

PHYS ED GR 2 – week 1

WARM UP

Jumping Jacks x 10

Skip to beacon and back x 4

Arm circles forward and backward x 20

Jog to beacon and back with stick x 4

SKILLS

1. Hold stick correctly
2. Push ball to beacon and back x 5
3. Dribble ball to beacon and back x 5
4. Stopping the ball with stick, push back x 5
5. Tap-Tap to beacon and back x 5
6. Fun Skill – balancing big ball on the stick

REMEMBER: if you can do these drills walking, then I want

You to do them again at a faster pace but still in control!