**Game/Activity – Skill Sheet**

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| **Basic Skills** | **Game/Activity where it is used** |
| High Velocity Overhand Pattern | Baseball/Softball, Nukem, Matball, Team Handball, Flag Football, Home Run Derby, Elimination, Jedi Tag, Bombardment, Renegade, Kick Ball |
| High Velocity Underhand Pattern | Softball, Nukem, Backyard Games, Home Run Derby, Elimination, Jedi Tag, Bombardment, Renegade |
| Dodging Skills | Elimination, Jedi Tag, Bombardment, Renegade, Capture the Flag, Matball, Flag Football, Kick Ball |
| Fleeing Skills | Elimination, Jedi Tag, Bombardment, Renegade, Capture the Flag, Matball, Team Handball,  Flag Football |
| Striking Skills with an Object | Baseball/Softball, Minute to Win It, Homerun Derby, Table Tennis, Floor Tennis, Badminton |
| Receiving Skills | Baseball/Softball, Nukem, Matball, Team Handball, Flag Football, Home Run Derby, Elimination, Jedi Tag, Bombardment, Renegade, Ultimate Frisbee, Kick Ball |
| Evading Skills | Elimination, Jedi Tag, Bombardment, Renegade, Capture the Flag, Matball, Flag Football, Kick Ball, Ultimate Frisbee |
| Striking Skills - Foot | Kick Ball, Matball, Flag Football, Soccer |
| Striking Skills - Hand | Volleyball, Matball, Table Tennis, Floor Tennis, Badminton, Baseball/softball |
| Catching on Object on the Run | Nukem, Baseball/Softball, Matball, Team Handball, Flag Football, Ultimate Frisbee, Homerunderby, Renegade, Elimination, Jedi Tag, Bombardment |
| **Advanced Skills** | **Game/Activity where it is used** |
| Volleyball Bump (pass) | Volleyball & Bump Nukem |
| Volleyball Underhand Serve | Volleyball & Bump Nukem |
| Volleyball Overhand Serve | Volleyball |
| Volleyball Spike | Volleyball |
| Side-Arm Frisbee Throw | Ultimate Frisbee & Frisbee Golf |
| Football Punt | Flag Football |
| Football Kick | Flag Football |
| Football Throw | Flag Football |
| Dribbling (Both Hands) | Basketball, Team Handball |
| Basketball Shooting Technique | Basketball |
| Basketball Lay-up Technique | Basketball |
| Volleyball Set | Volleyball |
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* **Students may demonstrate any advanced skill that is not listed, with the pre-approval of the instructor**