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**Seton Home Study School**  
**Physical Education 2 Lesson Plan**

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**WEEK TWENTY-SIX**

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Balloon Fun: Try keeping a balloon in the air as long as possible. Try it with three, four or five balloons at a time. Jesus likes us to have good fun.

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**WEEK TWENTY-SEVEN**

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More fun with a ball: Try skipping forward and backward while bouncing a ball. Sit with your legs crossed and roll the ball around yourself, faster and faster. Start from the sitting position, throw the ball up, and catch it standing up. Bounce the ball completely around yourself while standing, without turning your body or moving your feet! Some challenging antics! God challenges us to do our best for Him each and every day.

**Parents: Please record your child's grade (A, B, or C) on the Third Quarter Report Form and send it to Seton or enter it online at [www.setonhome.org](http://www.setonhome.org).**

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## FOURTH QUARTER

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**WEEK TWENTY-EIGHT**

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Bounce a ball against a wall, catching it on one bounce. Try to have the ball bounce once on the floor and then onto the wall; then catch it. Jesus wants us to keep pushing the devil away, no matter how many times he comes back.

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**WEEK TWENTY-NINE**

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Jump rope two feet at a time. Jump rope one foot at a time. Try to jump slowly, then quickly. How many times can you jump without missing?

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**WEEK THIRTY**

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Hopscotch. Draw a hopscotch diagram about ten feet long. Toss a coin (or pebble or bottle cap) into box 1; hop over box 1 on one foot, then into box 2, then into 3; at 4 & 5, put both feet down at the same time (one foot in each box); then hop on one foot into 6, then both feet into 7 & 8; then jump around with both feet, and hop all the way back to box 2; bend down (balancing on one, pick up coin, and hop into box one and out. Then toss the coin into box 2. Continue as before. Do the hopscotch through all eight boxes.

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**WEEK THIRTY-ONE**

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Fun stunts: Try the cartwheel. Try rolling like a log. Try somersaults, backwards and forwards. Try being a windmill, with arms swinging around at the same time, but one swinging up while the other is swinging down. Thank God for your healthy body.