

P.E.	Day	Lesson Objective	PE Activities – Throwing and Catching Unit Test	Resources
<p>March 30 – April 3, 2020</p>	<p>There is only 1 day of PE this week to complete the test.</p>	<p>Demonstrate all skills learned in this unit.</p>	<p>Parents please upload the following <u>two</u> documents to Seesaw’s PE folder.</p> <ol style="list-style-type: none"> 1. Upload photo of your child’s completed March Activity Log. 2. Upload a video of your child’s unit test. (details below) <p>Unit Test: Please ask a parent to help video you demonstrating all the skills you have learned throughout this unit.</p> <p><u>Before the test, I recommend you review this instructional video from a past lesson. It covers the key skills of an underhand throw, overhand throw, and catching form.</u> <i>How to Throw a Ball - Teaching Underhand and Overhand Throwing</i> https://www.youtube.com/watch?v=vdAbRz62tCQ</p> <p>The test is divided into four parts. You will need to physically demonstrate the skills in the motor development section with a ball. For the remaining sections, you will need to answer the questions verbally.</p> <p>*Please do not divide the video into multiple sections. Instead film one video with all demonstrations and answers included. If the video is over 5 minutes long, please email it to Coach Kring as it won’t upload on Seesaw. (rkring@fbcs.edu.ky)</p> <p><u>Parents please post your child’s March Activity Log and unit test video to their Seesaw account or email to Coach Kring by Sunday, April 5, 2020.</u></p> <p>Optional Activity: Here is an additional <u>optional</u> activity for your family to complete together! Ask if any other family members are willing to join you for this 10-minute cardio workout! There are challenges throughout the video where you can compete against your siblings or parents for the best score!</p>	<p>Computer / Device to video record yourself</p> <p><i>Throwing and Catching Unit Test</i></p> <p>One ball</p> <p>Device with access to internet</p> <p>Yoga mat or carpet area</p>

			<p><u>*The prizes do not count unless they are approved by your parents!</u> <i>Please ignore the Fitbit promotions.</i></p> <p>Have a Blast With This Family Fun Cardio Workout https://www.youtube.com/watch?v=5if4cjO5nxo</p>	<p>would be helpful for these exercises.</p>
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