



## **CHILDREN'S GARDEN NURSERY SCHOOL**

**February 2018**

### **VOLLEYBALL –February 5th**

Skills: Serve, Bump, Volley, Spike

Content: warm-ups, race, skills, co-operative game  
(Includes balancing, jumping, running, throwing, catching, & stretches)

### **FOOTBALL- February 12th**

Skills: Kick-off, Throw, Catch, Touchdown

Content: warm-ups, race, skills, co-operative game  
(Includes balancing, jumping, running, throwing, catching, & stretches)

### **Monday, February 19<sup>th</sup> No Class**

**Family Day**

### **TENNIS- February 26th**

Skills: Forehand, Backhand, Volley

Content: warm-ups, race, skills, co-operative game  
(Includes balancing, jumping, running, throwing, catching, & stretches)