

Optional Skills Review

If you have any of the equipment below (Frisbee, ball, jump rope, balloon, etc.), you can practice reviewing or working on any of the skills that we've learned in PE class this year or years before.

- **Jump Rope:** If you have a jump rope, you can review some of the [Single Jump Rope Tricks](#) we learned in PE, or if you have a sibling or family member you could even try out some of the [Partner Tricks](#).
- **Throwing and Catching:** If you have space in your yard, and it's safe to go outside, try to practice throwing and catching with a family member with a ball or a Frisbee:
 - K-1: [Underhand Throwing \(ball\)](#)
 - 2-5: [Overhand Throwing \(ball\)](#)
 - [How to throw a Frisbee](#)
- **Striking a Balloon** (awesome activity for K-2nd Grade)
 - Blow up a balloon and practice striking it with different items in your house, or with different body parts.
 - What is the hardest item or body part to control the balloon with? What's your record for the most number of hits without moving your feet?
 - [Here's an example of this balloon striking activity](#)
- **Basketball:** If you have a basketball or playground ball, practice some of the ball handling drills and challenges:
 - [Ball Handling Drills Tutorial](#)
 - [Ball Handling Drills Follow Along](#)

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