**Week 7: Swimming/College Basketball Game**

Our last class of the session is always a field trip. This session we will either take the students swimming or to a college basketball game.