

Elementary PE Resources 4/29/20

Theme: Striking with Body Parts: Remember to visit your school's PE department website for even more resources!

This week we focus on developing force and control to strike objects such as a balloon, light ball, volleyball, or even a sock ball. Experiment using a variety of body parts (hand, elbow, knee, foot, head) to keep the object up in the air! Older students may want to work on volleyball skills such as the forearm pass or overhead set. Have fun & stay active!

Balloon Fitness Challenge Video: <https://www.wevideo.com/view/1614427122>

More Balloon Striking Challenges:

<https://www.youtube.com/watch?v=h97QblgvNYc>

https://www.youtube.com/watch?v=1Wcgpc3wmdk&list=PLJnn5H8Y_tYFzQvILe5oR4BDxer9HNehZ&index=16

Striker Ball Game: A fun game for two – you can play in the living room!

<https://www.youtube.com/watch?v=K95FRRfRQb0>