

**LESSON 22 - FOOTBALL****JUMP ROPE/HOPS****1:00 of Jump Rope****Your Score:****Side to Side Hops****Your Score:****NO SA BUCKS****DRILL****STATIONARY CATCHING DRILL #2****Goal:** 5 Catches in a row from Level 2  
(if not already completed in Lesson 10)**Your Score:****STATIONARY CATCHING DRILL #3****Goal:** 5 Catches in a row from Level 3**Your Score:****2 SA BUCKS FOR EACH****HOMEWORK****JUMP ROPE #4****Goal:** 40 Jump Ropes in a row  
with NO mistakes**Your Score:****2 SA BUCKS****LESSON 23 - FOOTBALL****JUMP ROPE/HOPS****1:00 of Jump Rope****Your Score:****Split Hops****Your Score:****NO SA BUCKS****DRILL****FOOTBALL THROWING #2****Goal:** 20 Points (5 Throws)**Your Score:****2 SA BUCKS****HOMEWORK****SIDE PLANKS - RIGHT #2****Goal:** Hold for :45**Your Time:****SIDE PLANKS - LEFT #2****Goal:** Hold for :45**Your Time:****2 SA BUCKS FOR EACH****LESSON 24 - FOOTBALL****JUMP ROPE/HOPS****1:00 of Jump Rope****Your Score:****Front to Back Hops****Your Score:****NO SA BUCKS****DRILL****PUNTING DRILL #2****Goal:** 20 Points (5 Kicks)**Your Score:****2 SA BUCKS****HOMEWORK****FITNESS #10****TOTAL:** Squats**TOTAL:** Squats**Goal:** 70 Total Reps**2 SA BUCKS**