Summer Physical Education Assignments

Monday:
20 jumping jacks, 20 push-up's, 20 sit-ups, and walk/jog 1 mile

Tuesday:
Basketball skills- right and left hand dribbling in self space for one minute on each hand, shoot 25 free throws, 10 layups with right and left hand, and 15 midrange shots

Wednesday:
Soccer skills- dribble the ball with right and left feet, trapping the ball with both feet, passing the ball with another person, and ball control using inside and outside of your feet

Thursday:
Volleyball skills- setting the ball with both finger tips, bumping the ball with both forearms, serving the ball overhand and underhand, and using straight jumping techniques

Friday:
Football skills- catching the ball, passing the ball, route running drills, and foot work (quick movement such as side to side and forward and backward)