**Table.** CHAMPPS Lesson Sequence

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| **Motor Skill Unit** | **Week** | **UDL Lesson** | **Physical Activity Music Video** |
| 1.Introductory Skills | One | Mon: Lesson 1: 30 min |  |
| Tues: Lesson 2: 30 min. |  |
| Two | Mon: Lesson 3: 28 min. | 2 min. |
| Tues: Review Day |  |
| Three | Mon: Lesson 4: 28 min | 2 min. |
| Tues: Lesson 5: 26 min | 4 min. |
| Four | Mon: Lesson 6: 26 min | 4 min. |
| Tues: Review Day |  |
| 2.Walking & Running | One | Mon: Lesson 1: 30 min |  |
| Tues: Lesson 2: 30 min. |  |
| Two | Mon: Lesson 3: 28 min. | 2 min. |
| Tues: Review Day |  |
| Three | Mon: Lesson 4: 28 min | 2 min. |
| Tues: Lesson 5: 26 min | 4 min. |
| Four | Mon: Lesson 6: 26 min | 4 min. |
| Tues: Review Day |  |
| 3.Balance & Jumping |  | Repeat From Above | |
| 4. Trapping & Catching |  |  | |
| 5. Throwing |  |  | |
| 6. Striking |  |  | |
| 7.Kicking |  |  | |