

E learning assignment for 1st grade:

Teacher's name? _____

Practice the following activities for 15 minutes:

ACTIVITIES	FOCUS ON			
	Stepping with the proper foot	Proper release point, hit a target		
Over hand throw	Stepping with the proper foot	Proper release point, hit a target		
Kicking (soccer ball or football)	Stepping with proper foot	Kicking to a target		
Catching a Football	Eyes on the ball with feet shoulder width apart and knees bent	Hands in a diamond with fingers up and thumbs down when chest and above	Receive the ball with soft hands	
Push-Ups	Hands shoulder width apart and Fingers pointing up	Feet together with toes on the ground	Straight back and legs	Only your elbows bend
Hitting a tossed object (hand – eye coordination)	Dominant hand on the racquet, two hands on a bat, hands should be touching (right handers, right hand on top)	Feet shoulder width apart, bend in the knees	Eyes on the ball, contact ball out in front of the body	Follow through toward your target
Running	Opposite leg and opposite arm	Proper arm swing...hips to chin		

Parent's Signature: _____

Student's Signature: _____