

Closure plan 3/11/20

All lessons will have a warm up, first activity, and activity second. You will need a timer or device to track how long you are exercising, and if you are practicing catching use a soft ball or object. Finally, make sure to have a safe space with room to move so you are not getting injured!

2nd - 3rd:

1. Sit-n-reach stretch for 30 seconds, jump up and down (with or as if with a jump rope) 50 times, run in place for 1 minute, reach up high to the sky and stretch you arms and shoulders.
2. **Catching:** practice catching with two hands, one hand(left and right) and clap catching. Lay on your back and toss and catch.
3. **Balance:** stand on one foot for 30 seconds, stand on the other foot for 30 seconds. Hop on one foot for 15 seconds, hop on the other foot for 15 seconds. Walk heel to toe around your room, walk using a slide step around your room.
4. **Activity:** find a partner to play rock, paper, scissors with (5x)

These were created thinking that students will be in doors, but if you can go outdoors here are more suggestions:

- Kicking/bouncing a ball, dribbling
- Practice loco motor skills(running, skipping, galloping, etc.)
- Catch with a partner
- Shoot baskets
- Throwing for distance or with partner
- Rolling to a target
- Walk/ jog