

SKILL REVIEW

Select 2 skills to review

1

Cardio

A

QUICK PUNCHES

- Put both your hands in fists by your chest. Keep your elbows down by your side.
- Turn toward your *left* side and punch your *right* arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Turn toward your *right* side and punch your *left* arm in that direction.
- Repeat 20 times.

1



2



3



4

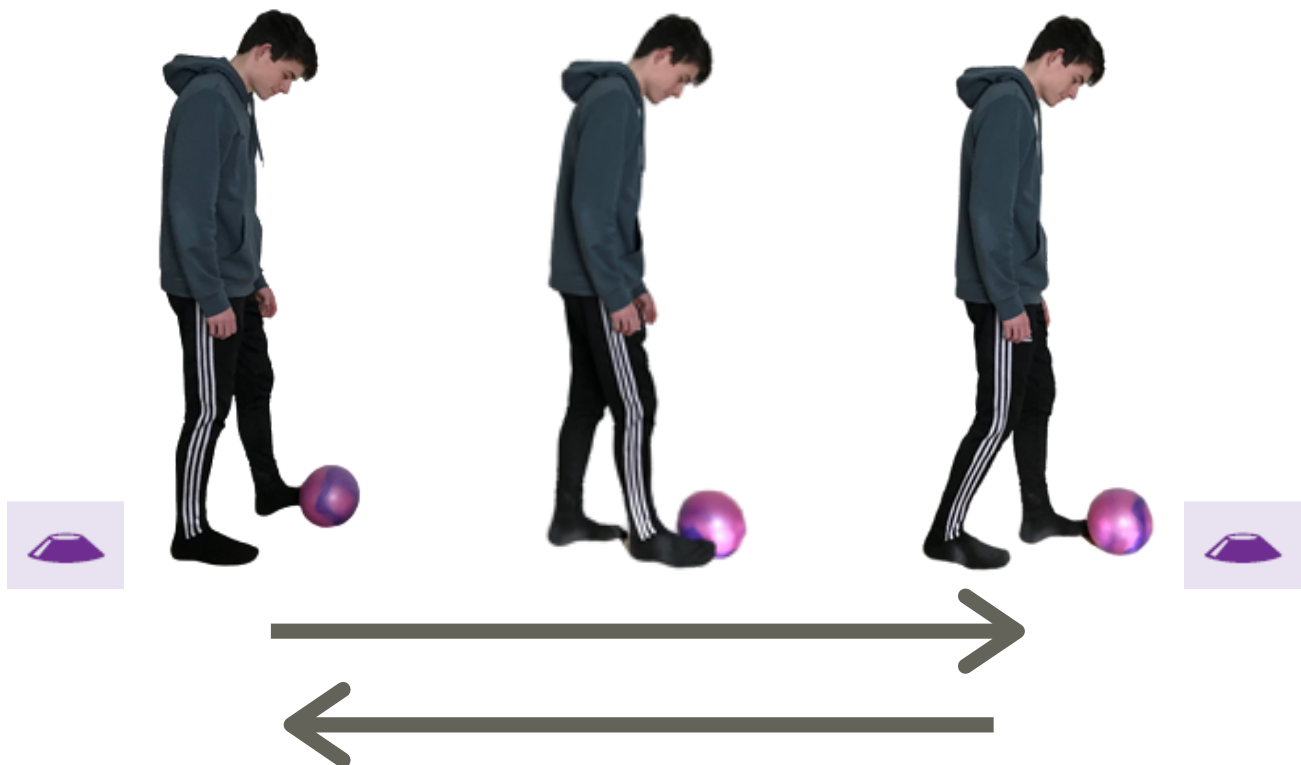


SKILL REVIEW

1 Agility & Cardio

B BALL DRIBBLING

- Set up 2 cones, 10 steps apart.
- Begin at one cone, dribble the ball with your feet by gently tapping with the *right* foot and then the *left* foot to the other cone.
- Go around each cone 5 times.



SKILL REVIEW

1 Strength

C BICEP CURLS

- Loop the band around your *left* knee.
- Kneel on your *right* knee and grab the band with your *left* hand with your palm up.
- Bend your elbow to touch your shoulder with your left hand, hold for 3 seconds, and return to the starting position. Repeat 10 times.
- Switch to the other side and repeat.

1



2



SKILL REVIEW

1

Cardio

D

STATIONARY ROPE (SIDE TO SIDE)

- Place the rope on the ground in a straight line.
- Put your feet together beside the rope.
- Jump over the rope and back like a skier.
- Practice slowly and increase speed keeping a steady beat. Jump for 30 seconds. Rest and repeat.



SKILL REVIEW

Select 2 skills to review

2 Skill Development

A BALL HANDLING CIRCLES

- Hold the ball with one hand and circle it around your body by passing it to the other hand.
- Complete 10 circles around your body.
- Change the level of the ball and circle around your head, waist, knees and ankles 10 times each.



SKILL REVIEW

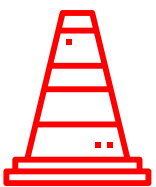
2

Cardio

B

ZIG-ZAG

- Place 5 cones in a zig-zag pattern with 5 big steps between each cone.
- Sprint between each cone.
- Repeat side shuffling between each cone.
- Repeat alternating sprinting and side shuffling between each cone.
- Repeat activity with the cones 10 big steps apart.



SKILL REVIEW

2 Cardio & Agility

C CREATE A NEW PATTERN

- Place 4 - 8 hoops on the ground to create your own pattern of movement. Hoops may be in a line, side-by-side or in a zig-zag pattern.
- Use a combination of locomotor skills (walk, run, jump, hop) to move from hoop to hoop.
- Use different directions (forward, backward or sideways) when creating your movement pattern.
- How many different patterns can you create?

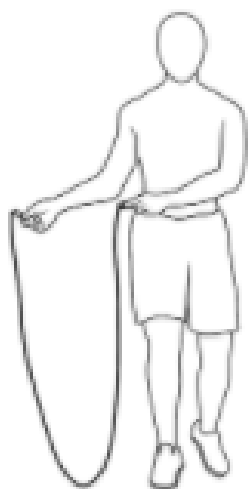
SKILL REVIEW

2 Cardio

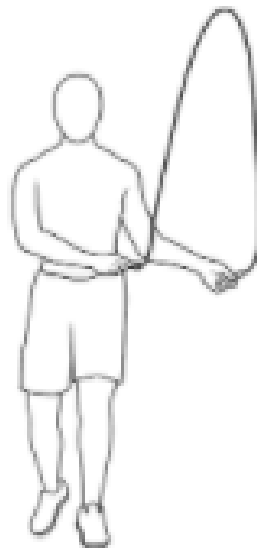
D SIDE SWINGS

- Hold an end of the jump rope in each hand.
- Put both hands together holding the rope on the right side of your body.
- Swing the rope in a circle formation, crossing to the left side of the body.
- Swing the rope in a circle formation, crossing to the right side of the body.
- When crossing the rope from side-to-side make a sideways figure-8 pattern. & Repeat 10 times.

1



2



REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to walk 100 more steps today than your highest daily total this week!

