Unit 5 Virtual: Hand-Eye Coordination/Spatial Awareness

5.1 - Underhand Throwing: Bowl Ball

CDE Standards – 1.7, 1.8, 2.2, 3.1, 4.3, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7
READY

- Bowls (6)
- Sock ball (2-3)
- Paper and pencil (1) to tally score
- Towel (1)

5.2 - Overhand Throwing: Angry Birds Game

CDE Standards – 1.10, 1.11, 1.12, 2.5, 2.6, 3.1, 4.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6
READY

- 5-10 Knockdown-able items per kid (Won't break)
    - Ex: Books, plastic cups, empty bottles, rolls of paper towel, TP pyramids
- 1-3 Balls (Ball substitutes: socks, balled up t-shirt, etc.)
- 1-2 Elevated Surfaces (Dresser, bed, box, table, chair, etc.)

5.3 - Basketball Teaching/Dribbling Games

CDE Standards – 1.1, 1.2, 1.3, 2.2, 2.8, 3.1, 3.6, 4.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7
READY

- 1 Basketball (Or any ball that bounces)
- Space to bounce your ball and move around (depending on house setup)

5.4–Wind Blowing

CDE Standards – 1.2, 1.3, 1.10, 2.1, 2.5, 2.9, 2.10, 3.1, 4.4, 4.5, 4.6, 5.1, 5.2, 5.4, 5.5
READY

- 1 "Fan" (Balloon, paper plate or small flattened box)
- 10 Plastic cups

5.5 – Basketball Activities

CDE Standards – 1.1, 1.2, 1.3, 2.2, 2.8, 3.1, 3.6, 4.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7
READY

- Basketball or a bed sheet wrapped in a pillow case (1 per student)
- A Basket or area to throw in (depending on home setup)
- 10 toy/sock place markers

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5.6 - Pinball

CDE Standards – 1,1, 1.11, 2.2, 2.4, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6
READY

- 6-10 standing targets (Plastic bottles, toys, cones, bowling pins, etc.)
- 3-4 throwing items (paper balls, wiffle balls, socks, etc.)
- Item to throw from (tape, chalk, a chair, etc.)
- Something to balance (a spoon and egg, a full glass of water, a book on your head, etc.)

5.7 – Kick Back & Keep It Up: Review Rules & Play

CDE Standards – 1.1, 1.2, 1.14, 2.2, 2.6, 2.7, 2.9, 3.1, 4.1, 5.1, 5.2, 5.4, 5.5, 5.6, 5.7
READY

- 1-2 balloons, (Or: socks, wiffle ball, stuffed animals, etc.)
- 1-2 Rubber Balls (Or any ball that bounces)
- Towel, chalk, long string/yarn, anything to create a line.

5.8 – House Warrior Scavenger Hunt

CDE Standards – 1.2, 1.6, 1.7, 1.8, 1.9, 2.1, 2.2, 2.3, 2.5, 3.1, 3.4, 4.1, 4.2, 5.1, 5.2, 5.4, 5.5
READY

- Almost anything within the household
- Soft landing spot (bed, couch, pillows)

5.9– 3 Little Pigs

CDE Standards – 1.1, 1.2, 1.3, 2.2, 3.1, 4.1, 4.5, 4.14, 4.17, 5.1, 5.2, 5.4, 5.5, 5.6
READY

- Pairs of Socks (8)
- T-Shirts (8)
- Toys (8)
- Towels (2)
- Coach only - Deck of playing cards (1)

Unit 5 Virtual: Hand-Eye Coordination/Spatial Awareness

5.10 - Indoor Kickball

CDE Standards – 1.1, 1.12, 1.14, 2.5, 3.1, 4.4, 4.7, 5.4, 5.5, 5.6
READY

- Small item to kick (a ball if you're outside, rolled up socks, paper ball, stuffed animal, etc.)
- 4 Floor targets (Blankets, cones, ropes, chairs, etc.)
- 3 Items for invisible "runners" (stuffed animals, toys, cards, etc.)
- 4 Items for bases (t-shirts, chalk, dots, etc.)

5.11 – "Three Choice"

CDE Standards – 1.1, 1.7, 1.9, 1.10, 2.2, 2.6, 2.10, 3.1, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6
READY

- Coach chooses three favorite games for kids to vote on to play
    - Examples:
        - House Warrior Scavenger Hunt
        - Pinball
        - Angry Birds