

## Physical Education Lesson – Week of April 20

**Grade Level: 5<sup>th</sup>**

**Title: Tennis Ball Challenge**

**\*\*This lesson should be attempted at least twice during the week**

**NYS P.E. Learning Standard #1** - Students will have the necessary knowledge and skills to Establish and maintain physical fitness, participate in physical activity, and maintain personal health

**Activity:** Students will practice the listed challenges using a tennis ball (any bouncy ball will do) ten times each and then give themselves a self-test at the end. Please try to perform these tasks in an area that has plenty of room to keep you and others safe. Some optional tasks involve a wall. If one is not available, please skip them

1. Toss a ball up underhanded a little above your head, let the ball bounce once, and then catch it
2. Toss a ball up underhanded a little above your head and then catch the ball before a bounce
3. Dribble the ball ten times with your right hand
4. Dribble the ball ten times with your left hand
5. Toss a ball up underhanded, clap 5 times, and then catch the ball before a bounce
6. Toss a ball up underhanded, roll your arms 3 times, and then catch the ball before a bounce
7. Toss a ball off a wall, let it bounce, and then catch the ball after it bounces once
8. Toss the ball off a wall and catch it before a bounce
9. Toss the ball off a wall, let it bounce, hit it off of the wall, and then catch it before a bounce
10. Toss the ball off a wall, spin around once, and catch the ball before a bounce

**Challenge:** attempt each step above in order from 1-10 one time each without making a mistake on any step. If you make a mistake, you must start over at Step 1.

**Cool Down:**

1. Perform 10 Toe-touches
2. Lie on back and bring one knee to your chest for a 10 count. Then try other knee
3. Perform 10 arm circles forward and 10 arm circles backward

