



Physical Activities Grades 6–8

Games & Sports

Please complete these activities with a sibling, parent, guardian, or family member!

<p>Net & Wall Games</p> <ul style="list-style-type: none"> -Wrist locked, -Fist -Release & strike 	<p>Mark a place outside as your “home base” by placing a shirt on the ground. Take a few steps away from your home base and underhand serve a ball in any direction. You can add a bell to the ball to add noise. After serving, navigate back to your home base. Time how fast you can return to your home base after each serve.</p>
<p>Target Games</p> <ul style="list-style-type: none"> -Step, Throw, Follow-through 	<p>Bundle a pair of socks to make a ball. Have your partner stand in place and clap. Toss the ball to your partner. Retrieve the ball and have your partner move spots. Keep playing to find out how many times you can reach your target from different distances.</p>
<p>Volleying</p> <ul style="list-style-type: none"> -Step -Toss -Strike 	<p>Create a ball from bundled plastic bags. If you have a bell, tie it to the ball. Have your partner stand 20 feet away. Pretend there is a tall net in between you, and overhand serve a ball over the net to your partner. Count how many successful serves you have.</p>
<p>Shooting on Goal</p> <ul style="list-style-type: none"> -Step -Throw -Follow-through 	<p>Bundle a pair of socks to make a ball. If you have a bell, tie it to the ball. Find a target you can throw at, such as a tree outside. Have your partner stand by the target and clap so you can locate the target. Each time you throw, move to a different spot. Count the number of successes you have at different places.</p>
<p>Throwing</p> <ul style="list-style-type: none"> -Step -Throw -Follow through 	<p>Bundle a pair of socks to make a ball. If you have a bell, tie it to the ball. Have your partner clap while walking, jogging, or running. Throw the ball to the your partner while they are moving. Count how many times you are make a successful pass!</p>
<p>Offensive Skills</p>	<p>Have your partner stand somewhere and make a noise. Stay in one place, and practice pivoting on one foot to face the direction of the noise. Have your partner move to different areas and continue pivoting. Next, try pivoting on your other foot!</p>