

Home Learning January 18, 2022

Warm- Up

Just Dance Video of your choice or do the Y.M.C.A. click the link below.

<https://www.youtube.com/watch?v=YCDCwuGcEmA>

Indoor Tennis:

Materials used:

- large plastic or wooden spoons (paint stirrers or oversized popsicle sticks would be the best thing to use) OR be creative and find an object to be the 'handle' of your tennis racket
- painter's tape
- paper or plastic plates
- balloons



How to play:

The game is simple. Hit the ball back and forth. Make up your own rules as you go.

Skills worked on...

- hand-eye coordination
- counting
- balancing
- concentrating
- teamwork
- good sportsmanship
- sharing (If playing with a partner)
- following instructions
- inventing our own rules and games

