

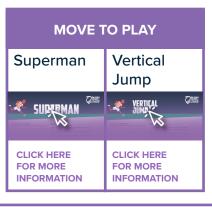




## THINK TO PLAY

- I conduct my own practice away from school/club.
- I record the things I do/try/practice as a video or diary.







### **LIVE TO PLAY**

- I plan when and where my practice will take place.
- I understand good sleep paterns will help me to be healthy.

SKILL TO PLAY

- Can you pick a ball up with 2 hands.
- Can you put a ball down with ball in 2 hands.
- Can you put a ball down with ball in 1 hand.
- Can you put a ball down whilst both feet are in the air.

**WORK OUT** 

SQUATS + PLANK + PRESS UPS + WALL SIT

COLOUR REACTION

# SQUATS















# COLOUR REACTION



- Get 4 coloured cones and place them 2m/3m away from you.
- Parents call between 3 colours for the player to react and remember.
- You touch them in sequence & repeat this x 10.

# **WEEKLY LEADER BOARD CHALLENGE**

# STANDING JUMP

Did you jump further than last time?



# **RULES**

- Set a start line for your jump. Both feet, toes to the line.
- Hands on hips.
- Dip down and jump for distance.
- Measure from the start line to the back of your heel.