

### Stage 3:

#### Activity 1: Mind your balance

Find a spot inside or outside where you have plenty of room. You will need to follow these steps:

1. Stand with your feet shoulder width apart and arms out making a T (hold for 20 seconds)
2. Stand on one leg with your other foot touching the knee of the leg on the ground (hold for 30 seconds and change legs repeat)
3. Move your foot that's off the ground so your leg is out straight in front of you at waist height (swap legs after 30 seconds)
4. Move your foot that is off the ground behind you so your leg is nice and straight you may need to lean forward for this (hold for 30 seconds and repeat)
5. Move your foot to your side at waist height with a straight leg and try to touch your toes with your fingers if you cannot do this just keep your leg straight (hold for 30 seconds and then swap)

#### HAVE A REST

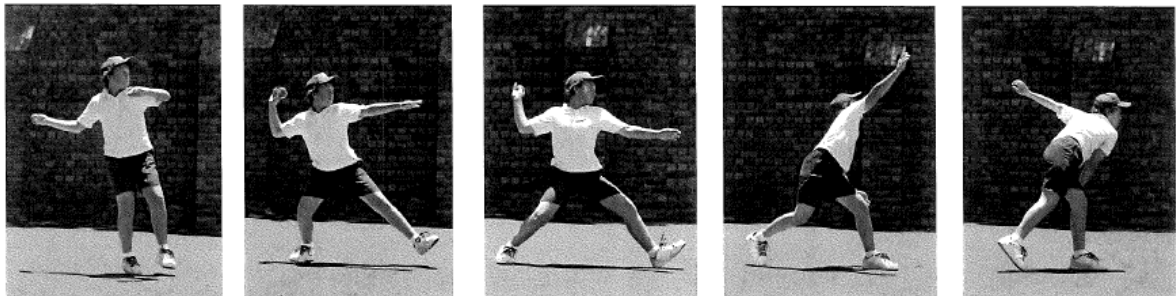
6. Start by having both hands on the ground and both knees on the ground.
7. Try lifting your knees off the ground so you have two feet and two hands off the ground
8. Raise one leg off the ground (hold for 20 second and change legs)
9. Have both legs on the ground and lift one hand off the ground (hold for 30 seconds and swap)
10. Have one foot and one hand on the ground (hold for 20 seconds and swap sides)

#### Activity 2: Corners

In the backyard create a square with 4 different objects in each corner of the square. Start in different positions in the middle of the square (laying on tummy sitting on bottom etc) and have a partner/parent call out one of the objects and you need to get to that object as fast as you can. You can change the movements to skipping hopping side galloping etc. This will help you work on your running and reaction time.

### Activity 3: Throwing

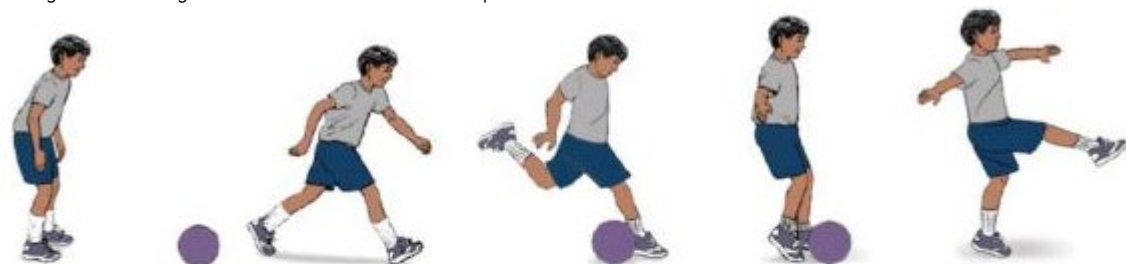
Find a safe area where you will have a lot of space to throw. You need a tennis ball/handball or small ball that is soft that you can throw. You will need a bucket empty plastic bottles or anything you can use as a target. You will need to set up 4 or more targets. Have a partner call out the specific target and you need to try and hit that target they will call out different targets. Look at the image and try to have your body positioning the same with your body side on to the target your throwing arm behind you. If you are right handed you need your left arm and left foot facing the target and release. If you have something you could make into a moving target then have a go.



### Activity 4: Milk bottle kick

You will need a soccer ball or ball you can use to kick off the ground. You will need to use 4 or more empty milk bottles or any plastic bottles will do.

You will need one bottle with no water one bottle with a quarter filled one bottle half-filled and one full bottle. You will need a starting point where you are kicking the ball around 2 metres away from the bottles. Try and kick over all bottles once you do move back 2 metres and try and knock the bottles over again keep progressing back further with you kicks as you go. When kicking the ball you should follow the steps below.



#### Ready Position

Stand behind the ball and focus eyes on the ball.

#### Step

Step forward on the kicking foot to generate power for the kick.

#### Leap

Leap forward on the nonkicking foot, placing that foot beside the ball, and lean forward with the kicking foot off the ground.

#### Kick

Contact the ball at or slightly below the center with either the laces of the shoe or the inside of the foot.

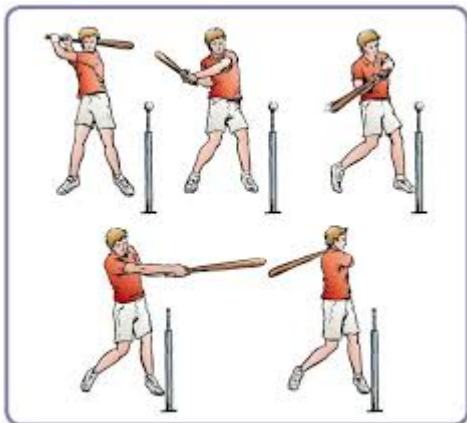
#### Follow Through

The arm opposite the kicking leg swings forward, and the kicking foot continues forward in the direction of the kick. There is a backward lean on the follow-through.

### *Activity 5: Two hand strike*

*You will need a partner for this activity. You will need a soft ball and you will need one of the following: cricket or baseball bat racquet hockey stick. Your partner will softly throw a ball into your preferred hitting zone. Once you have practiced you can place targets along the ground to try and knock over. You need to remember these parts of the strike:*

- 1. Stand side on to where you want the ball to go*
- 2. Eyes focussed on the ball while hitting*
- 3. Hands are placed next to each other on the bat*
- 4. Step towards where you want to hit with your front foot*
- 5. Hips and shoulders rotate together*
- 6. Ball is hit on front foot with straight arms*
- 7. Swing the bat through and around your body*



### *Activity 6: Dodge duck dip dive*

*You will need a partner and some soft balls beanbags to throw. You will need to set out a square you cannot move out from. Your partner will underarm the balls at you and you will need to dodge the balls for as long as you can until you are hit. Try and set a time you can go without being hit and beat it for the next round.*