



Sports Instruction with Coach Ilyce Expanding Horizons Junior Gan Israel 2021

Date	Sport	Motor Skill Focus	Discussion
7/1/21	Soccer	Kicking and Trapping	Good Sportsmanship
7/8/21	T-ball	Throwing, Running Bases Hitting	Teamwork
7/15/21	Football	Step and Throw Drop and Kick	Offense and Defense
7/22/21	Field Hockey	Striking, Pushing and Pulling	All About the Core Muscles
7/29/21	Summer Olympics-Track and Field	Jumping, Sprinting and Bounding Forward	Mighty Leg Muscles
8/5/21	Basketball	Tossing, Dribbling, Bouncing and Catching	It's Fun to Flex Our Muscles