

# PLAY BALL

## Spring Extended Day



This fun and exciting class will focus on Motor and Physical Development, Social and Emotional Skills, Respect, Responsibility and Safety.

We will focus on the general concept of a team sport. Every class will consist of :

- \* Warm up (cardio activities)

- \* Drills (dribbling, passing and receiving)
- \* Game/Play (shooting on goals, hitting a ball)
- \* Team Circle (caring, respect, responsibility, safety)