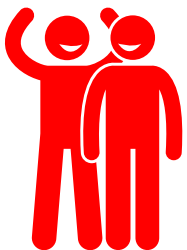
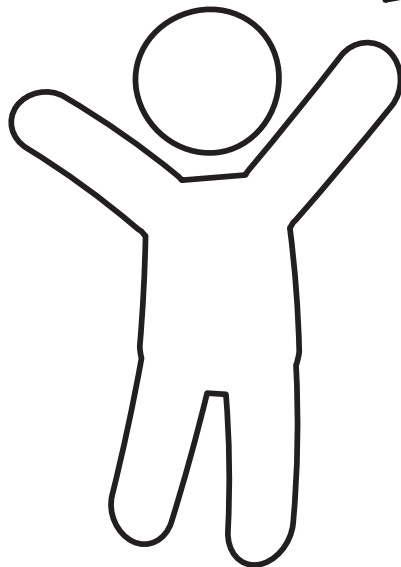


## WORDS OF ENCOURAGEMENT

Write your own positive thoughts and words of encouragement.

If you are with a classmate or family member, turn to them and practice sharing a positive thought.

You are a  
nice friend!



## AGILITY & BALANCE

### 1 Agility & Balance Activities

#### A HOOP JUMPING WIDE & NARROW

- Place 4 to 8 hoops in a straight line.
- Straddle the first hoop so both feet are apart (*wide*) on the outside of the hoop.
- Jump into the first hoop with your feet together (*narrow*).
- Continue jumping with feet apart (*wide*) and then jump with feet together (*narrow*).
- Repeat 3 times increasing speed.



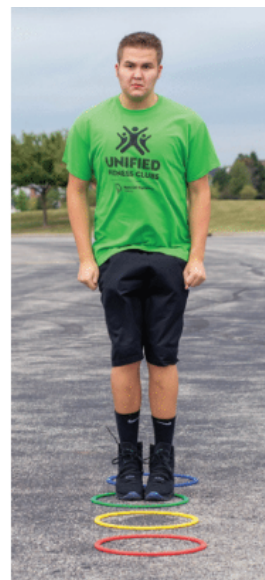
1



2



3



4



## AGILITY & BALANCE

1

### Agility & Balance Activities

B

#### BALANCE BEAM WALK

- Place the jump rope on the ground in a straight line.
- Walk forward along the jump rope, keeping your balance.
- Repeat walking sideways and backwards.

1



2



## AGILITY & BALANCE

1

### Agility & Balance Activities

C

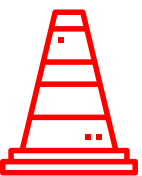
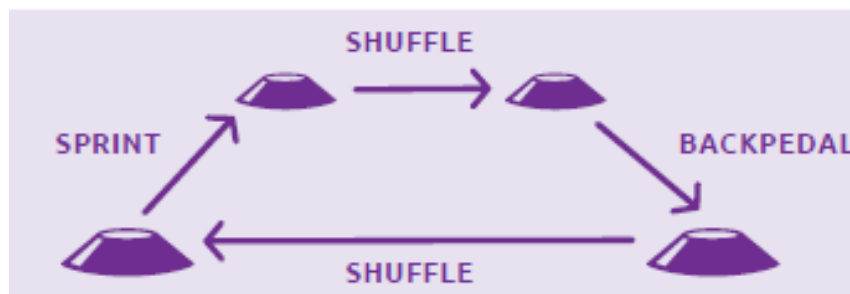
#### SQUARE DRILL

- Place 4 cones in a square with 10 big steps between each cone.
- Alternate between sprinting, side shuffling, backpedaling and side shuffling between each cone.
- Repeat 5 times.
- Repeat activity using other locomotor skills such as hopping, skipping or galloping.

1



2



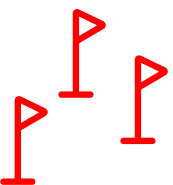
## OBSTACLE COURSE

### 2 Design an Obstacle Course

Create an obstacle course to improve your agility, balance, endurance and strength. Use your equipment and be creative.

Check out the 2 examples below or get creative and make your own!

Repeat the same obstacle course twice or create two different courses.

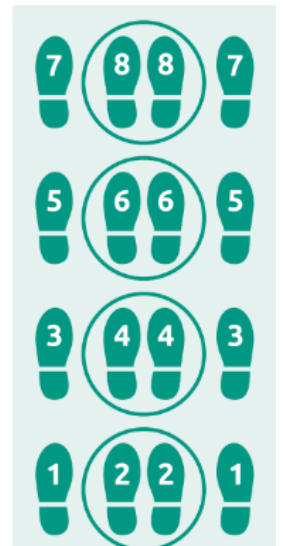




## OPTION #1

1

Place 8 hoops in a line and jump with your feet apart and then together.



2

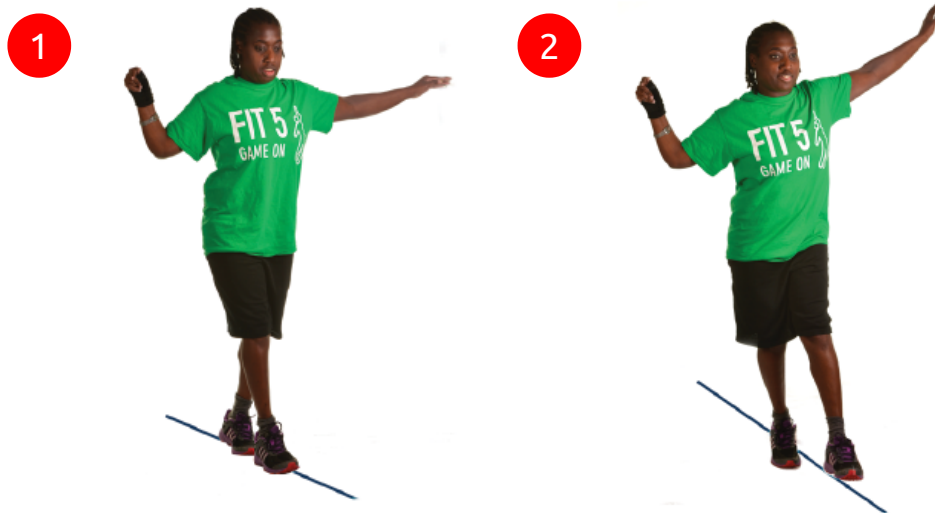
Place 4 cones in a zig-zag pattern and slide sideways to each cone.



## OPTION #1

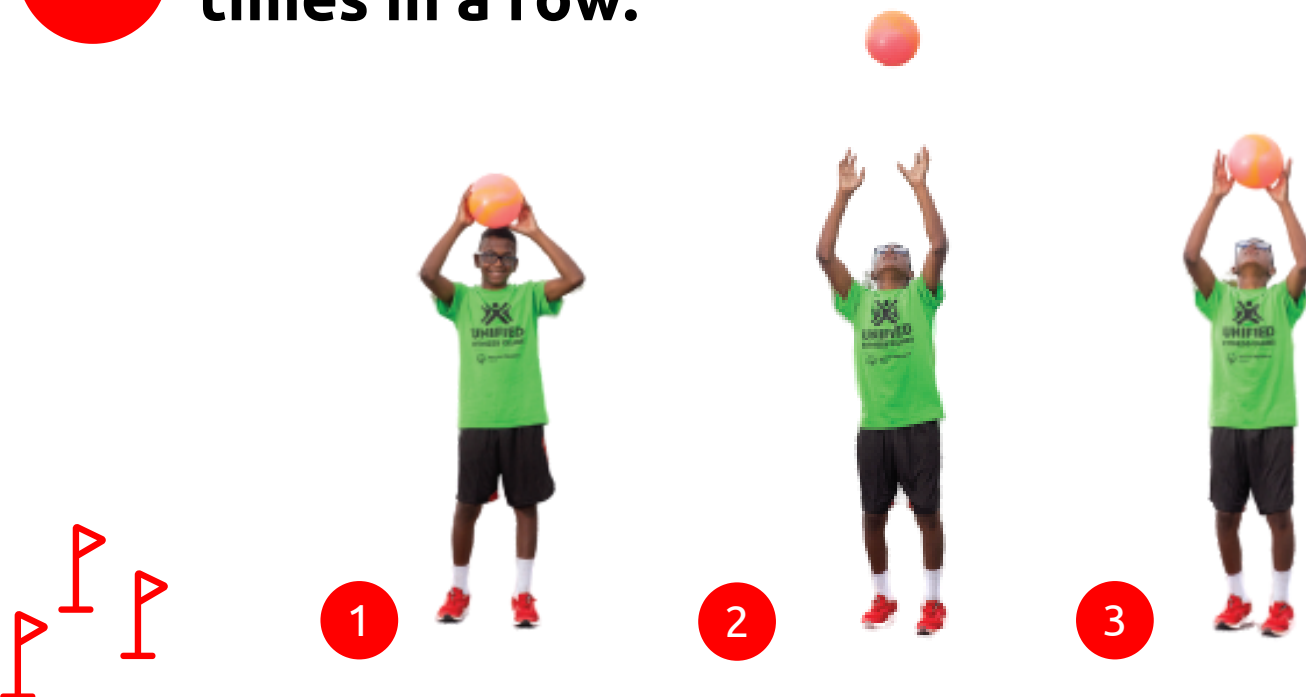
3

Place the jump rope in a straight line and walk backwards on the rope.



4

Pick up the ball and toss and catch 5 times in a row.



## OPTION #1

**5** Perform 5 push ups.

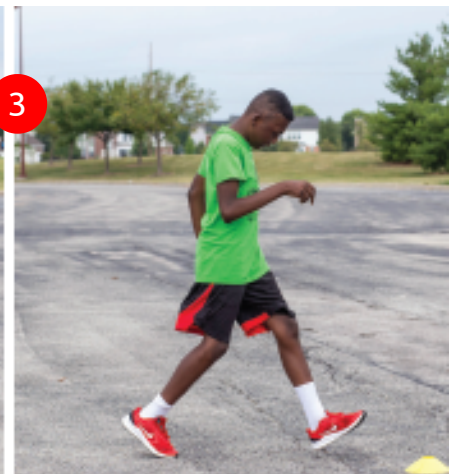


From your knees

**OR** From from your hands and feet



**6** Sprint (run as fast as you can) to the last cone.

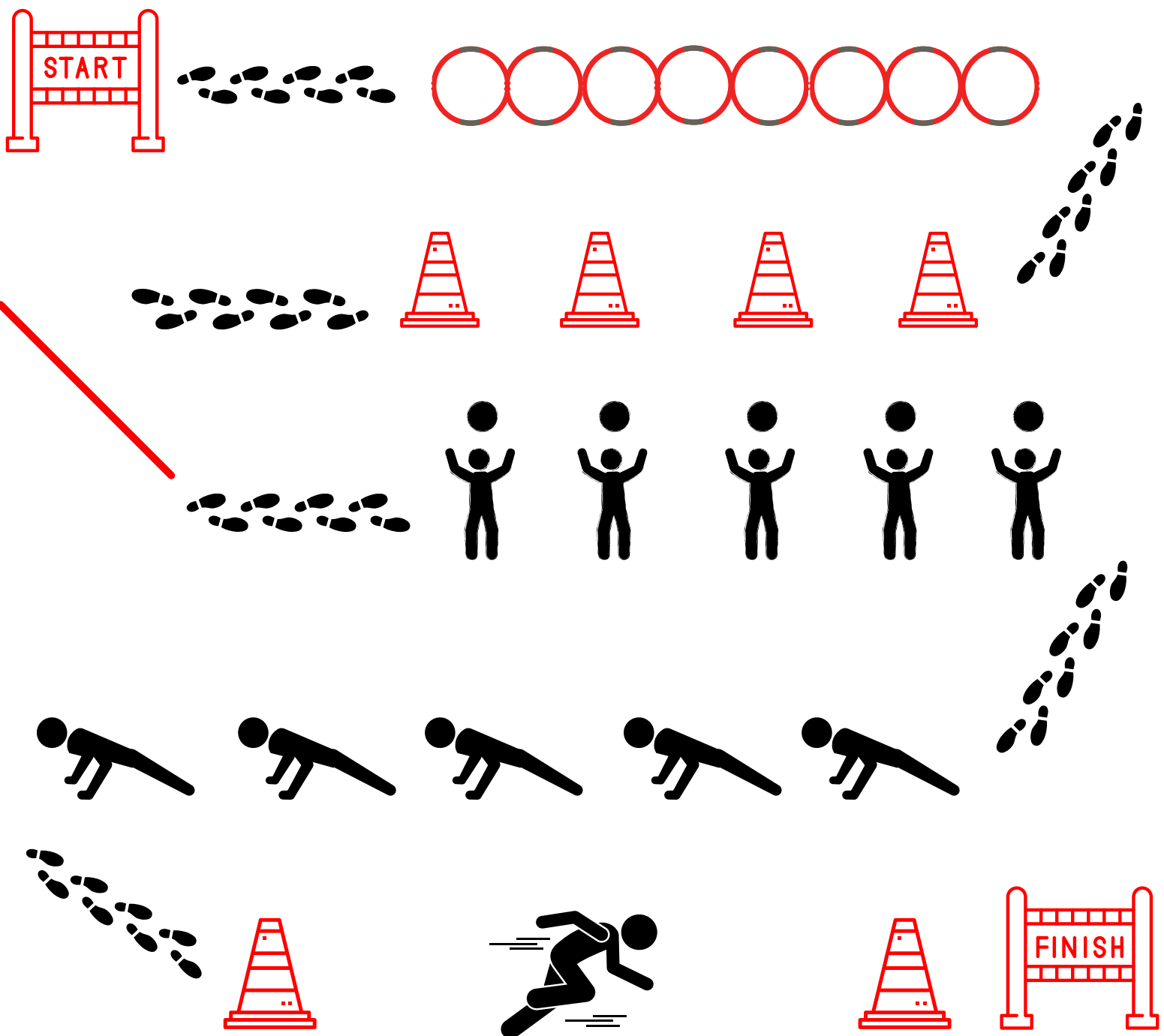




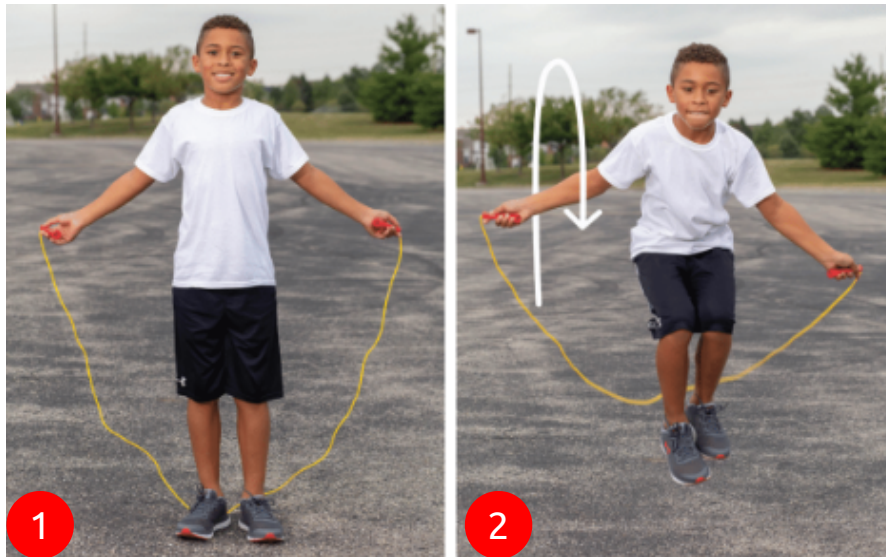
## OBSTACLE COURSE

1

## Option #1 Example Map



## OPTION #2

**1 Jump Rope forward 5 times.****2 Place hoops side by side in a line. Using fast feet, step in each hoop.**

## OPTION #2

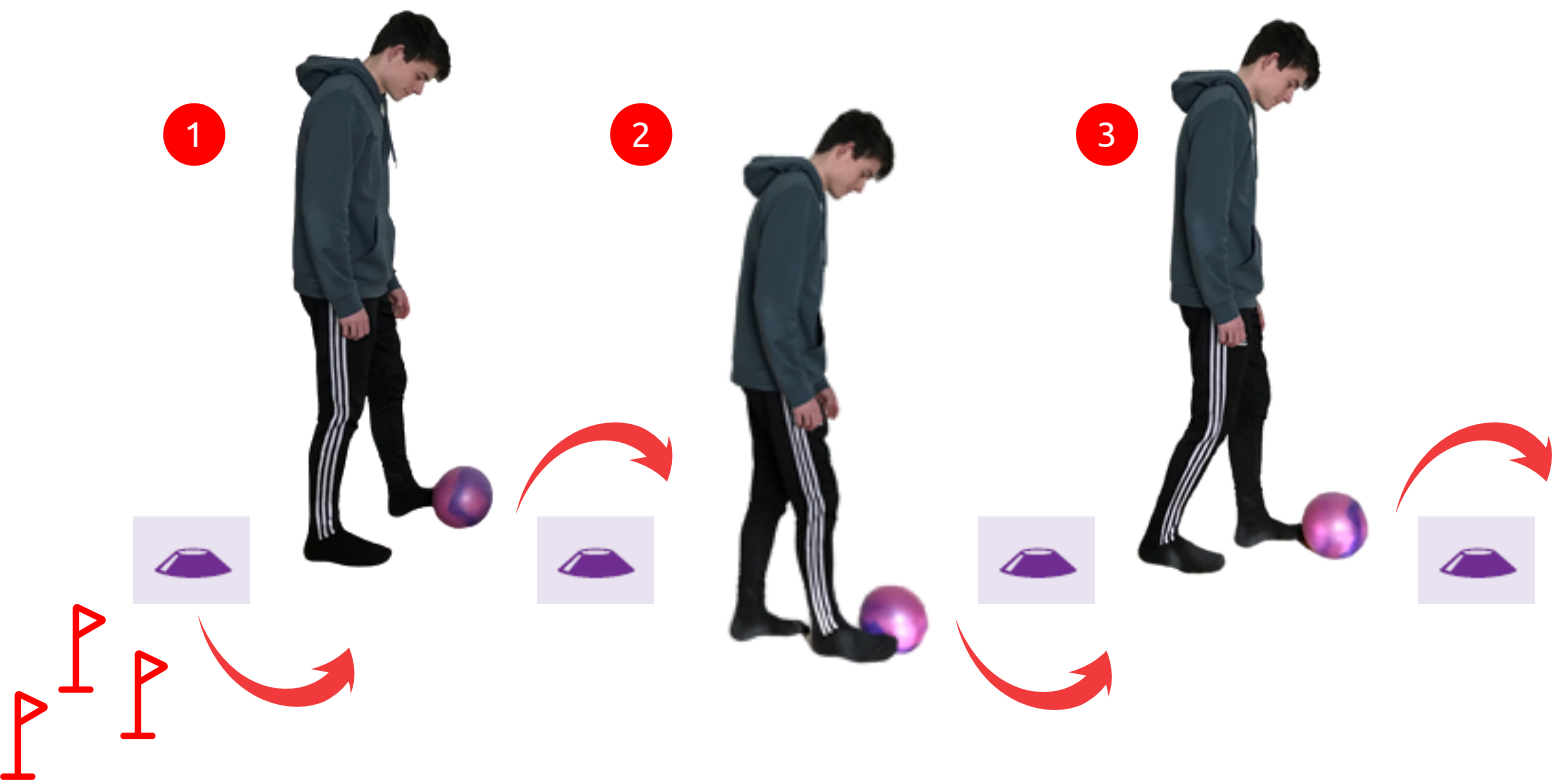
3

Place a cone 10 steps away from the last hoop. At the cone perform 10 quick punches.



4

Place 4 cones 6 steps apart. Dribble the ball with your feet around the cones.



## OPTION #2

5

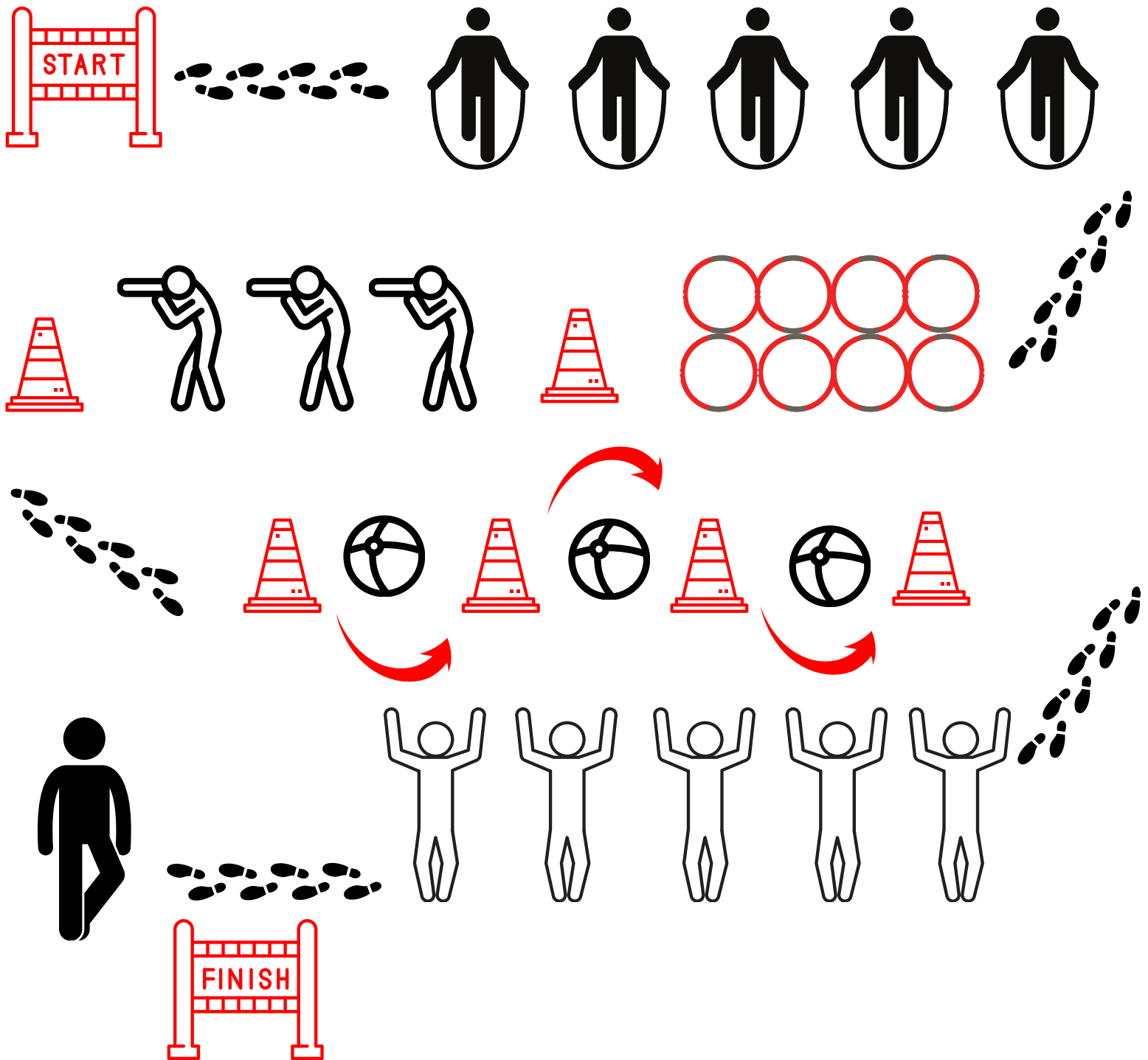
**Perform 5 frog jumps.**

6

**Perform a leg stance (balance) for a count of 10.**

## OBSTACLE COURSE

## 2 Option #2 Example Map





## OPTION #3

1

**Design your very own obstacle course!!**

