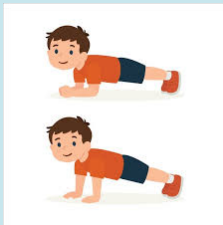
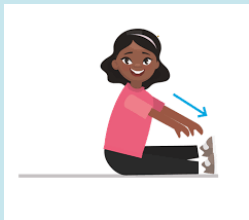




Why do your skills matter?



- They are the building blocks of all other activities
- Balance - keep body stable
- Coordination - move 2 or more body parts at the same time
- Agility - Change body direction quickly
- Flexibility - Range of movement
- Cross lateral - movement requiring both sides of the body

Questions to ask the class



- Can you:
 - touch your toes, rock back and forth on your back, skip, while running change direction side to side?
- Do you practice?
 - Can you throw and catch from different distances, different hands?

Try these ...



- Stand on one leg and brush your teeth. (change halfway through)
- Skipping instead of walking
- Stretch your body fully (Cosmic Yoga)
- Build strength in your core by doing a plank and holding it
- Practice your swimming
- What would you like to try?