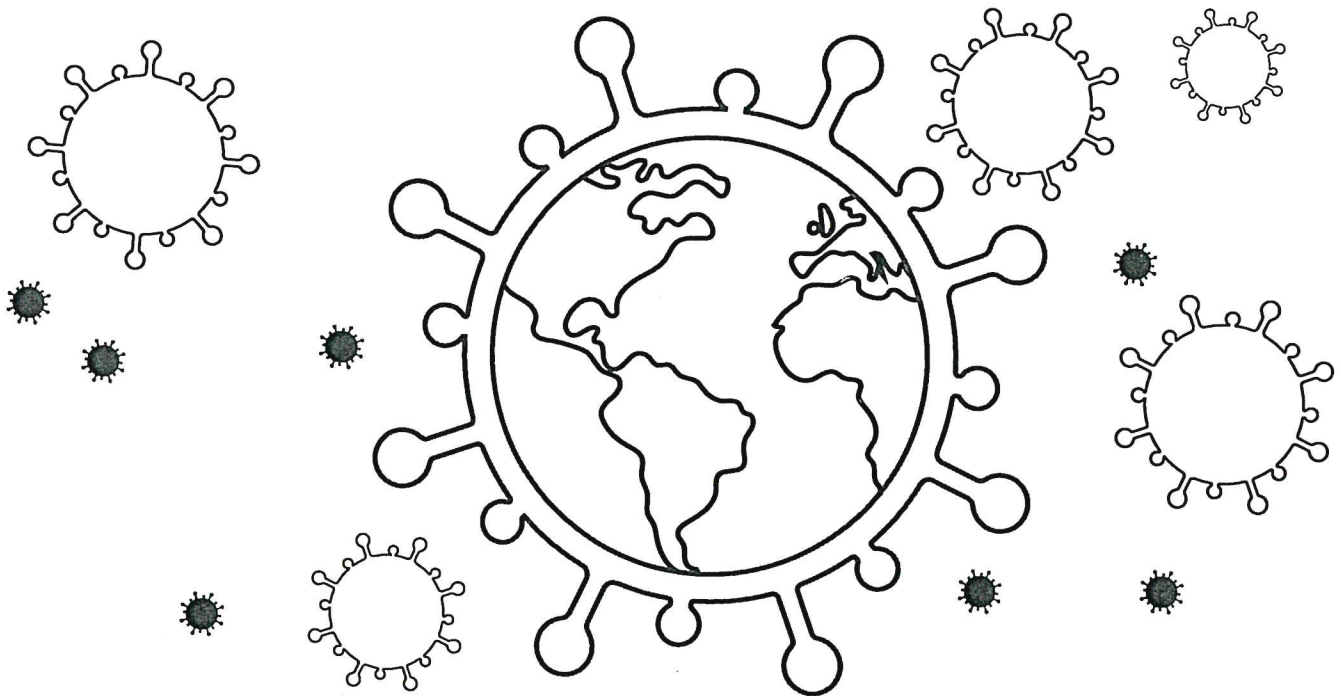


MY 2020 COVID-19 TIME CAPSULE

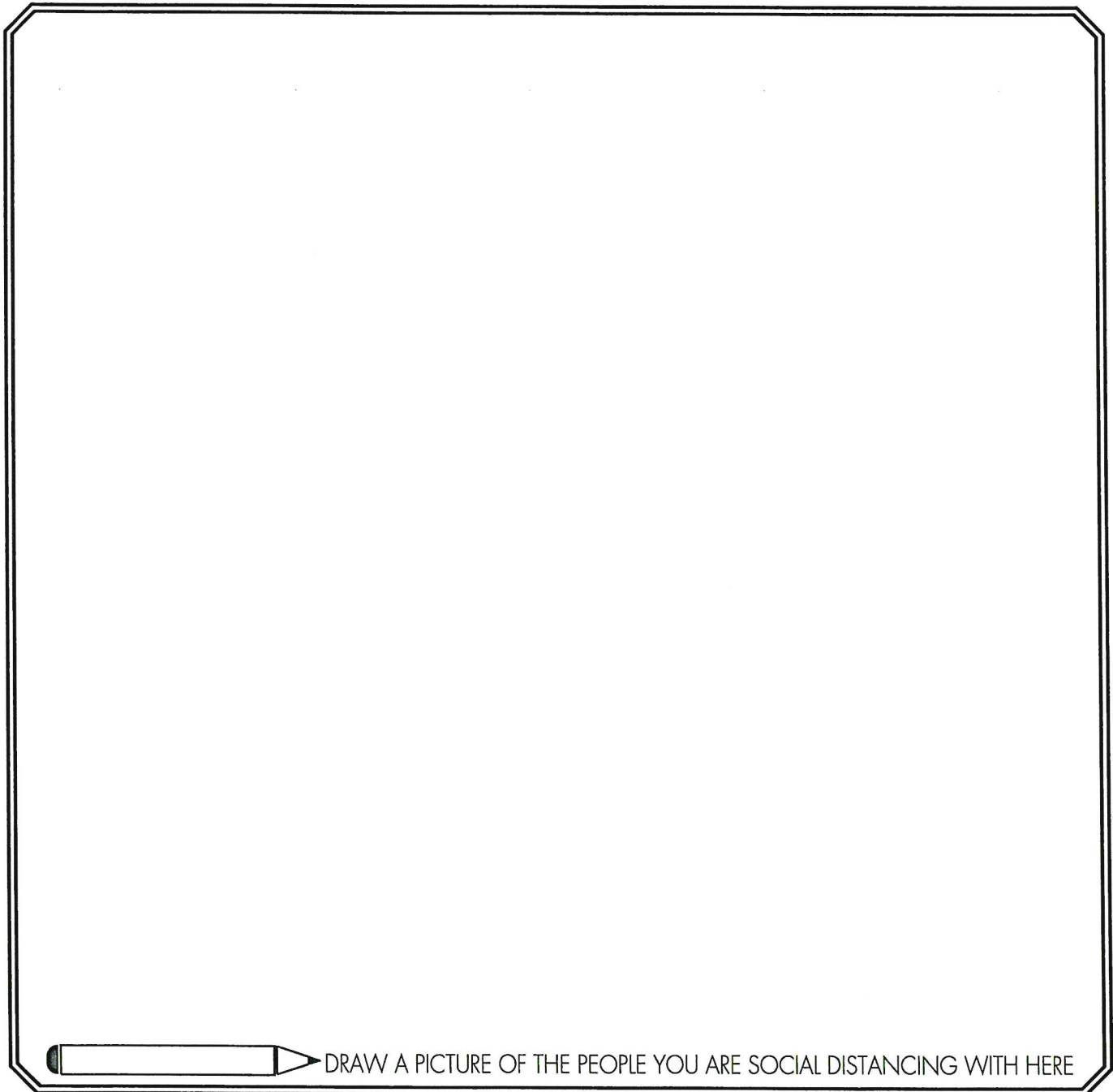



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

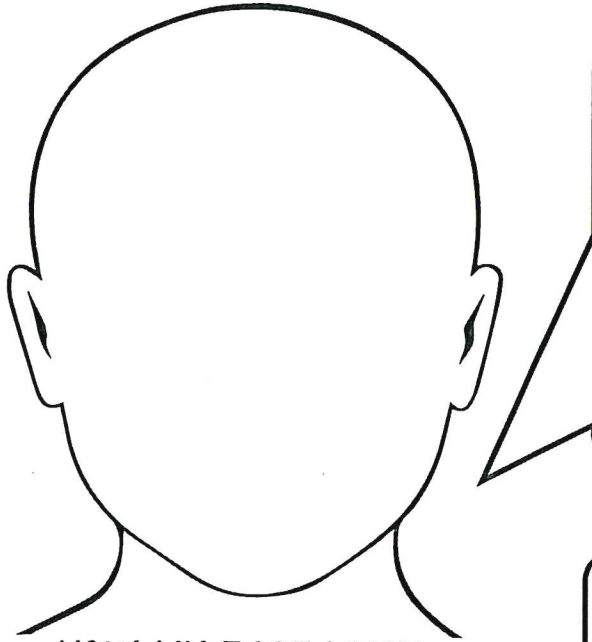
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST
FROM THIS EXPERIENCE:

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

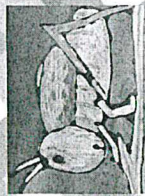
1

2

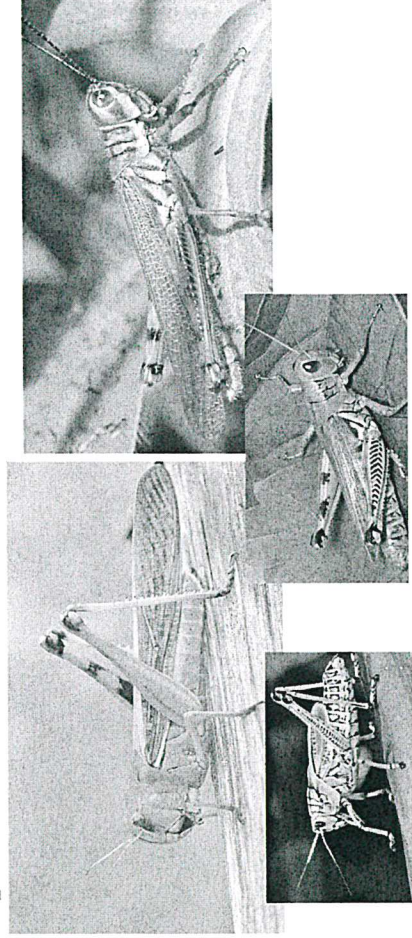
3

Welcome to Art with Mrs. Sparks

Session 1: Grasshoppers



Let's look at some real grasshopper photos.
Most grasshoppers are green.



The 7 Wonders of Sassafras Springs

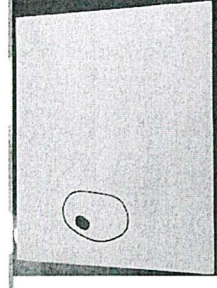
In the book, *The Seven Wonders of Sassafras Springs*, Calvin Smiley tells about a swarm of locust that attempts to eat all his crops. He plays his saw and scares them away. Click the link above to see a real locust swarm.



Follow the steps to make a grasshopper. You can use any color of paper and writing tool you have available.

Step 1: Draw the Head

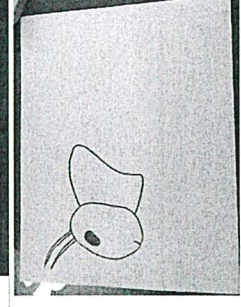
The head needs to be an oval shape with a large eye. Leave a lot of space behind the head for a large body.



Step 2: Draw the Thorax

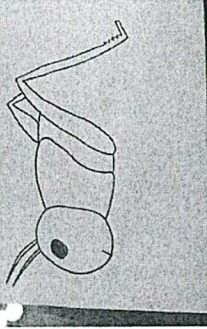
The thorax is the middle of its body. The wings and legs are connected to the thorax.

Start near the top of his head. Curve up from the head and then draw a diagonal line down toward the bottom of the head. You can also draw antenna and a mouth.



Step 3: Draw the Back Legs

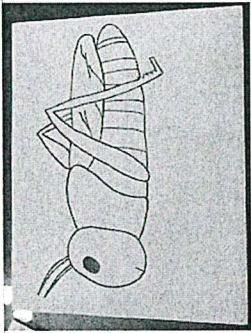
Draw a small line out the back of the thorax on the top and bottom. Then, add the back leg. Make it wider where it attaches to the body. Next, make the second back leg disappear behind the grasshoppers body.



Step 4: Draw the Abdomen and Wings

Draw the wings first by making the top of his body continue from behind his leg straight back. Curve it around and return to the thorax; remember to pick up your pencil when you come to his legs.

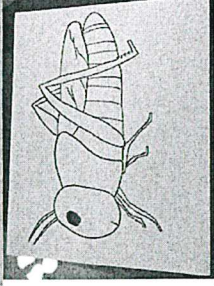
Next, make his Abdomen. You can add details like veins on the wings and stripes on his abdomen.



Step 5: Draw four more

Legs

The front legs point forward--they have three segments. The middle legs face backwards. All insects have 6 legs so don't forget to draw the legs you see on the far side of his body.



Step 6: Color your Grasshopper

You can color your grasshopper with any tools you wish (paint, crayons, markers, colored pencils, etc.) It can be realistic looking or fun colors--it's up to you!

You can give him a branch to stand on if you wish.

Colored Pencils



Chalk



Pencil



Watercolor Paint



If you have enjoyed drawing grasshoppers, you may enjoy making other insects. You can draw a side view or an aerial view. Just take it one step at a time!

Be Creative!

Dear Friends,

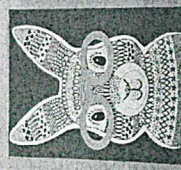
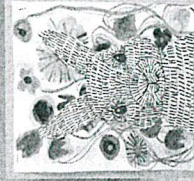
I hope you are healthy and enjoying time with your loved ones. If you finished the grasshopper today, please take a picture and email it to me at tsparks@fremont.net. I miss you all and would love to see your creations!

Also, you can call me anytime. My office hours are Tuesday and Thursdays from 12:00-2:00. My phone number is 924-7226.

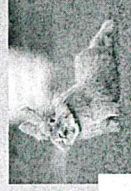
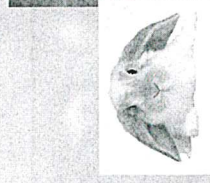
Sincerely,
Mrs. Sparks

Welcome to Art With Mrs. Sparks

Session 1: Spring Bunny



Here are some cute bunnies for inspiration!



Follow the steps to make a Spring Rabbit.

Step 1: Nose and Face Shape

First, draw the circle nose. Leave space for four fingers below the nose.

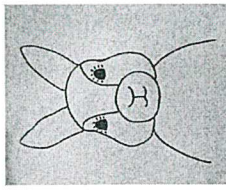
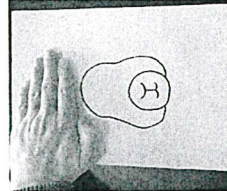
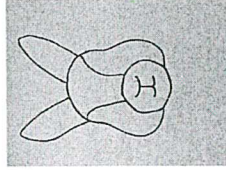
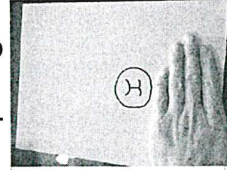
Then, draw his head. Make his cheeks a little wider than the top of his head. Leave four fingers at the top so you have space for his ears.

Step 2: Ears and Face

Draw his ears. Remember to make them round at the top.

Draw the bridge to his nose. Start at the edge of his ear and draw down toward the corner of his nose.

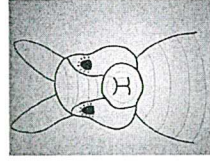
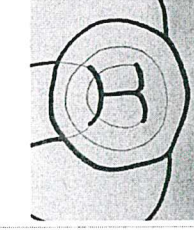
Next, put two big circle eyes and his shoulders coming out of his cheeks.



Step 3: Contour Surface Lines Curving Down

Contour surface lines will help show dimension to your rabbit. It will make your rabbit's face look like it has 3D curves. Make lines around his nose with pencil or pen.

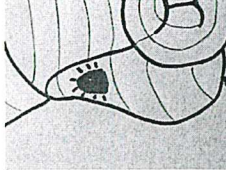
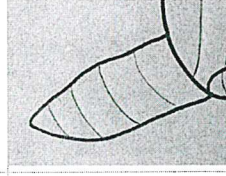
Now, make four lines across his forehead curving down like a ditch. Make four lines curving down on his chest too.



Step 4: Contour Surface Lines Curving Up

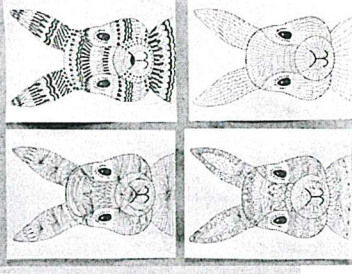
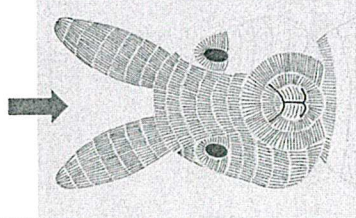
Make four lines on each ear curving up, like a hill.

Make four lines on each side of his face curving up. When possible connect them to the surface lines on the nose.



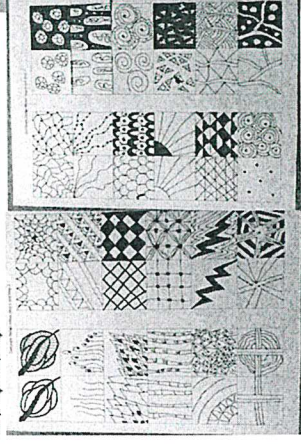
Step 5: Decorate The Body

Choice 1: Make hairs in each surface line. Follow the curve of the line and take your time.



Choice 2: Put Zentangle designs in each space. See here for a video on how to do Zentangle. Below is some simple two step ideas also.

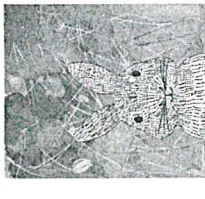
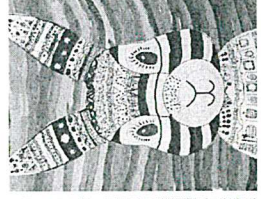
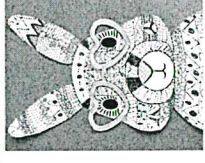
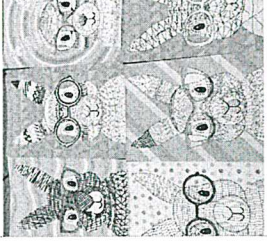
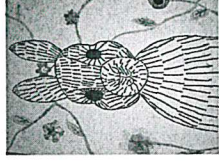
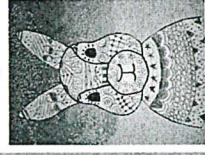
Step 1 ↓ Step 2 ↓



Step 6: Create a Background

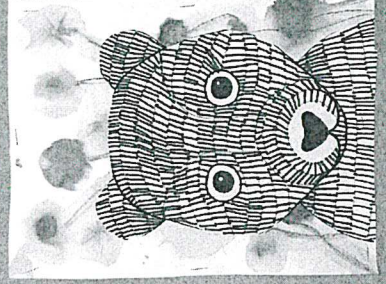
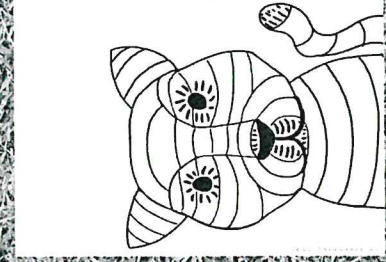
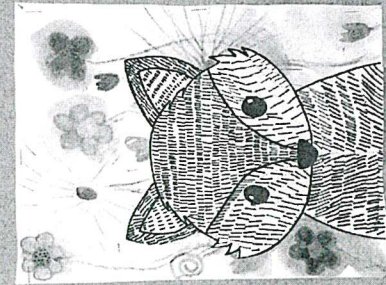
You can choose:

- Color the background with crayons, markers, colored pencils, paint, chalk, etc.
- Cut out your bunny and glue it on a colored paper
- Glue real grass to your bunny or other organic shapes.



If you enjoyed making a bunny try other animals too!

Note: These flowers were made by putting just a little water over flowers made with regular markers.



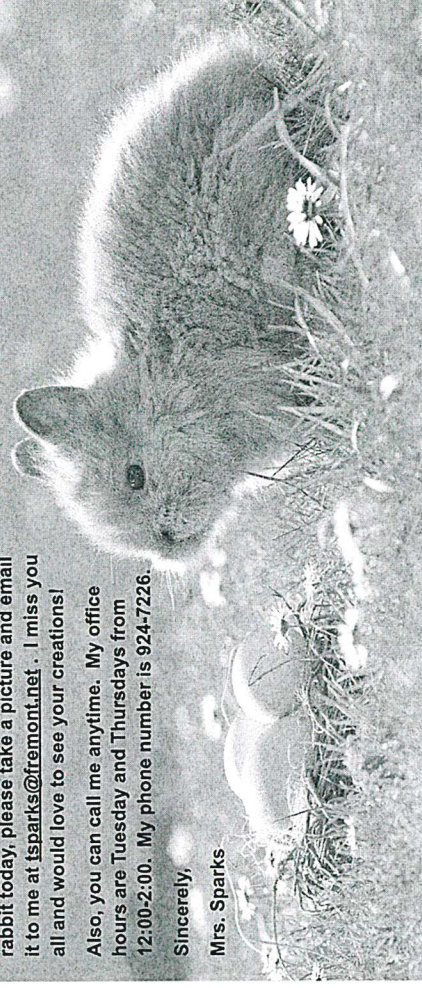
Dear Friends,

I hope you are healthy and enjoying time with your loved ones. If you finished the rabbit today, please take a picture and email it to me at tsparks@fremont.net. I miss you all and would love to see your creations!

Also, you can call me anytime. My office hours are Tuesday and Thursdays from 12:00-2:00. My phone number is 924-7226.

Sincerely,

Mrs. Sparks



PE CONTINUITY OF LEARNING PLAN-Session I

WEEK OF APRIL 20	Monday	Tuesday	Wednesday	Thursday	Friday
Learning focus (Standard, target)	Be Active for 30 minutes- 60 minutes today Walking 30 Minutes today! Non - stop! :) Follow my video on YouTube- message given!	Be Active for 30 minutes- 60 minutes today Walking 40 Minutes- Skip 20 steps/5 times! :)	Be Active for 30 minutes- 60 minutes today Walk/Jog 40 minutes Gallop 2 times Each foot	Be Active for 30 minutes- 60 minutes today Walk/Jog 45 minutes Sprint 30 sec.- 2 times	Be Active for 30 minutes- 60 minutes today Walk/Jog Jogging MOST of the 45 minutes Sprint 30 sec. 3 times
Instructional Resource (online, hard copy)	<u>Gardenour Health Grooves</u> <u>Page 1 & 2</u>	<u>Wipeout</u> <u>PACKET PAGE</u>	<u>25 ways to get moving at home</u> <u>Page 3</u>	<u>Gardenour Health Grooves</u> <u>Journal page 2</u>	<u>Fitness Challenge</u> <u>Page 4</u>
Student work/task (Online, hard copy)	<u>Gardenour Health Grooves</u> <u>Page 2-journal</u>	<u>Wipeout</u> <u>Page 2-journal</u>	<u>LINK</u> <u>Page 2-journal activities</u> <u>Page 3-moves</u>	<u>Gardenour Health Grooves</u> <u>Page 2-journal</u>	<u>LINK</u> <u>Page 2-journal</u> <u>Page 4-challenge</u>
OTHER NOTES	Journal your activities - Watch all 4 videos on Gardenour Health Grooves!	Journal your activities - Zumba from Go Noodle!	Journal your activities Pick 5 -8 different activities to move at home!	Journal your activities -Follow Video 4 on Gardenour Health Grooves!	Journal your activities - Finish 8-12 One minute Fitness challenges

WEEK OF APRIL 27	Monday	Tuesday	Wednesday	Thursday	Friday
Learning focus (Standard, target)	Be Active for 30 minutes- 60 minutes today 20-30 minutes Yoga	Be Active for 30 minutes- 60 minutes today 30 minutes soccer dribble and/or juggle	Be Active for 30 minutes- 60 minutes today Pick your own activity from list page1 week 1!	Be Active for 30 minutes- 60 minutes today 20-30 minutes Yoga	Be Active for 30 minutes- 60 minutes today 30 minutes of catching throwing a ball
Instructional Resource (online, hard copy)	YMCA 360 - Online Exercise On-Demand Videos Page 3 & 4	https://app.gonoodle.com/activities/madison-keys-fast-feet?s=Search&t=footwork Try Fast Feet-Go Noodle	4: What If Workout - Gardneour Health Grooves Page 1 week 1 and journal.	YMCA 360 - Online Exercise On-Demand Videos Page 5 & 6	Catching 3.1: Catching and throwing balls review Pages 10-13
Student work/task (Online, hard copy)	YMCA 360 - Online Exercise On-Demand Videos Page 2- 4 Page 1-journal	LINK Page 7-"Active for Life Sock Ball Games" Page 8 and 9	3: What If Lyrics Video - Gardenour Health Grooves Page 1 - Journal	YMCA 360 - Online Exercise On-Demand Videos Page 5 & 6 Page 1 Journal	https://youtu.be/VScuiPBpxY Kobe Bryant-Mindset of a winner! Being Successful is Hard Work
OTHER NOTES	Journal your activities -	Journal your activities - Use any kind of round ball	Journal your activities - Write a note of your thoughts of what the song "What If" means to you!	Journal your activities - Pick a different video from Monday on the YMCA360 site.	Journal your activities - Watch the video of Coby and Write a note about your success and how you can achieve it!

An Exercise note from Mrs. Gardenour

Hello Daisy Brook Students! You have NOT been forgotten~believe it or not YOU ARE MISSED! My biggest concern is that you are safe and staying Healthy! Please keep following the clean safety guidelines given from those in authority!! NOW . . . if you have taken a holiday the past few weeks, it is time to get OFF the couch and GET MOVING! Here are some healthy REMINDER tips:

1. STUDIES SHOW THAT YOU NEED EXERCISE 1 HOUR EACH DAY! At least 30 minutes 5-7 days a week minimum!

Here are some good movement examples:

- *Early morning walk – maybe with the dog!
- *Evening walk – listen for the birds singing!
- *Play catch (football/baseball/softball/Frisbee) with a sibling or parent/guardian!
- *Raking leaves/shoveling dirt for an outdoor project/yard work!
- *Ride your bike!! FRESH air!
- *Skateboard!
- *Wii Dance/bowling/tennis and such!
- *Jump rope - Planking – Sit ups! You know these-Do THEM!
- *Dribble/shooting baskets! (there are some outdoors baskets locally)
- *Motor Cycle/4 wheeler – get outside and ride! Parent approval of course!
- *One mile (or more) jog – have good shoes on your feet!
- *Do the Happy Dance – check out: YouTube (Daisy Brook) You may recognize some 5th graders! <https://youtu.be/BXRVDp3Z0IM>

****Always drink WATER!! Lots of WATER when exercising!**

2. Get 8-10 hours of GOOD sleep!
3. Eat healthy – Fresh is BEST! Remember the Go – Slow – Whoa method!
 - *Very LIMITED pop!
 - *Moderation on Sugar intake!
 - *Check out www.choosemyplate.gov for assistance on your diet!
 - *Lots of WATER – Lots of WATER! Limit the sugary juices!
4. Keep a healthy Mind – think on Positive thoughts – It is a choice that we make even under stressful/not normal conditions! Read a good book with a happy ending! Listen to music that has a healthy message!
5. You will be receiving an Exercise Log Sheet – please keep track of your movement and send it back to me at: jgardenour@fremont.net so we can see your progress.
6. If you would like to send a video of your dance or exercise activity send it over by email as well. Check out my YouTube site: Gardenour Health Grooves
<https://www.youtube.com/channel/UCEnsRFRyh-f5iOXJ4pyF5gw>

*****Students: You are LOVED! Here is a long distance HUG!! Be blessed! ☺**

****Repeat~Retrun your Exercise Journal: Email, drop off at Daisy Brook, leave it with the bus driver on lunch delivery or just send it to me! I would LOVE to see your work!**

****Call me 231-924-8288 at school. My office hours are: 12-2 on Tuesday and Thursday!**

****I would LOVE to hear from you! Be blessed!**

~Mrs. G~



DAISY BROOK FIT CLUB RECORD SHEET



STUDENTS NAME _____

TEACHERS NAME _____

WEEK OF: _____

	DATE	ACTIVITY	How Many Minutes?	Who with/by yourself
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
Day 6				
Day 7				

WEEK OF: _____

	DATE	ACTIVITY	How Many Minutes?	Who With/by
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				



American
Heart
Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for
30 seconds



2

Dance party
for 1 minute

3

Stand up and sit
down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air
without touching the ground
(make it harder by only
using heads or elbows)

7

Do the
hokey pokey

9

Stand up, touch
your toes

8

See how many
squats you can do
in 15 seconds

6

Jumping jacks
for 30 seconds

12

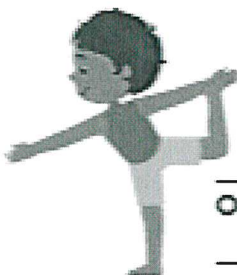
Stretch your
hands high over
your head

13

Arm circles forward for
30 seconds, arm circles
backward for 30 seconds

10

Wall sits
while reading



11

One-minute
yoga

16

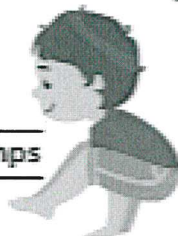
Stand on one leg, put
your hands up, put your
hands out to the side

17

5 lunges on the right leg,
5 lunges on the left leg

14

10 frog jumps



15

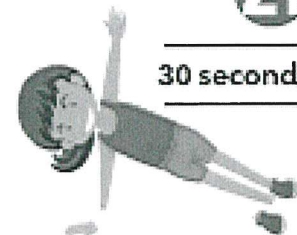
Standing mountain
climbers for thirty
seconds

20

Practice spelling by
doing a jumping
jack for each letter

21

30 second plank



18

Practice spelling,
do a squat for
every vowel



19

Run in place for 30
second, check your
heart rate

22

Practice math problems, do a
jumping jack every time the
answer is an even number

23

20 leg lifts

24

Ball toss spelling practice.
Toss the ball and say a letter
then toss the ball to someone
else to say the next letter

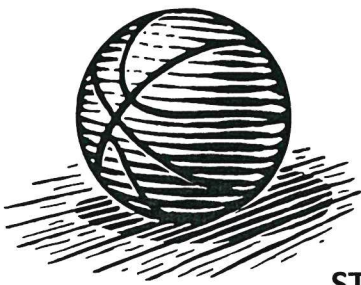
25

High knees
for 30 seconds

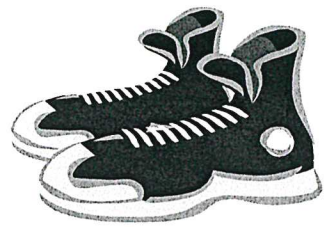
1 MINUTE FITNESS CHALLENGE

Name: _____ Grade: _____ Class: _____

Station #	Exercise	Challenge	#
1	Push-Ups	How many push-ups can you do?	
2	Stretch	How many muscles can you safely stretch? Hold stretches for 10 seconds each.	
3	Sit-Ups	How many sit-ups can you do?	
4	Pass and Catch	How many times can you pass and catch a foam die with a partner?	
5	Water	Remember to stay hydrated. Get 1 quick and quiet drink.	
6	Jump and Think	How many fruits can you name while jumping rope?	
7	Exercise Band Curls	How many curls can you do with the exercise band?	
8	Ball Plank	How long can you hold a plank on the exercise ball?	
9	Balance and Think	Balance on one foot. How many vegetables can you name?	
10	Jump Rope Tricks	How many different jump rope tricks can you do?	
11	Heart Rate	Take your pulse for the full minute. How many beats did you count?	
12	Fitness Knowledge	Individual Assessment Station	



DAISY BROOK FIT CLUB RECORD SHEET



STUDENTS NAME _____

TEACHERS NAME _____

WEEK OF: _____

	DATE	ACTIVITY	How Many Minutes?	Who with/by yourself
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
Day 6				
Day 7				

WEEK OF: _____

	DATE	ACTIVITY	How Many Minutes?	Who With/by
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				



PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Beginning



Cat



Chair



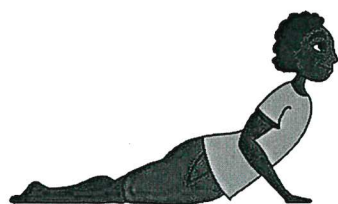
Child



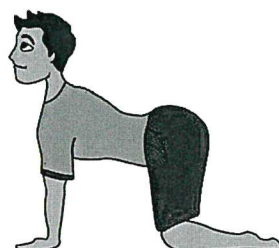
PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Cobra



Cow



Cross-Crawl 1



Cross-Crawl 2



PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Cross-Legged



Down Dog



Goddess



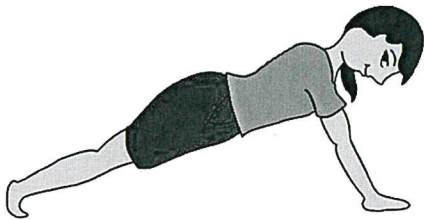
Knobby-Knees



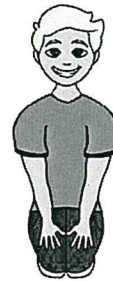
PRINT & CUT

Yoga Pose Cards

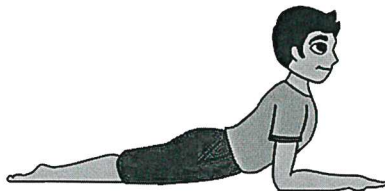
Print, Cut, Laminate



Plank



Rock



Sphinx



Tall Mountain



PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



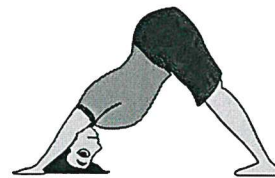
Tree 1



Tree 2



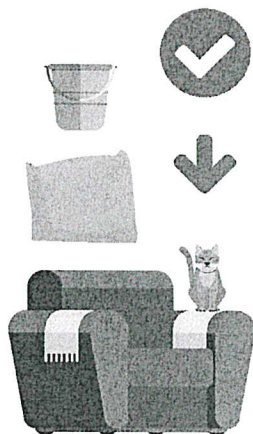
Up Dog



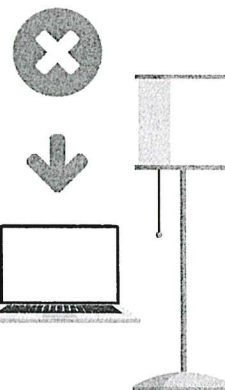
Down Dog

Active for Life Sock Ball Games

1. PREPARE YOUR PLAY AREA



Remove breakable objects such as lamps, electronics, flower vases, etc. The play area can be a bedroom, living room, or anywhere there is enough space to throw, catch or kick a ball and swing a simple bat. Objects like pillows, chairs, sofas and boxes can be used as goals or targets for some games.



2. MAKE A SOCK BALL

Roll and fold a pair of socks inside each other. For larger balls, use 3-4 pairs of socks, or use heavy adult-size work socks.

3. GET READY TO PLAY!



SOCCER

One player: Practice shooting on a "goal" (living room sofa, door opening, laundry hamper laid on its side).

Two or more players: Play a game 1-versus-1 or 2-versus-2 (use sofas, doorways, etc. as goals).



THROW AND CATCH

Stand 3-5 metres apart and throw to each other.

Start with gentle underhand throws.

As throwing and catching improve: throw faster, throw overhand, and even try trick throws (throw from behind your back, under your legs, from behind your head, etc.).

BASKETBALL

One player: Practice shooting on a "basket" (laundry hamper, small cardboard box, or other container turned upright).

Two or more players: Play 1-versus-1 or 2-versus-2 in a competitive shootout challenge. Take turns shooting from different distances. No blocking allowed.



DODGE BALL

Make two or three sock balls per person.

Players are allowed to pick up balls from opponents and throw back at them.

Players are only permitted to throw from their "home base" (sofa, bed, or other designated place).

No "elimination" when you are hit—keep playing.

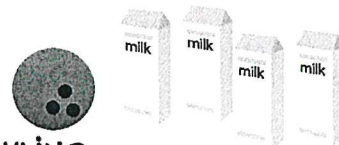


BOWLING

Set up 6 empty milk cartons or plastic bottles as bowling "pins."

One player: One child can play alone after a parent shows how to setup the bowling pins.

Two or more players: Play against each other in a competition.



BASEBALL BATTING

Use a cardboard tube, roll a newspaper with tape, or get a plastic vacuum cleaner pipe to use as a baseball bat.

Take turns pitching and batting the sock ball

With three or more players, extra players are "fielders" who try to catch the ball after it has been hit.

After 10 hits, change batters.



LEARN

STEP 1
BENCHMARK X

Stationary Dribble

Ready You



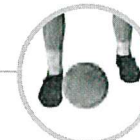
Shift to One



Tap Shift to Other



Trap With Inside



Demonstrate correct foot and body posture when tapping a ball¹ from one foot to the other when stationary.

- Position the body over the ball with a slight forward lean. Place the feet shoulder-width apart with the knees slightly bent and the weight on the balls of the feet.
- Shift the weight and balance the body on the non-dribbling foot.
- Tap the ball softly with the dribbling foot and then shift the weight to that foot in preparation for receiving the ball with the other foot.
- Receive the ball by lifting the foot a few inches off the ground and stopping the ball with the medial side of the foot.
- Push the ball back and forth between the feet, contacting the ball with the medial sides of the feet and shifting the weight onto the non-contact foot.

STEP 2
BENCHMARK 1

Inside Foot Dribble

Ready You



Shift to One



Toe Out Tap Ahead



Step Tap Ahead



Demonstrate dribbling a ball¹ correctly using the medial sides of the feet when moving at a moderate speed² for 40 feet.

- Position the body over the ball with a slight forward lean. Place the feet shoulder-width apart with the knees slightly bent and the weight on the balls of the feet.
- Shift the weight and balance the body on the non-dribbling foot.
- Turn the dribbling foot out, contacting the ball with the medial side of the foot.
- Project the ball no more than two or three feet beyond the body and within a zone of three feet to either side of the midline.
- Step forward on the dribbling foot and simultaneously move the opposite foot forward with the toe pointed out. Receive and project the ball forward and toward the midline.
- Continue to push the ball forward, alternating feet.

STEP 3
BENCHMARK 2

Foot Dribble

Shift to One



Toe Out Tap Ahead



Step Tap Ahead



Toe In Tap Ahead



Demonstrate dribbling a ball¹ correctly using the medial and lateral sides of the feet as appropriate, when moving at a moderate speed² for 40 feet.

- Position the body over the ball with a slight forward lean. Place the feet shoulder-width apart with the knees slightly bent and the weight on the balls of the feet.
- Shift the weight and balance the body on the non-dribbling foot.
- Contact the ball with the medial side (toe out) or lateral side (toe in) of the foot as appropriate.
- Project the ball no more than two or three feet beyond the body and within a zone of three feet to either side of the midline.
- Step forward on the dribbling foot and simultaneously move the opposite foot forward with the toe pointed in or out as appropriate to redirect the ball. Receive and project the ball forward and toward the midline.
- Continue to push the ball forward, alternating feet.

¹The ball must be the correct size and weight for the student to manipulate. Size three balls (for students under nine years old) are six inches in diameter; size four balls (for students nine to 12 years old) are eight inches in diameter; size five balls (for teens and adults) are 10 inches in diameter. Foam balls, hard Nerf® balls and six- to eight-inch inflated playground balls are suitable for young children.

²A moderate speed is defined as 135 to 149 steps per minute; a fast speed is more than 160 steps per minute.

STEP 4
BENCHMARK 3

Mature Form

Toe Out
Tap Ahead



Step
Tap Ahead



Toe In
Tap Ahead



Look Ahead



Demonstrate mature form when dribbling a ball¹ in a smooth, continuous motion at a moderate speed² for 40 feet.

- Position the body over the ball with a slight forward lean. Place the feet shoulder-width apart with the knees slightly bent and the weight on the balls of the feet.
- Shift the weight and balance the body on the non-dribbling foot.
- Contact the ball with the medial side (toe out) or lateral side (toe in) of the foot as appropriate.
- Project the ball no more than two or three feet beyond the body and within a zone of three feet to either side of the midline.
- Focus the eyes forward (at least 10 feet in front of the body—not on the ball).

DO
STEP 5

Various Speeds

Toe In/Out
Tap Ahead



Step
Tap Ahead



Jogging Pace



Fast Pace



Demonstrate mature form when dribbling a ball¹ and maintaining control at moderate to fast speeds² for 75 feet.

STEP 6
BENCHMARK 4

Curved Pathway

Toe In/Out
Tap Ahead



Step
Tap Ahead



Look Ahead



Ball Close
Around Cones



Demonstrate mature form when dribbling a ball¹ along a curving pathway (e.g., staggered cones 15 feet apart),³ and maintaining control at moderate to fast speeds² for 75 feet.

USE
STEP 7
BENCHMARK 5

Dribble and Pass

Toe In/Out
Tap Ahead



Step
Tap Ahead



Look Ahead



Pass



Demonstrate mature form when dribbling a ball¹ and maintaining control at moderate to fast speeds² for 75 feet, and then passing the ball to a partner.

STEP 8

Use in Physical Activities

Step
Tap Ahead



Look Ahead



In and Out



Dribble Well
in Games



Demonstrate mature form when dribbling a ball¹ with the feet in physical activities.

¹The ball must be the correct size and weight for the student to manipulate. Size three balls (for students under nine years old) are six inches in diameter; size four balls (for students nine to 12 years old) are eight inches in diameter; size five balls (for teens and adults) are 10 inches in diameter. Foam balls, hard Nerf[®] balls and six- to eight-inch inflated playground balls are suitable for young children.

²A moderate speed is defined as 135 to 149 steps per minute; a fast speed is more than 160 steps per minute.

³Students should treat cones as defenders and position themselves to keep their body between the ball and the cones as much as possible.

LEARN

STEP 1

Drop and Catch

Ready



Hold



Drop Watch Ball



Catch



Demonstrate dropping a ball¹ and catching it correctly at the peak of the bounce.

- Align the feet shoulder-width apart with the weight evenly distributed on the balls of the feet.
- Hold the ball in front of the body at chest height with the elbows flexed slightly and the hands on the sides and slightly under the ball.
- Drop the ball to the floor and watch it throughout its course of flight.
- Catch the ball at or near waist height with the hands on the sides of (or slightly under) the ball and the thumbs pointing up.

STEP 2

BENCHMARK X

Toss and Catch

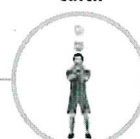
Hold



Toss Watch Ball



Catch



Lower



Demonstrate tossing a ball¹ to progressively greater heights (to eight feet) and catching it correctly.

- Hold the ball in front of the body at waist height² with the elbows flexed slightly and the hands on the sides and slightly under the ball.
- Toss the ball into the air by moving the upper arms to raise the hands to neck height and releasing the ball.
- Watch the ball throughout its course.
- Catch the ball at or near neck height with the hands on the sides of (or slightly under) the ball and the thumbs pointing up.
- Move the upper arms to lower the hands to waist level to absorb the force of the ball. (The elbow may also extend slightly.)

STEP 3

BENCHMARK 1

Lobbed Balls

Ready



Watch Ball Step in Line



Reach to Ball



Lower



Demonstrate catching a ball¹ correctly that is lobbed from a distance of six feet and to progressively greater heights (to 10 feet).

- Align the feet shoulder-width apart with the weight evenly distributed on the balls of the feet.
- Watch the ball throughout its flight.
- Move to a position in line with the path of the ball (if necessary) so the catch can be made in front of the chest.
- Reach with the hands by moving the upper arms and extending the elbows to meet the oncoming ball.

STEP 4

BENCHMARK 2

Hand Position

Reach to Ball



Thumbs Out (Ball Low)



Thumbs In (Ball High)



Don't Trap



Demonstrate correct hand position when catching a ball¹ that is lobbed from a distance of six feet and to a height of 10 feet.

- Position the thumbs in if the ball's path is on a line passing above the receiver's mid-sternum. Position the thumbs out if the ball's path is on a line passing below the receiver's mid-sternum.

¹Use a six- to eight-inch-diameter lightweight ball.

²When beginning students on this step, have them start by throwing the ball first from chest height. As they become more proficient at catching the ball and need to throw it higher, they will start with their hands lower.



Mature Form

Ready

Watch Ball
Step in LineThumbs In/Out
Catch

Lower



Demonstrate mature form when catching a ball that is lobbed from a distance of 10 feet and to a height of 10 feet.

Preparation Phase

- Align the feet shoulder-width apart with the weight evenly distributed on the balls of the feet.
- Watch the ball throughout its flight.
- Move to a position in line with the path of the ball (if necessary) so the catch can be made in front of the chest.

Action Phase

- Reach with the hands by moving the upper arms and extending the elbows to meet the oncoming ball.
- Position the thumbs in if the ball's path is on a line passing above the receiver's midsection. Position the thumbs out if the ball's path is on a line passing below the receiver's midsection.
- Catch the ball with the hands (versus trapping the ball against the body).

Completion Phase

- Move the upper arms to lower the hands to waist level to absorb the force of the ball. (The elbow may also extend slightly.)



Catch Ball, 15 Feet

Ready



Watch Ball



Thumbs In/Out



Catch



Demonstrate mature form when catching a ball that is thrown directly to the student from a distance of 15 feet and to a height of 10 feet.



Catch Ball, 20 Feet

Ready

Watch Ball
Step in Line

Thumbs In/Out



Catch



Demonstrate mature form when moving into position and catching a ball that is thrown within five feet of either side of the student from a distance of 20 feet and to a height of 10 feet.



Move, Catch and Throw

Watch Ball
Step in LineThumbs In/Out
Catch

Lower



Throw



Demonstrate mature form when catching balls of various sizes thrown from a distance of 20 feet and to a height of 10 feet in combination with moving into position, catching and then throwing overhand at a target.



Use in Physical Activities

Watch Ball
Step in LineThumbs In/Out
Catch

Lower



Catch Well in Games



Demonstrate mature form when catching fly balls in physical activities.

T Position

T Position



Hand on Top



Twist Tummy



Tickle Knee



Demonstrate the correct T position when throwing a tennis ball overhand at least 20 feet, starting from a side orientation.

- Stand with the hips and shoulders parallel to the direction of the throw, with the feet slightly wider than shoulder-width.
- Hold the arms out to the sides so the elbows are in line with the shoulders and the throwing hand is on top of the ball (with the palm facing the floor).
- Initiate the throw by rotating the hips and then the shoulders toward the target while throwing.
- Follow through after releasing the ball so the shoulder on the side of the throwing arm points in the direction of the throw and the throwing hand is near the knee and to the side opposite the throwing arm.

Open to a T

Stand Sideways



Open to T



Twist Tummy



Tickle Knee



Demonstrate opening to a T position correctly when throwing a tennis ball overhand at least 20 feet, starting from a side orientation.

- Stand sideways to the target with the arms near the waist and the feet near shoulder-width apart.
- Step toward the target with the lead foot while simultaneously extending the arms to a T Position.
- Initiate the throw by rotating the hips and then the shoulders toward the target while throwing.
- Follow through after releasing the ball so the shoulder on the side of the throwing arm points in the direction of the throw and the throwing hand is near the knee and to the side opposite the throwing arm.

Pivot and Twist

Face Target



Turn and Step
T Position



Twist and Throw



Tickle Knee



Demonstrate pivoting and twisting correctly when throwing a tennis ball overhand at least 20 feet, starting facing the target.

- Pivot on the foot on the throwing-arm side, from a position facing the target, so the hips and shoulders are parallel to the direction of the throw and the weight is on that same foot.
- Extend the throwing arm (so the elbow is 160-180 degrees) back from the target while pivoting, keeping the throwing hand above the ball (so the palm faces the floor) with the throwing elbow in direct line with both shoulders.
- Step toward the target with the foot opposite the throwing arm.
- Twist the hips, and then the trunk and shoulders, toward the target with the shoulders passing well beyond square to the target.
- Follow through after releasing the ball so the shoulder on the side of the throwing arm points in the direction of the throw and the throwing hand is near the knee and to the side opposite the throwing arm.

Mature Arm Action

T Position



Bend Elbow
Hand Back



Straighten Elbow
Let Go



Finish

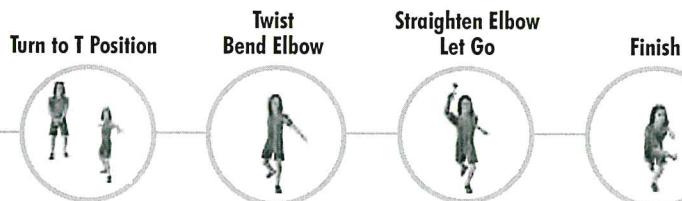


Demonstrate correct arm action when throwing a tennis ball overhand at least 20 feet, starting facing the target.

- Bend the elbow of the throwing arm, leading the lower portion of the arm with the elbow during the first half of the arm action.
- Extend the elbow of the throwing arm as it aligns with the shoulders and release the ball after the hand passes the shoulders.
- Follow through with the throwing shoulder well beyond square to the target and the throwing arm traveling to a point below the waist and to the side opposite the throwing arm.



Mature Form



Demonstrate mature form while throwing a tennis ball overhand at least 30 feet, starting facing the target.

Preparation Phase

- Pivot on the foot on the throwing-arm side, from a position facing the target so the hips and shoulders are parallel to the direction of the throw and the weight is on that same foot.
- Extend the throwing arm (so the elbow is 160-180 degrees) back from the target while pivoting, keeping the throwing hand above the ball (so the palm is facing the floor), with the throwing elbow in direct line with both shoulders.

Action Phase

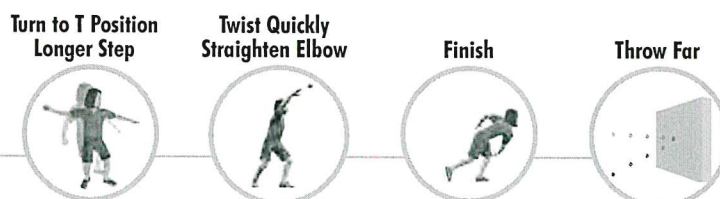
- Step directly toward the target with the foot opposite the throwing arm.
- Twist the hips, followed by the trunk and shoulders, toward the target with the shoulders passing well beyond square to the target.
- Bend the elbow of the throwing arm, leading the lower portion of the arm with the elbow during the first half of the arm action.
- Extend the elbow of the throwing arm as it aligns with the shoulders and release the ball after the hand passes the shoulders.

Completion Phase

- Follow through with the throwing shoulder well beyond square to the target and the throwing arm traveling to a point below the waist and to the side opposite the throwing arm.



Distance



Demonstrate mature form when throwing a tennis ball overhand so it travels in the air these distances: K-2, 30 feet; 3-5, 40 feet.



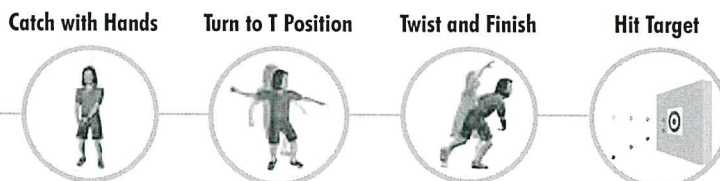
Distance and Accuracy



Demonstrate mature form when throwing a tennis ball overhand so it hits a six-foot-square target centered four feet above the ground from these distances: K-2, 30 feet; 3-5, 40 feet.



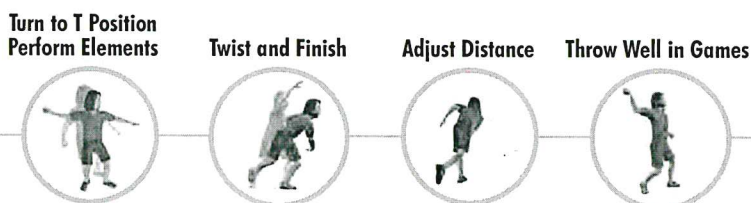
Field and Throw



Demonstrate mature form when throwing overhand after fielding rolling, bouncing and/or fly balls that travel at least 30 feet, turn 90 degrees and then hit a six-foot-square target centered four feet above the ground from these distances: K-2, 30 feet; 3-5, 40 feet.



Use in Physical Activities



Demonstrate mature form when throwing overhand in physical activities.