

Week 6 April 27th- May 1st

Monday

Scoop Skills How to Make a Scoop:

Using a milk jug you are going to make a scoop.

- Cut the bottom of the jug off
- Now you can use the handle of the jug and use it as a scoop

Scoop skills:

- Hold the scoop in your favorite hand!

If you do not have a ball you could just use a pair of socks folded into a ball!

-Toss the ball up with your non favorite hand and catch with the scoop that is in your favorite hand. Take the ball out of the scoop and toss it up again.

- Toss the ball up catch with the scoop. Toss the ball back out with your scoop and catch with your hand.

Partner toss and catch-

- Underhand toss the ball to your partners scoop they catch the ball with their scoop take it out and underhand toss it back to you

-See if you can toss your ball with your scoop to your partner have them catch then using their scoop toss the ball back to you.

Tuesday	Tabata workout #1 - see attached sheet to follow this workout!
Wednesday	Rock, paper, scissors workout: Find a partner and play rock, paper, scissors Winner- Dance for 30 seconds Tie- walk like an animal around your house (choose a different animal each time you tie) Lose- 10 push ups or 10 sit ups or 10 jumping jacks
Thursday	Learn how to floss! Follow the floss dance instruction on the attached sheet! Practice makes perfect!
Friday	Free choice Friday! Play something outside!