



ATHLOS ATHLETIC CURRICULUM

Primary Focus:

Secondary Focus:

Equipment:

Overview:

Coaching Notes:

Learning Target:

Protocol:

Social Emotional Learning Focus:

LAST WORD

Review, Reflect, Recognize

GRADE

UNIT

DATE

MOVEMENT PREP

Total Time:

Sets

Time/
Yards

THERMOGENIC

TRANSIT

GENERAL
MOBILITY

APPLIED
MOVEMENT

TEACH/TRAIN

Total Time:

Introduction (~1-2 min.): Introduce students to the skill focus and learning target.

1

2

3

4

5

6

APPLIED ACTIVITY

Total Time:

Activity Layout:

Progressions: