

2nd Grade E Learning (P.E.), April 2015

In P.E. we have been playing Badminton and Pickle Ball. Both of these sports require a great deal of hand-eye coordination and full body awareness.

- Foot placement
- Paddle/Racquet control
- Follow through

If you have access to any racquet sport – practice forehand (underhand) serves, backhand serves and overhead hits. Put a huge emphasis on watching the racquet make contact with the ball.

Other sports that would suffice... Baseball/Softball, Golf, Handball, lacrosse

If you do not have access to any of the sports above, practice catching with one hand (smaller ball) and practice catching with both hands. Put an emphasis on watching the ball all the way to the hands.

| TIME SPENT PRACTICING | CHILD'S SIGNATURE | PARENT'S SIGNATURE |
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Thanks and have a great weekend!

Mr. Newman