

NAME:

WEEK 3 THROWING

B

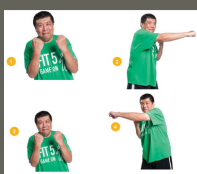
I

N

G

O

Quick Punches



Drink water every day



Throw balls OVER an object (desk)



Play Hopscotch



Try a Fit 5 Endurance Exercise PG 4

Toss items (ball/bean bag) into a bucket

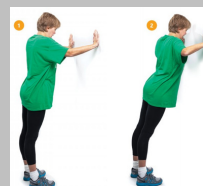


Try a Fit 5 Strength Exercise PG 8

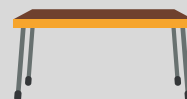
Wash your hands for 20 seconds



Push ups



Throw balls UNDER an object (desk)



Play Bean Bag Bocce



Underhand throw a ball at a wall



Child's Pose



Try a Fit 5 Flexibility Exercise PG 12

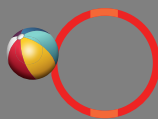
Eat a fruit or vegetable every day



Make a healthy drink choice



Throw a ball through a hoop

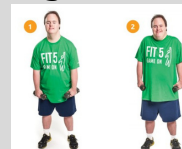


Try a Fit 5 Balance Exercise PG 14

Throw a ball from lying down, sitting, kneeling and standing

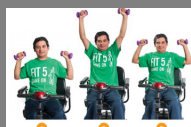


Shoulder Shrugs



Find things to throw; ex: Scarf, Frisbee, Bean Bag, Paper etc

Overhead Press



Discover 3 different kinds of throws



Make a picture collage of your favourite healthy snacks (or write a list)

Overhead/Side arm throw a ball at a wall



COMPETITION

SINGLE: Throw a ball for distance OR Throw a ball for accuracy

UNIFIED: Throw a ball for distance OR Throw a ball for accuracy (partners scores added together)