Physical Education Activity Ideas

Dribbling, passing & shooting –

* Practice dribbling in personal and general space.
* Use your dominant and non-dominant hands.
* Practice passing to a family member or throw the ball against the wall and catch it.
* Practice your shot.
* Check your heartbeat and remember why your heart pumps harder when you are exercising.

Soccer skills –

* Practice dribbling the ball using the insides of your feet.
* Practice kicking the ball to a family member or against the wall. See how many times you can trap and kick the ball without losing it.
* Set up a goal and practice kicking the ball into the goal. Count how many goals you can make.
* Check your heartbeat and remember why your heart pumps harder when you are exercising

Jump rope –

* Jump forwards, count how many times you can jump in a row.
* Jump backwards, count how many times you can jump in a row.
* Try some trick jumps we learned in P.E.
* Check your heartbeat and remember why your heart pumps harder when you are exercising.

Baseball or softball –

* If you have a baseball or softball glove practice throwing and catching the ball to yourself.
* Practice throwing and catching with a family member. (Remember to step towards your partner, throw with your opposite hand to your stepping foot, release the ball and follow through.)
* If you have a bat and a tee practice hitting the ball or have someone pitch the ball so you can hit it.

