

Class 18 - Review SKILLZ 5 - 8

Active Warm-up – 5-minutes

- Arms: Seal-ups
- Legs: Jack-in-the-box
- Abs: Reverse curl-ups (feet over head)
- Core: Spider ups

Mat chat – 3-minutes (Includes water break)

- This week is testing, so today we are going to review SKILLZ 5 – 8.
- If you have 6 stripes or more today then you can still test this weekend as long as you earn the last 2 skill stripes this week.
- Here are the four SKILLZ that we are going to review today:
 5. HOPPING
 6. ROLLING
 7. RUNNING
 8. CATCHING

Skill Review – 15-minutes (See testing charts)

1. Review HOPPING testing requirements
2. Review ROLLING testing requirements
3. Review RUNNING testing requirements
4. Review CATCHING testing requirements

Active Stretching: 5-minutes

- Hand throws
- Hip rotations
- Knee wobbles
- Sitting toe touches

Game –3-minutes

- Dodge ball

End of class announcements – 2-minutes