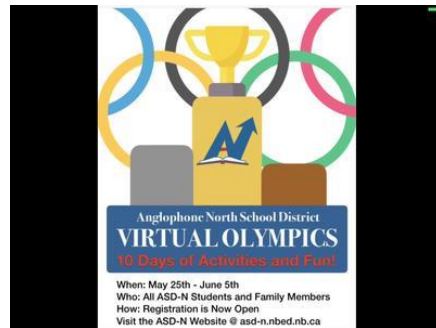


May 19th -22nd (Week 7)

Physical Education Homework!

Since **ASD-N Virtual Olympics** will be opening up soon, I thought these activities would be a great idea for you to try out and get lots of wonderful practice in on some common skills used every day in sports and life too. In addition, you will be ready to compete in the Olympics too! **Don't forget to register if you haven't done so already!**



1) **Backboard Bank Shots** — Watch this video and try to see what your best score will be in 1 minute. Remember there are always three levels you can choose from. <https://safeshare.tv/x/wo1cGKKbhYs#>

2) **Keep It UP** — For this skill you will need 1-3 balloons depending on which level you are working on. Once again, you will have 1 minute to complete the challenge and see how well you can do. **I will add the video for this game on my teacher page so you can watch how to play it.**

3) **Self Passing Challenge** — The video shows level 2 which might be a bit of a challenge for the K-2 students. If so try level 1, which is tossing with one hand can catching with both hands. You can do it!
<https://safeshare.tv/x/yBjqc3LDRrM#>

REMEMBER WHEN COMPETING TO HAVE FUN AND PLAY FAIR!