



WEEK TWENTY-FIVE

Bobbing: Stand with feet shoulder-width apart. Bend forward, stretching arms and touching thighs. Then you should stand upright, then bend again, stretching your arms and touching your ankles. Try it again and touch the floor.

WEEK TWENTY-SIX

Bobbing Sideward: Stand with your feet apart. Bend toward the right and stretch right hand downward as far as possible with short bobbing but smooth movements. At the same time, stretch your left hand over your head. Do it in the opposite direction. Jesus never wants us to stop “stretching” toward Him in our daily prayers and thoughts.

WEEK TWENTY-SEVEN

Jumping: From a standing or running jump, jump as high as you can. Be sure you have a soft landing. Also, see how far you can jump from a standing start or running start.

Parent-teacher: Please fill out the Third Quarter Report Form and send it to Seton along with the average activity grade. Grades may also be sent in online at www.setonhome.org.

FOURTH QUARTER

WEEK TWENTY-EIGHT

Practice Basketball Skills: With a basketball or playground ball, practice catching, passing (chest push pass; over-hand throw with both hands; two-handed underhand pass; two-handed overhead pass; one-hand wrist flip; bounce pass; hook pass); shooting (chest push shot; lay-up shot; one-hand shot; free throw). **Dribbling:** practice with both hands: “Floor play”: faking, pivots, stopping quickly with the ball. (Find a book at the library to help with these skills.)

WEEK TWENTY-NINE

Practice Baseball (or Softball) Skills: practice pitching: try for control; try for speed; pitch for deception (a library book or Dad can help with this). Practice catching with or without a mitt; field overhead balls and ground balls; practice batting: ask a parent to show the correct batting stance, how to hold the bat and how to swing. Practice bunting and base running.

As you learn these skills, always ask Christ to keep you safe.

WEEK THIRTY

Practice Soccer Skills: Practice kicking a soccer ball or playground ball with the instep and the inside of the foot. Make long passes with the instep; short passes with the inside of the foot. Kick the ball along the ground or through the air. **Dribbling:** Move swiftly while taking the ball along under perfect control (the ball no more than 14 inches from the feet). Nudge the ball while running with short, rapid steps. **Trapping:** Maintain the speed of a moving ball while gaining control of it. **Tackling:** Taking the ball away from another using the feet only. **Heading:** Passing or shooting the ball with the head.