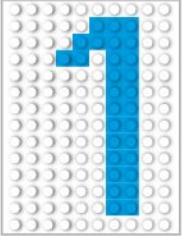
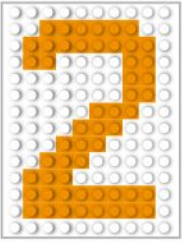


The following block plan is a suggested progression of activities to be introduced over 4 classes. Modify this document based on your class schedule requirements. Review activities as needed.



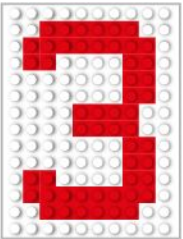
Day 1:

1. Shoot 11 (Instant Adventure); Academic Language Focus: Challenge
2. Team Giants, Wizards, Elves (Flexibility); Academic Language Focus: Flexibility
3. Express Yourself (Closing Adventure); Academic Language Focus: Emotion



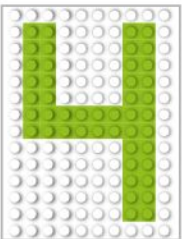
Day 2:

1. Group Catch (Instant Adventure); Academic Language Focus: Team
2. Cone Flip Treasure Grab (Aerobic Capacity); Academic Language Focus: Aerobic Capacity
3. Beat the Clock (Closing Adventure); Academic Language Focus: Self-Respect



Day 3:

1. First to 30 (Instant Adventure); Academic Language Focus: Effort
2. Up or Down (Muscular Fitness); Academic Language Focus: Muscular Fitness
3. Blind Alphabet (Closing Adventure); Academic Language Focus: Cooperation



Day 4:

1. Ready, Set...HUT! (Instant Adventure); Academic Language Focus: Self-Control
2. Build Your Plate (Body Composition); Academic Language Focus: Body Composition
3. Fill the Bucket (Closing Adventure); Academic Language Focus: Support