



WEEK ELEVEN

Target Throwing: Using beanbags or balls, aim your throws into a hoop, a waste paper basket, and/or auto tires. Try taking the bottom out of a grocery bag, hang it on a wall and toss the ball in. Hang it high enough to be a challenge! Being a good Catholic is a challenge, but the reward is heaven!

WEEK TWELVE

The Cartwheel: Bend one knee and reach over to touch the floor with the hand that is on the same side as the knee bent. Push with the foot. Lift the free leg over and touch the floor with the other hand, then the other leg, coming back to an upright position. Down or up, always keep your heart on Jesus.

WEEK THIRTEEN

Russian Bear Dance: Squat with arms folded. Hop on the right foot and extend the left foot forward. The heel should touch the floor in front. Hop on the right foot again and bring the left foot back to the original position. Hop on the left foot and extend the right foot, touching the heel on the floor. Hop again and again. You should be able to do it fairly well by the end of the week. Did you fall over very often? Jesus wants us to have a good time while we are learning!

WEEK FOURTEEN

Rolling Over: Sit with the knees bent close to the chest but separated. Put the arms down inside the legs, around the outside of the shins, and clasp the ankles in front. Roll to the left knee and left shoulder, then over on the back. Roll to the right shoulder and the right knee. Roll over and over like a ball!

WEEK FIFTEEN

Rope Jumping: Stand on the right foot, hop on the right foot and pass the rope under it. Try it with the other foot. Try swinging the rope backward under the feet. Click heels together between jumps.

WEEK SIXTEEN

In Rhythm to Music: March forward, march backward, raise knees high. Skip in time to music, forward and backward. Hop on the right foot, then the left foot. Don't forget to keep time with your arms also!

WEEK SEVENTEEN

Bent Knee Hop: Squat and tuck arms and hands around knees. Try to walk on the balls of the feet. **Crab Walk:** Put hands and feet on floor, with face up and back straight. Walk backward, using right arm and right leg, then left arm and leg! Can you do it? **Free Stand:** Lie on back with arms folded across the chest. Come to a standing position without unfolding arms or using elbows!

WEEK EIGHTEEN

Slapping Your Knee: Lie on back, placing arms over your head, legs out and together. Raise both arms and one leg, letting the knee bend. Touch hands to the raised knee. Lower the leg and arms at the same time back to the floor. Do the exercise with the other leg. This will strengthen your muscles.