March 20, 2020

Hello SKS! Mr. C here.

My hand is UP! Please put your hand up and pay attention!

I hope everyone is well and not sick. I am sure being home with little to do is very hard. I miss being in the gym with you and I hope we can get back to school soon.

Here is an idea for you to try at home to get some PE time and maybe have some fun. This is kind of a craft project as well as a PE idea.

You will need the following things: two paper plates, two paint stir sticks or old rulers you won’t need, some glue, and some balloons. You could also use crayons or markers to decorate your paper plates if you want.

Here are the instructions to make a paper plate paddle (ask an adult to help you):   
 -Decorate your paper plates, first, if you wish, then glue the stir sticks (rulers) to the back of the paper plates.   
 -Make sure enough of the stick hangs off the plate to be a handle. Your paper plate should look a little bit like a tennis racket now.   
 -Let the glue dry and blow up a few balloons.   
 -Now you have two paper plate paddles and some ”tennis ball” balloons!

Here are some things you can do with your new equipment:   
 -Bounce a balloon up in the air. How long can you do it without missing?   
 -With permission, use the paddle to hit the balloon against a door or wall, try to return it before it hits the floor. Can you hit it 20, 30, 50 times without missing? You better practice!  
 -Hit the balloon forward chase after it and hit it again before it hits the floor. Can you go all over your house without missing?   
 -Get a partner like a brother, sister, or parent. Give them the other paddle and hit the balloon back and forth between you like tennis. How many times can you do it without missing? Can you hit the balloon in different directions to make your partner miss it?   
 -Next, put something between you like a chair or table and pretend it’s a net. Play back and forth over the “net.” If your partner misses, then you get a point. Play to ten points and start a new game.  
 -Experiment and see if you can come up with other games and activities with your paddles and balloons.

Stay well and email me at Michael.Carney@dor.org to show/tell me about your new paddle skills

Mr. C