

Hi Cascade Cougars!

Welcome to a new way to get instruction! We hope all of you are doing well. As your Physical Education Teachers, we think it is important for me to tell you, "Wash your hands. Often." Okay, now on with the lesson.

This week we invite you to work on your **hand eye coordination**. We are going to do this by practicing catching. At the end of the lesson for the older grades, you will be learning to juggle.

First...Find a pair of socks and roll them up into a ball. We found that rolling two socks into one ball works the best for us. If you're into the challenges, by the time you get to #7, you will need 4 socks.

Rule #1: always be responsible! For this activity, being responsible means the sock ball should never touch the ceiling, and it should never touch another member of the household. Also, make sure you have enough room. We do not want to bump anything in the house.

Start with...

1. Toss the ball up and catch it with two hands, practice for 2 minutes.
2. Toss the ball up and catch it with the same hand. 2 minutes.
3. Switch to the other hand and toss and catch with that hand. 2 min. This will probably be harder as it will probably be your non-dominant hand.

Ready for more?...

4. Toss the ball up and switch hands going back and forth; from right hand to left hand and then left hand to right. 2 Minutes.
5. Now, pretend you have on a baseball hat. If you have one, go get it and put it on. This time you want the ball to go just over the bill of the cap. Again, switching hands from right to left and then left to right. 2 Minutes.

BIG HINT: This is the start of a cascade juggling pattern. In order to juggle you want the ball to go the same height every time, so concentrate on making it go just over the bill of the cap.

6. Little bit of fun: Take the second sock ball and try to make an "x" tossing both at the same time and catching with the other hand at the same time. This is what many students will think is juggling, but it is not juggling. Still, it is fun to practice catching!

Big Challenge...

7. Last step for k-2... count "one, two, three, four". Toss one sock ball on one, the other sock ball on two, catch the first with the opposite hand on three, and catch the last sock ball on four. Another pattern to say is "toss, toss, catch, catch". *Parent Note:* This will likely be a big challenge for K-2 students, but it is the next step in learning to juggle. If your child gets there that is awesome, and feel free to look at the 3 – 5 grade lesson for the next step. If they don't, it is 100 % okay. Have them practice the catching activities above, #1-6. Feel free to add ideas or have students invent ideas as you go. Creativity adds some fun. Remember, the idea is to practice catching and have fun. Give A LOT of positive praise.

Parents: This should take about 15 minutes the way it is written up. We recommend doing it multiple times throughout the day/week, so we do not burn students out. Feel free to email us to

celebrate learning or ask questions if you are getting stuck. Any other movement/exercise you and your children are doing is awesome. Stay healthy and enjoy your family. In no way is this supposed to be stressful, so if it is... Stop! Have a great day everyone.

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Physical Education Teachers

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