



Sports Instruction with Coach Ilyce Expanding Horizons Junior Gan Israel 2022

Date	Sport	Motor Skill Focus	Bone and Muscle Awareness
6/30/22	Hockey	Striking, Pushing, Pulling	Bones, Bones and More Bones
7/7/22	Soccer	Kicking, Trapping	Wiggle your Phalanges
7/14/22	Track and Field	Jumping, Sprinting, Bounding Forward	Mighty Leg Muscles
7/21/22	T-Ball	Throwing, Hitting Running Bases	All About the Core
7/28/22	Basketball	Tossing, Dribbling, Bouncing and Catching	Big Strong Arms
8/4/22	Football	Step and Throw, Drop and Kick	Flexing our Muscles