

# DAILY DICE CHALLENGE

Roll the dice and whatever number you get do the exercise the number of times you rolled.

- 1 = 1 Minute of jogging
- 2= Burpees
- 3= Push ups
- 4= Lunges
- 5= Squats
- 6= Star jumps

Each number you roll is a point, so rolling a 4 is 4 points, roll till you get 20 points

# BALLOON VOLLEYBALL

Using a balloon or beach volleyball, practice the skills shown on the task cards

Start with the forearm pass, then the over head pass, and finish with the serve.

With a yourself try and get 5 passes in a row (k-1), 10 passes(2-3), 15 passes (4), and 20 passes (5-6)

- If it is too easy try and do a higher number
- Once you did it with yourself if you can get a partner, try with a partner.

Once you do the forearm pass try the over head pass with yourself, same amount as forearm pass

- Again if you have a partner try it with them.

For the serve go outside or find a big empty space with nothing breakable nearby and take 10 serves (every grade)

Volleyball Task Cards Provided

# PAPER PLATE BADMINTON / TENNIS

Equipment: 2 paper plates

A popsicle stick (optional)

And a balloon

Instructions: Glue the popsicle stick to the back of the paper plate or just use a paper plate without popsicle sticks. Use a balloon or paper ball as the ball. Use the plates as your racket and try and get a rally either with a friend or the wall. Try and beat Mrs.Chatto's and Mrs. Kimm's record.

Decorate your racket with a cool design.



# PAPER BASKETBALL

Find a trash can, the bigger the easier. Take 3 steps away and try and take a shot once you get 2 shots in a row take 2 steps back. Once you get 2 shots again 2 more steps back, now you just need to get 1 shot, the 1 step back. Keep going till you've made 10 baskets.

Try to use the BEEF example below if you are trying to find the best way to shoot the paper ball.

BEEF

**B**alance

**E**ye on the ball

**E**lbow up

**F**ollow through

## Basketball- Set Shot

**B**alance



Feet shoulder width apart.  
Knees bent.

**E**lbow



90 degree angle.  
Hand under the ball with other supporting at the side.

**E**yes



Always looking at the basket (target).

**F**ollow through



Shooting arm extends to the basket.  
Flick of the wrist as the ball is released.