

PE

DISTANCE LEARNING SERIES

COMBINE DRILL



Time your runs

RUN TO 2-BACK TO 1
RUN AROUND 2 AND 2
BACK TO 1

5 TIMES

Start the drill at bottle 1. A- Run to bottle 2 and quickly turn back and run to bottle 1. B- Turn quickly and run around bottle 2 and head to bottle 3. C- Go around the inside of bottle 3 and head back to bottle 2. D- Go around the outside of 2 and finish the drill at bottle 1.

5 Small Space Movement

3 BOTTLE SHUFFLE



Time your shuffle movement

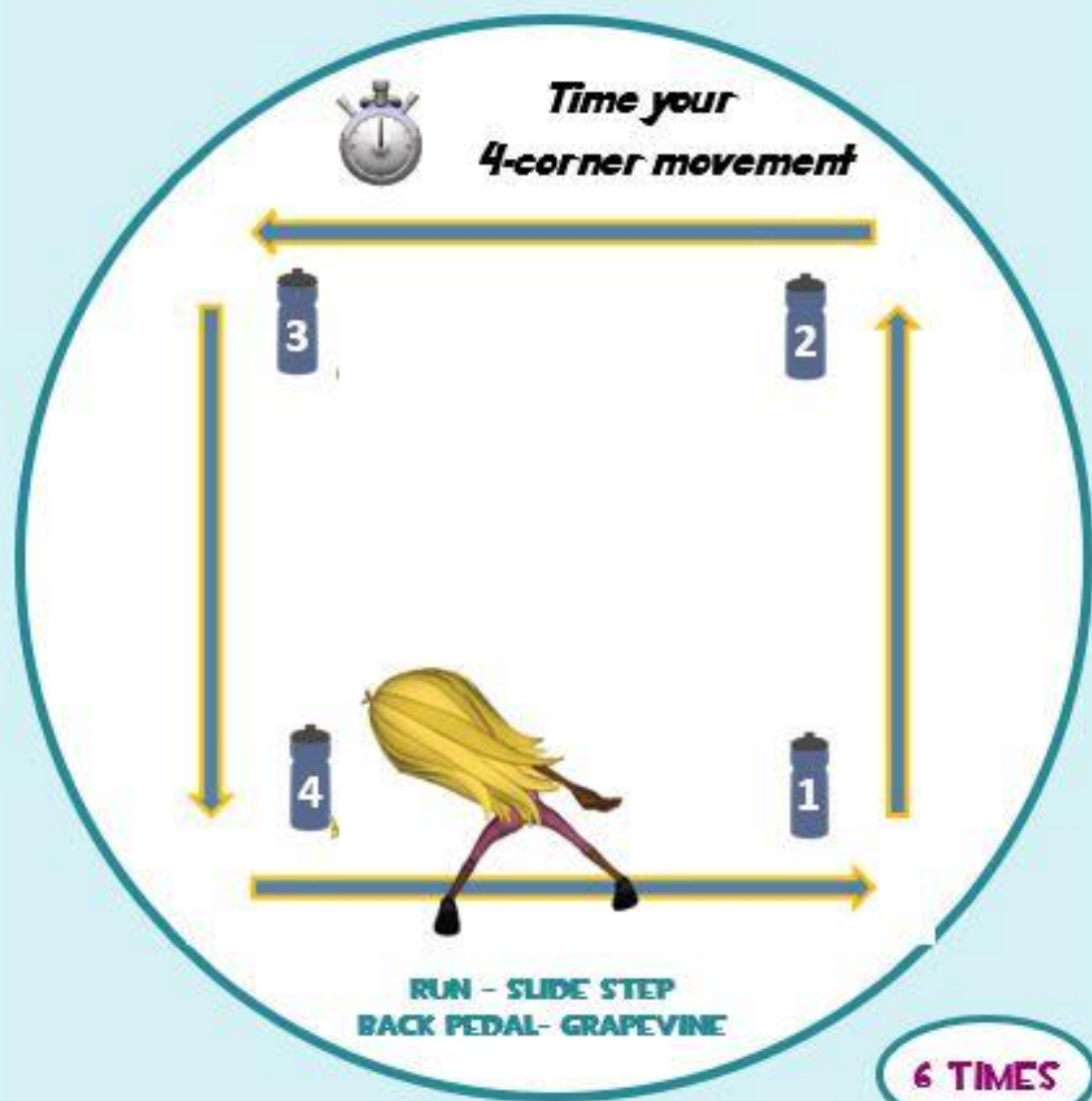
5 TIMES

Start behind bottle number 2 and slide step or grapevine step sideways to and around bottle number 3. Continue left and in front of bottle 2. Keep moving left to and around bottle number 1. Repeat the entire sequence 5 times.

6 Small Space Movement

Small Space Movement

FOUR CORNER DRILL

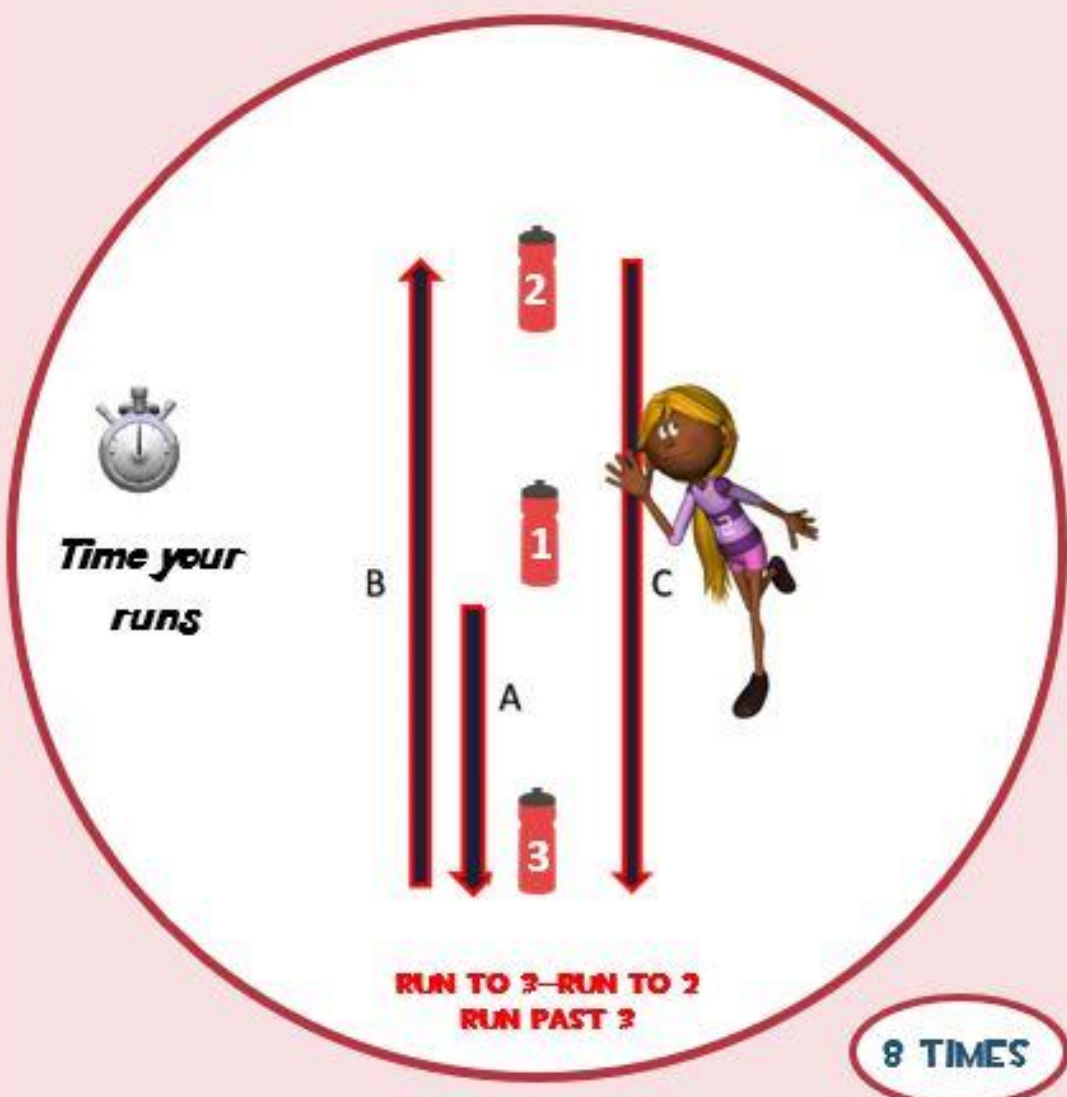


Start at bottle 1- Run Forward to bottle 2.
Slide step facing out to bottle 3.
Back pedal to bottle 4.
Grapevine step back to bottle 1.

1

Small Space Movement

TURN AND SPRINT



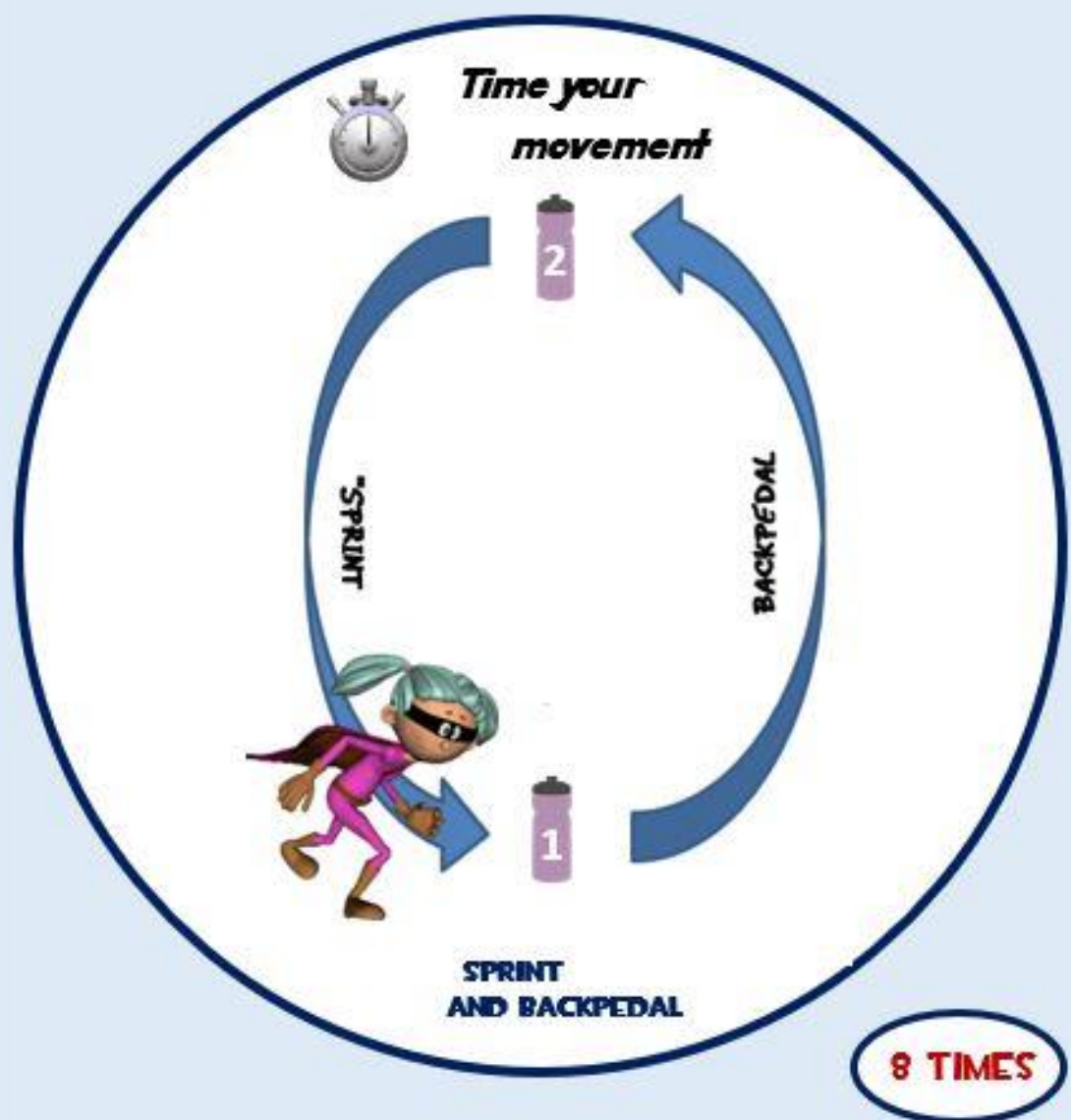
Start at bottle 1 in an “athletic stance.”

- A. Run Forward to bottle 3.
- B. Turn quickly and run to bottle 2.
- C. Turn and sprint past bottle 3.

2

Small Space Movement

OVAL DRILL



Start at bottle 1 in an athletic stance.
Backpedal back and around bottle 2.
Accelerate and sprint to bottle 1. Repeat

3

Small Space Movement

FLIP THE BOTTLE



Starting at a paper plate, run down to a set of bottles. Toss 1 bottle up slightly in the air and flip it so that it lands back upright on its base. Run back to the spot and repeat.

4

Small Space Movement

COMBINE DRILL



Start the drill at bottle 1. A- Run to bottle 2 and quickly turn back and run to bottle 1. B- Turn quickly and run around bottle 2 and head to bottle 3. C- Go around the inside of bottle 3 and head back to bottle 2. D- Go around the outside of 2 and finish the drill at bottle 1.

5

Small Space Movement

3 BOTTLE SHUFFLE



*Time your
shuffle movement*



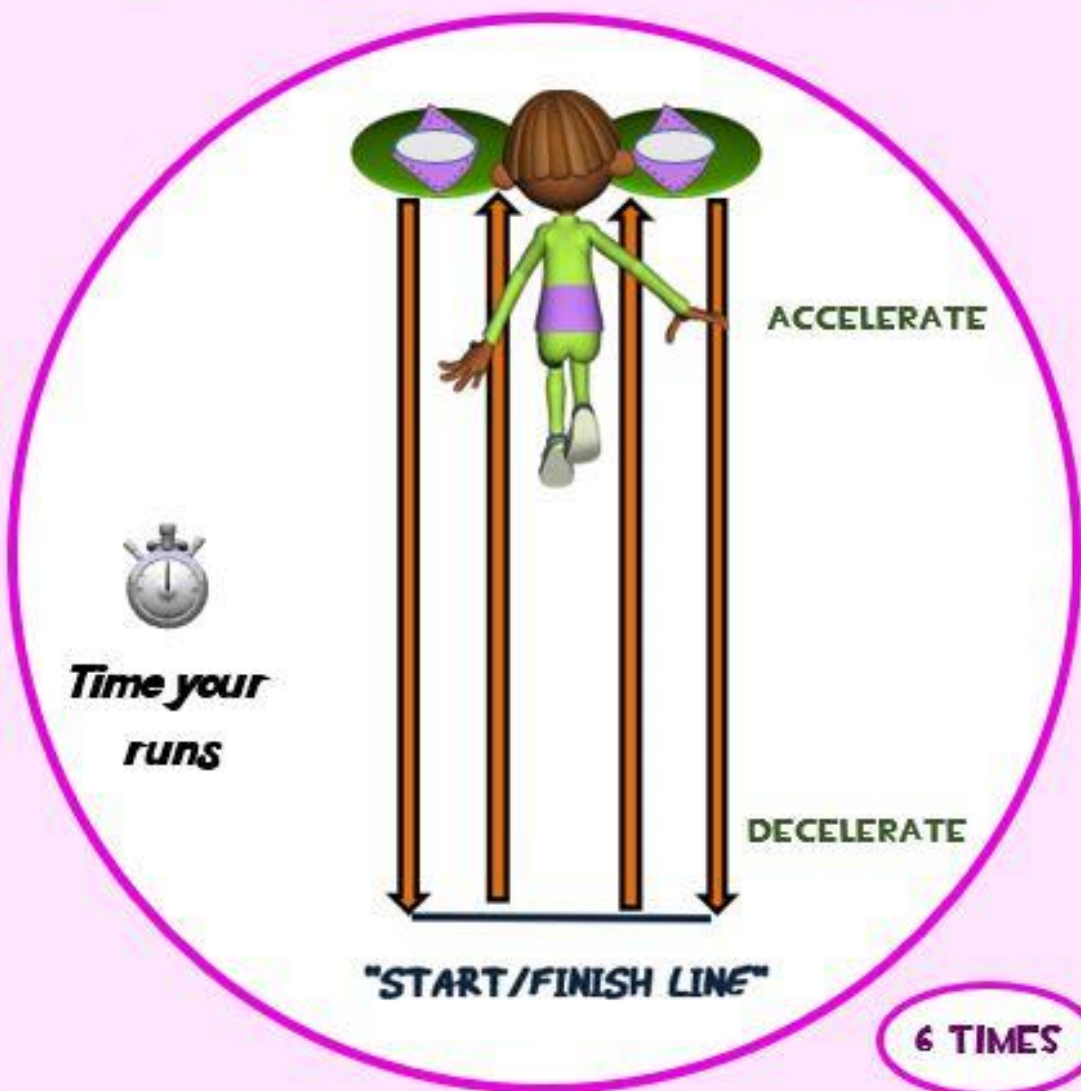
5 TIMES

Start behind bottle number 2 and slide step or grapevine step sideways to and around bottle number 3. Continue left and in front of bottle 2. Keep moving left to and around bottle number 1. Repeat the entire sequence 5 times.

6

Small Space Movement

SHUTTLE RUN

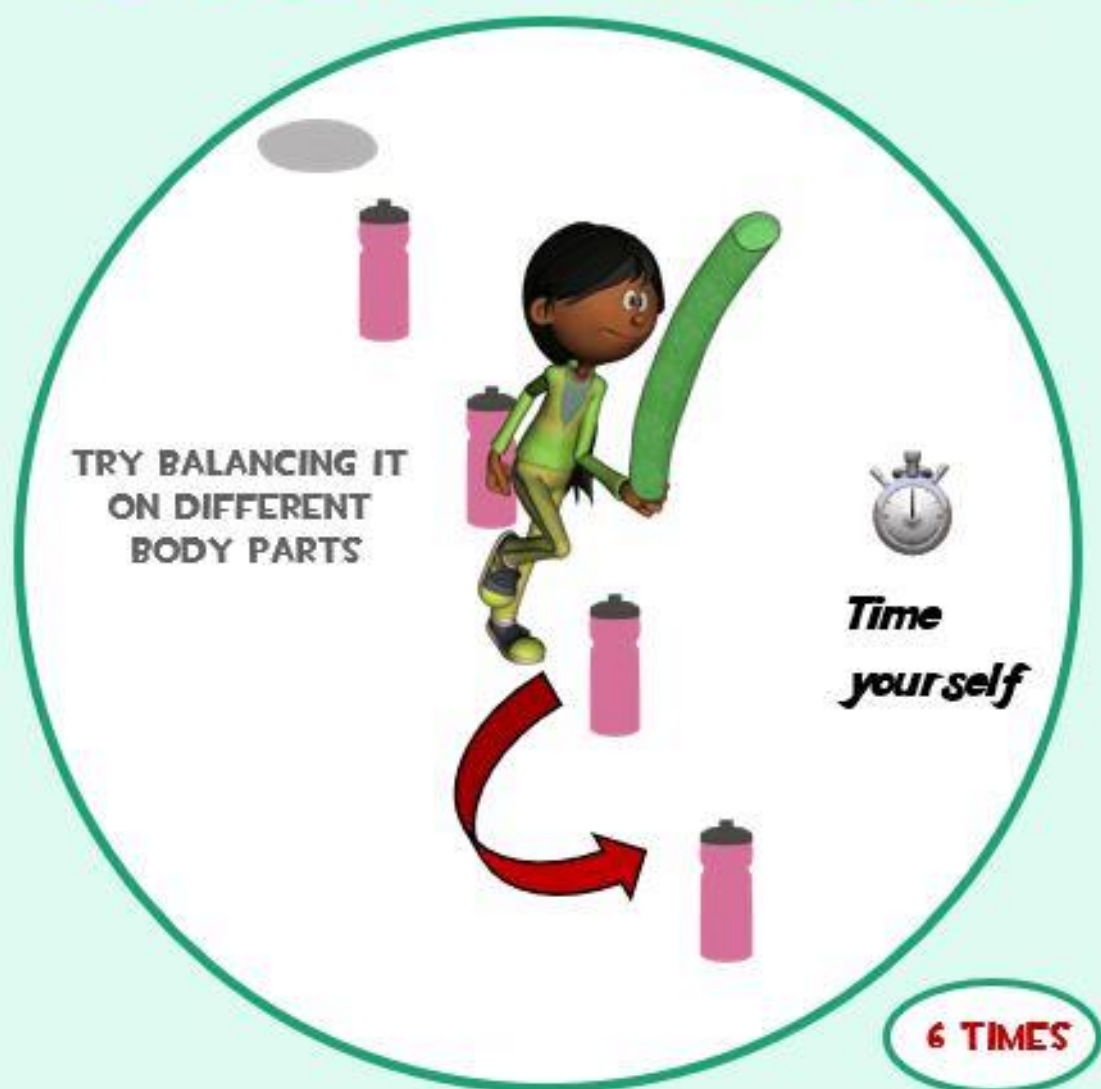


Run down to one of the paper plates and pick up a sock ball. Run it back and put it on the start line. Quickly turn and run to the other paper plate and pick up the other sock ball. Race back fast with the 2nd sock ball past the finish line.

7

Small Space Movement

STICK BALANCE

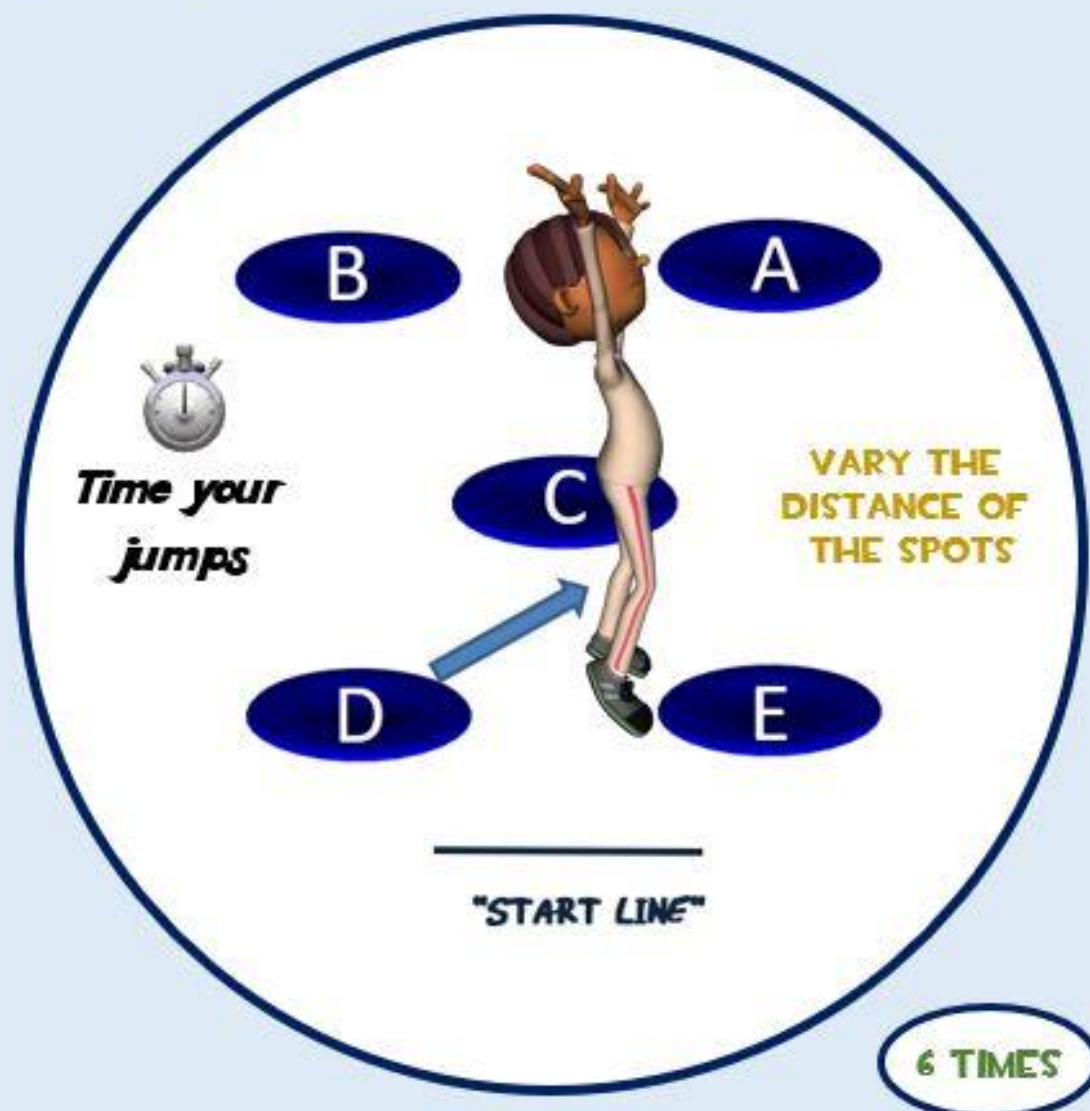


Start at a paper plate and weave in and out of the bottles as you balance a broom-stick or pool noodle on your hand. Turn around the end bottle and return to the start.

8

Small Space Movement

2 FOOT DOT JUMPS

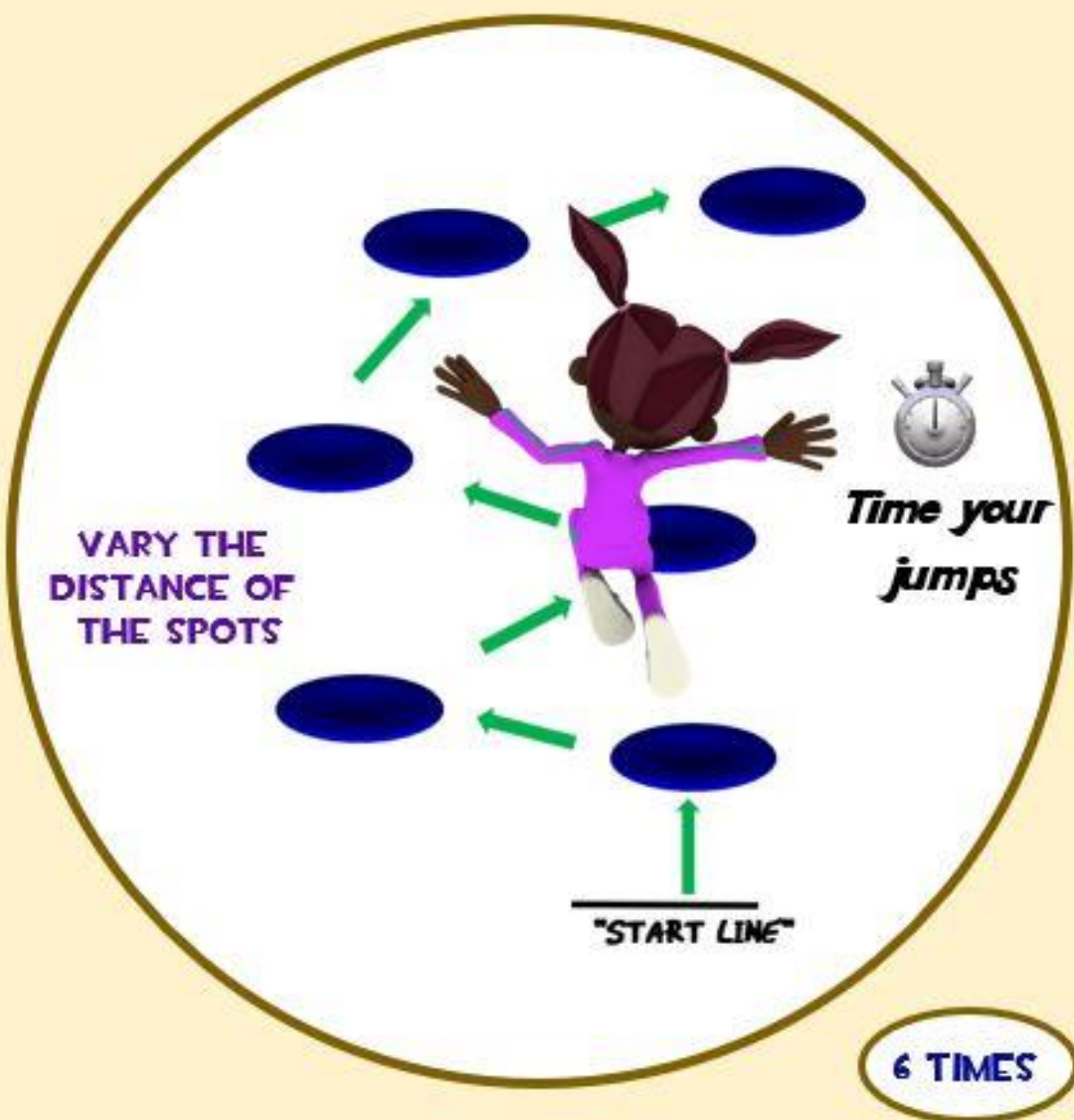


Start with both your feet on both the A and B. paper plate. Jump to C with both feet. Jump with both feet to- D - E - C - A - B. Repeat the sequence.

9

Small Space Movement

CROSS THE RIVER



Jump across the pretend river, landing with 2 feet on the paper plates. Jump off 1 foot and balance carefully on each spot.

10

Small Space Movement

180° DOT JUMPS

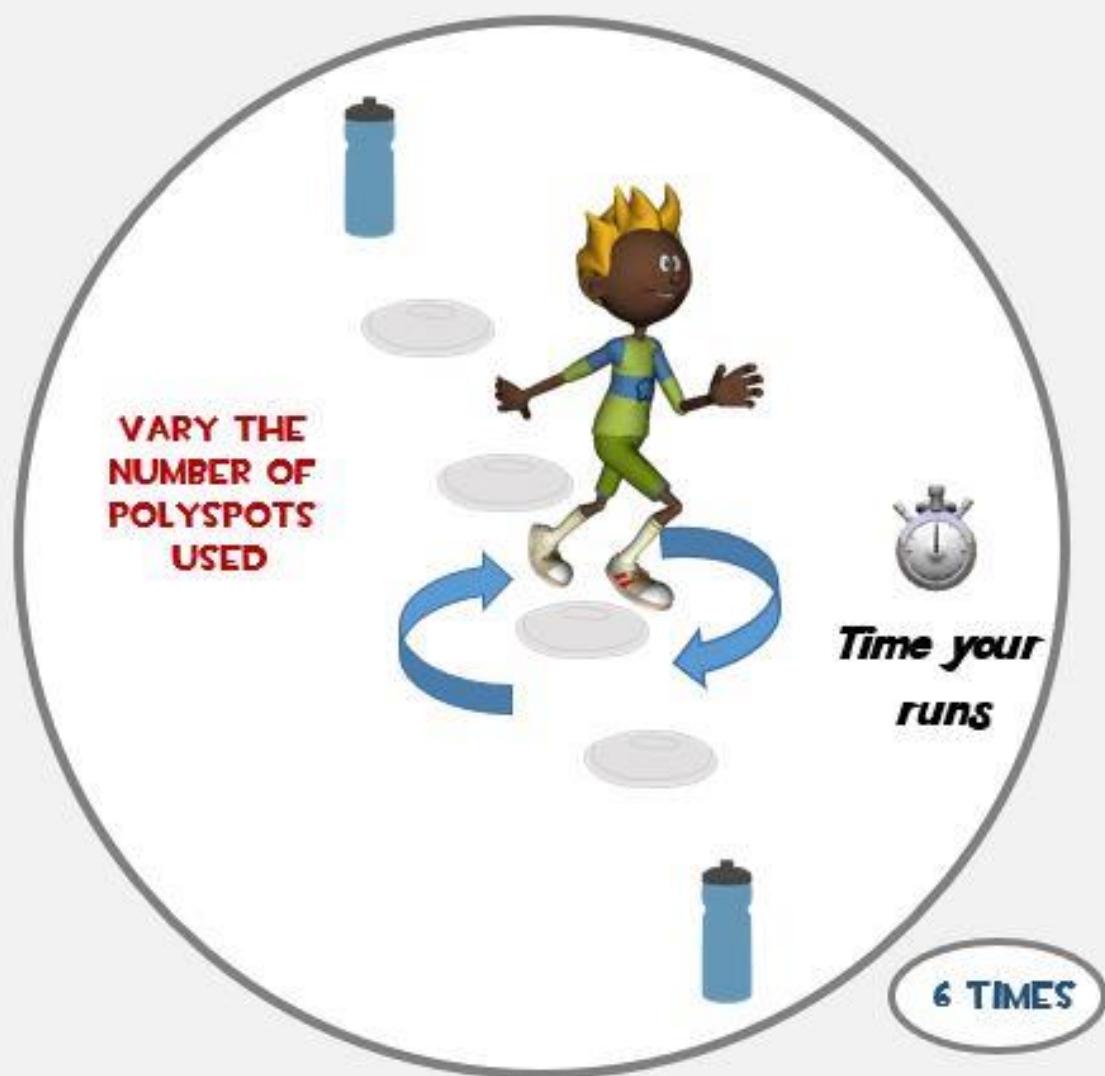


Start with both your feet on both A and B.
Jump to C with both feet. Jump and split to D and E.
Jump and turn 180 degrees and land back on D and E.
Jump both feet to C. Jump and split to A and B. Jump
and turn 180 degrees and land back on A and B
Jump 2 feet to C. Repeat the sequence.

11

Small Space Movement

PLATE 360° RUN



From the starting bottle, run towards the first paper plate. When you reach it, circle around it as you run. Run around the other paper plates as you go. Run around the end bottle and come straight back to the starting bottle.

12

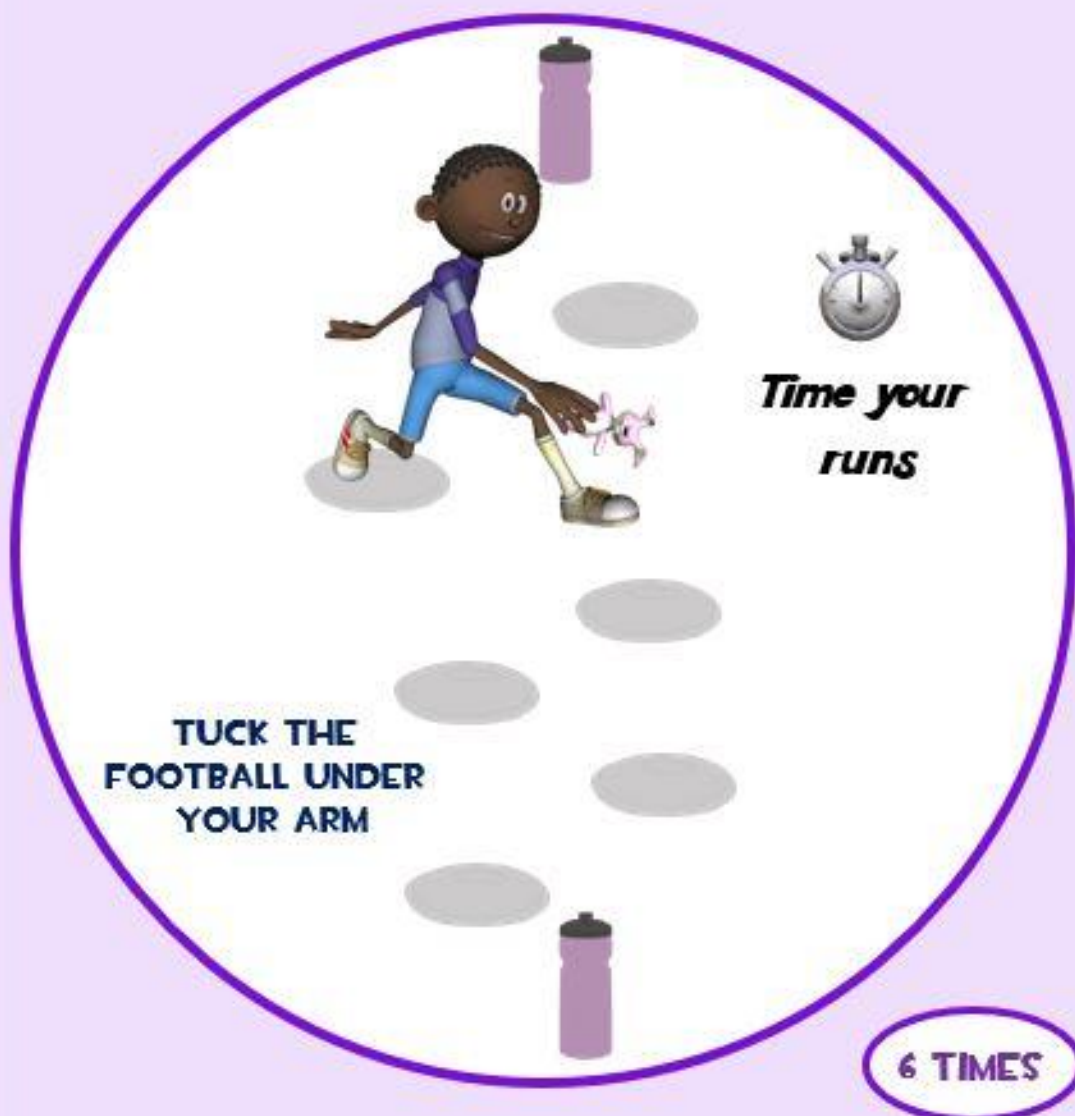
Small Space Movement

ZIG-ZAG DRIBBLE



Start at a paper plate and foot dribble a sock ball through a set bottles. Go around the end bottle and dribble straight back to the start.

CARRY AND LEAP



From a start bottle, land on each of the paper plates as you travel. Make sure you leap from one leg to the other as you carry a **stuffed animal**. Race around the end bottle and back to the start line.

CIRCLE AROUND

***Switch
directions***



**TRY DIFFERENT
LOCOMOTOR
MOVEMENTS**

**USE A HULA HOOP OR
MAKE A CIRCLE USING
STRING OR ROPE**

15 TIMES

Walk, run, skip, gallop, hop or jump as you travel around the perimeter of the circle. Try some different movements.

15

Small Space Movement

IN AND OUT



Feet in
Feet out

**JUMP FORWARD
AND BACK
OR SIDEWAYS**

USE A HULA HOOP OR
MAKE A CIRCLE USING
STRING OR ROPE

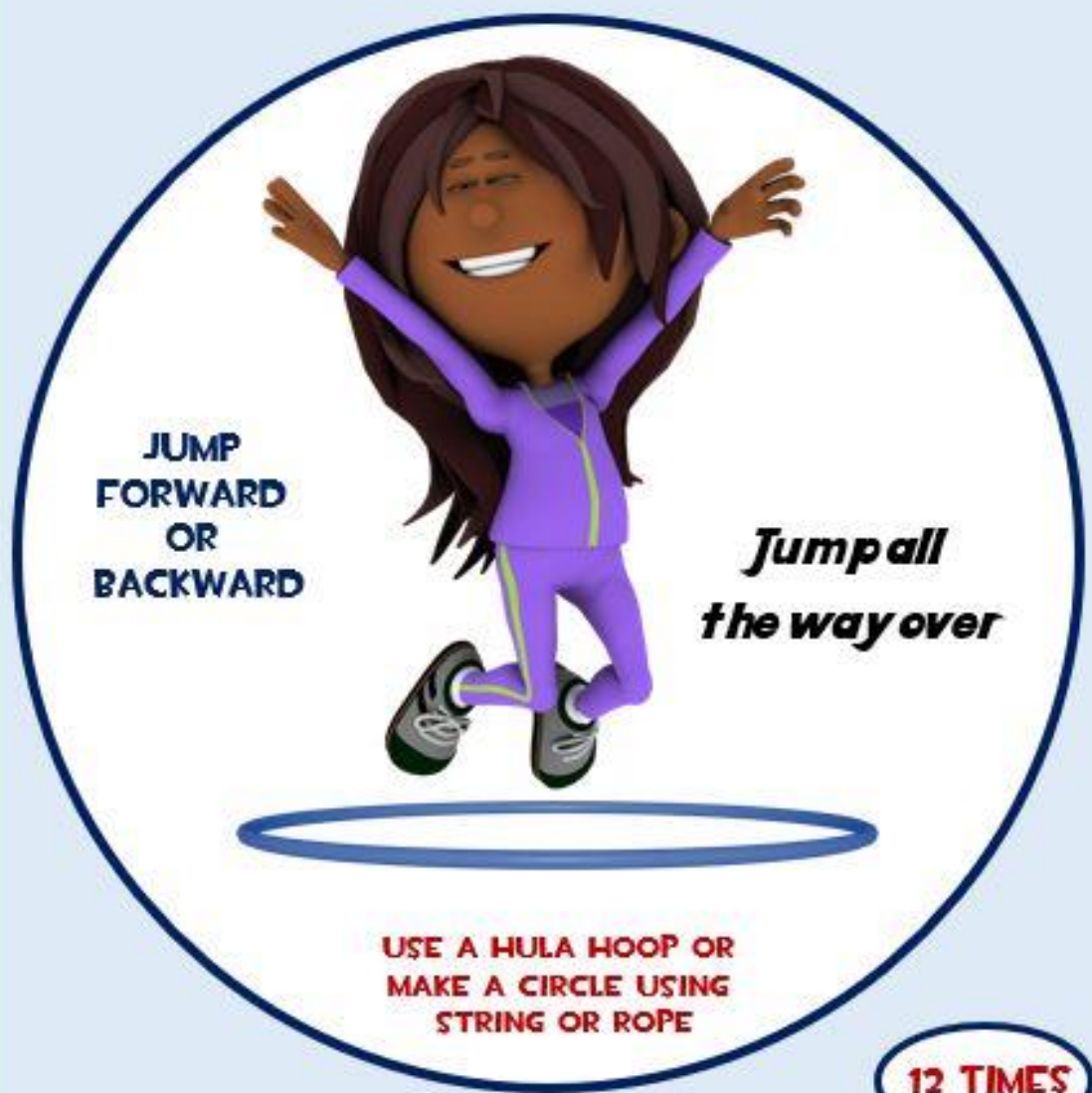
24 TIMES

Jump in and out of the circle with 2 feet. Also, try doing scissor steps, switching your feet inside the circle.

16

Small Space Movement

JUMP THE CIRCLE



Jump 2 feet to 2 feet and travel all the way across the circle when you jump. Turn around and jump back.

17

Small Space Movement

CLIMB THE STAIRS

Climb up
Walk down



CLIMB AND DESCEND
AT A SAFE SPEED

15 TIMES

Walk or do a light jog up and down a set of stairs. Be very cautious and watch your steps. Travel at a safe speed.

18

Small Space Movement

PARTNER LIMBO

TRY HOLDING
THE NOODLE AT
DIFFERENT LEVELS

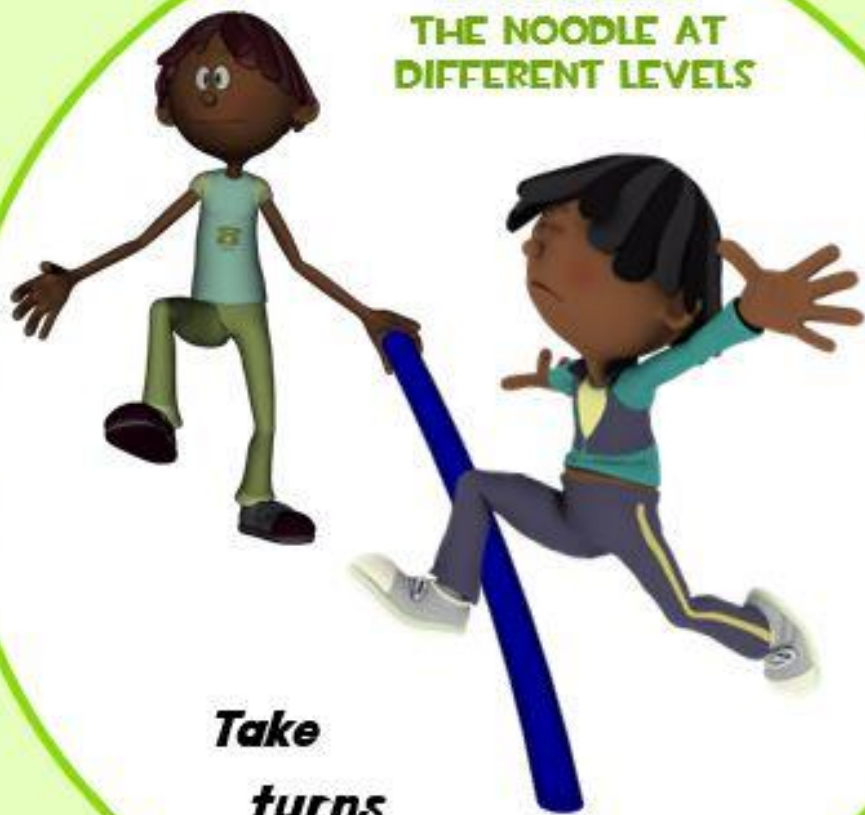


6 TIMES
EACH

Have your partner hold a pool noodle or a stick at different levels, while you do the “limbo” underneath it. Switch jobs!

PARTNER HURDLE

TRY HOLDING
THE NOODLE AT
DIFFERENT LEVELS



6 TIMES
EACH

Have your partner hold a pool noodle or stick at different levels, while you run and hurdle over it. Switch jobs!

CIRCLE JUMP

*Take
turns*



TURN THE
NOODLE AROUND
YOUR BODY

10 TIMES
EACH

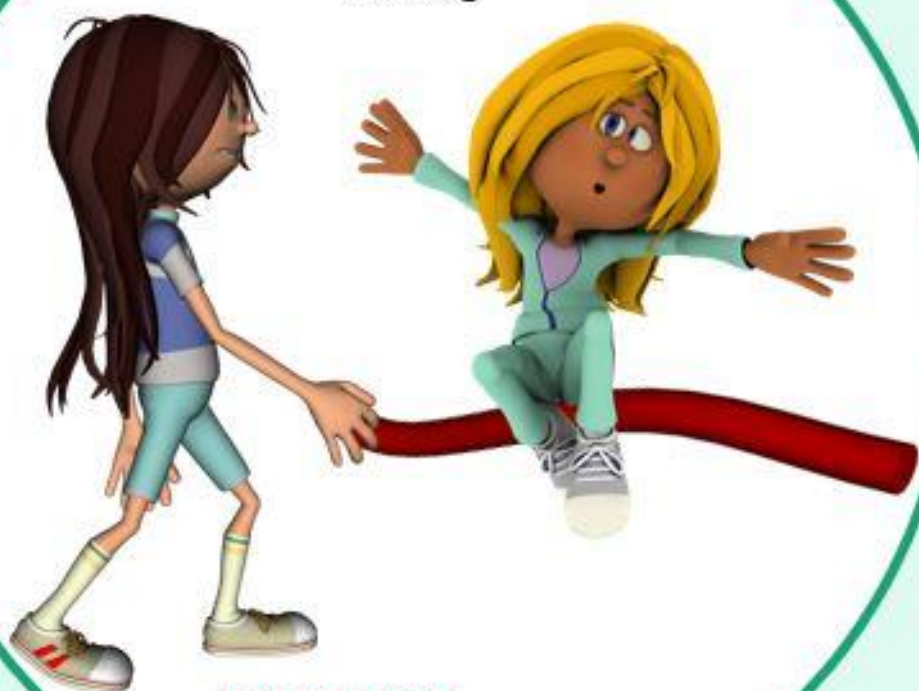
Have your partner move a pool noodle or stick in a slow circle or back and forth. Jump over it when it comes under you. Switch jobs!

21

Small Space Movement

WALK AND JUMP

*Take
turns*



WALK WITH
THE NOODLE

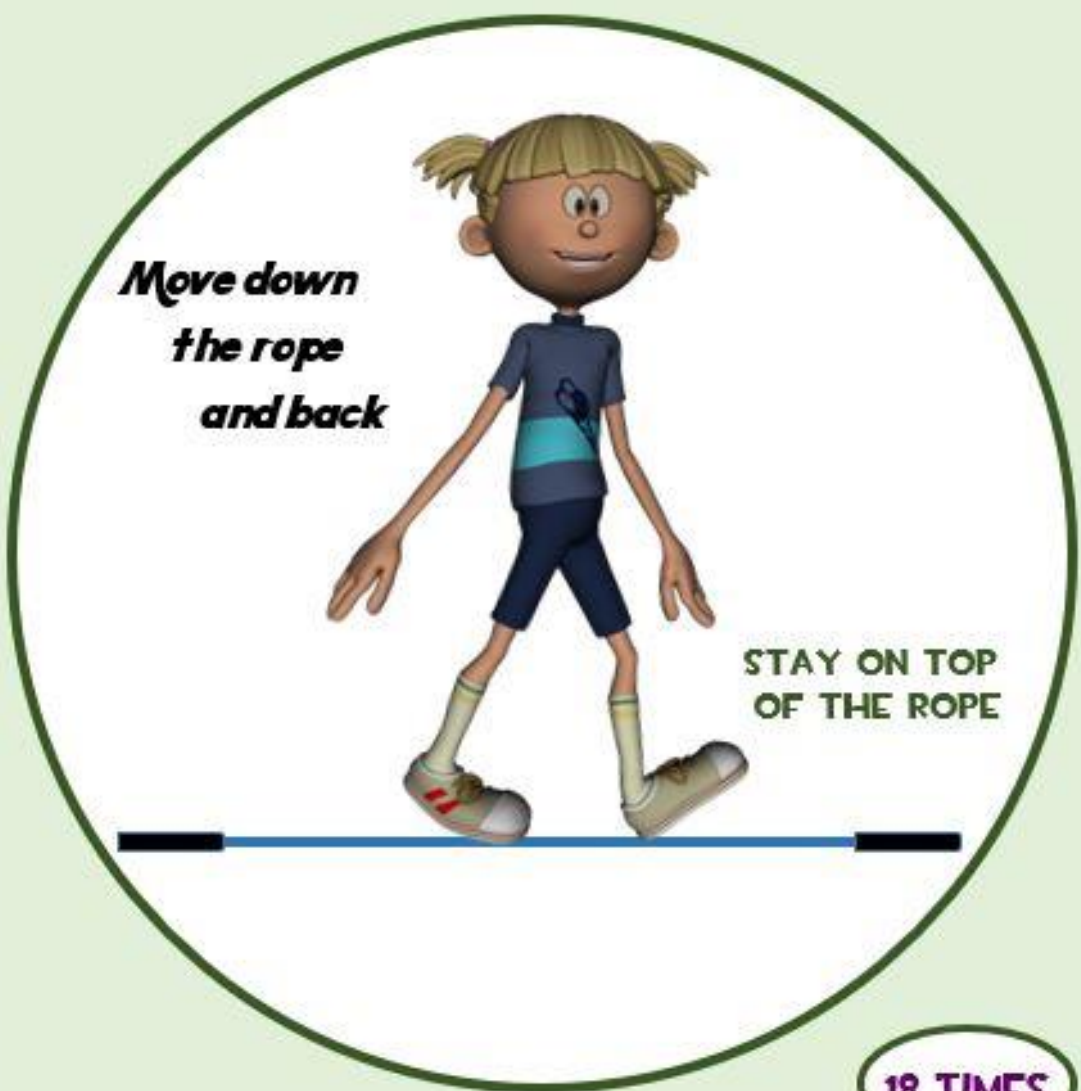
6 TIMES
EACH

Have your partner hold a pool noodle or stick low and beside them as they walk towards you. Jump over it when it passes by. Switch jobs!

22

Small Space Movement

TIGHTROPE WALK



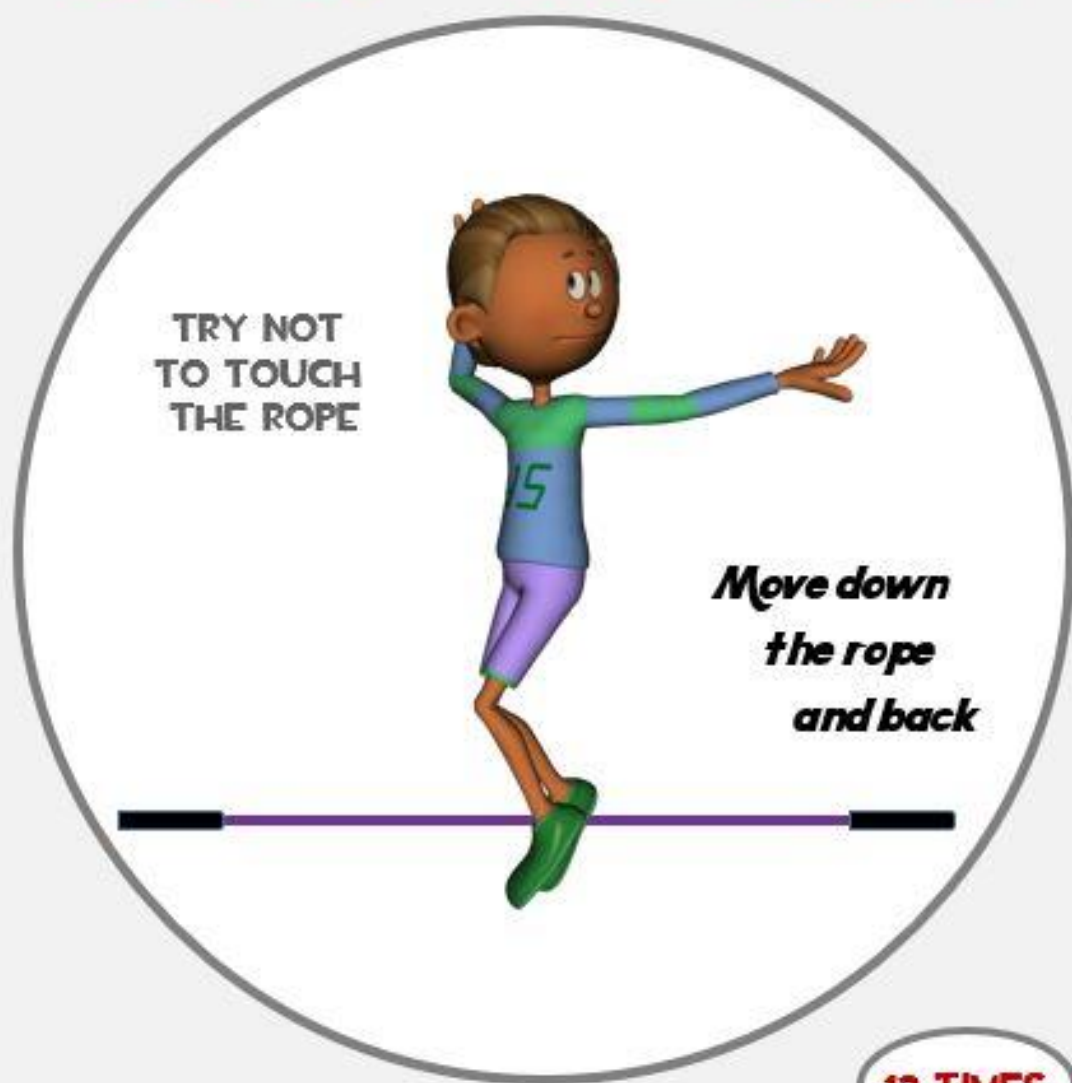
18 TIMES

Walk across a rope or any other straight object that is on the ground. Be careful not to fall off...balance as you walk.

23

Small Space Movement

JUMP ACROSS

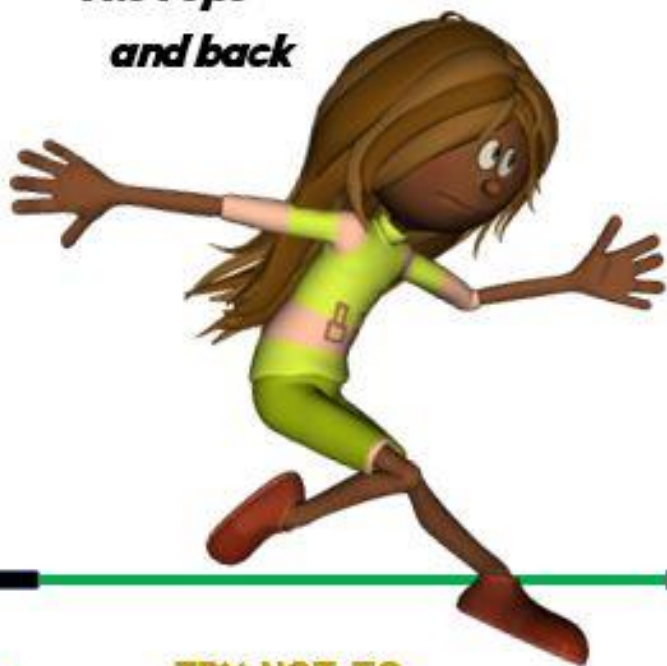


12 TIMES

Jump side-to-side across a rope or any other straight object that is on the ground. Work your way down and back.

CRISS CROSS

*Move down
the rope
and back*



TRY NOT TO
TOUCH THE ROPE

12 TIMES

Criss-cross your legs as you travel down a rope or any other straight object on the ground. Cross - Open - Cross.

25

Small Space Movement

JUMP AND TURN

*Move down
the rope
and back*



TRY NOT TO
TOUCH THE ROPE

12 TIMES

Jump and turn 180 degrees as you travel down a rope or any other straight object on the ground. Jump - Turn - Jump.

26

Small Space Movement

ARMY CRAWL



Lay face down on the ground. Stay low and work your way across the room using your elbows and knees.

ALLIGATOR CRAWL

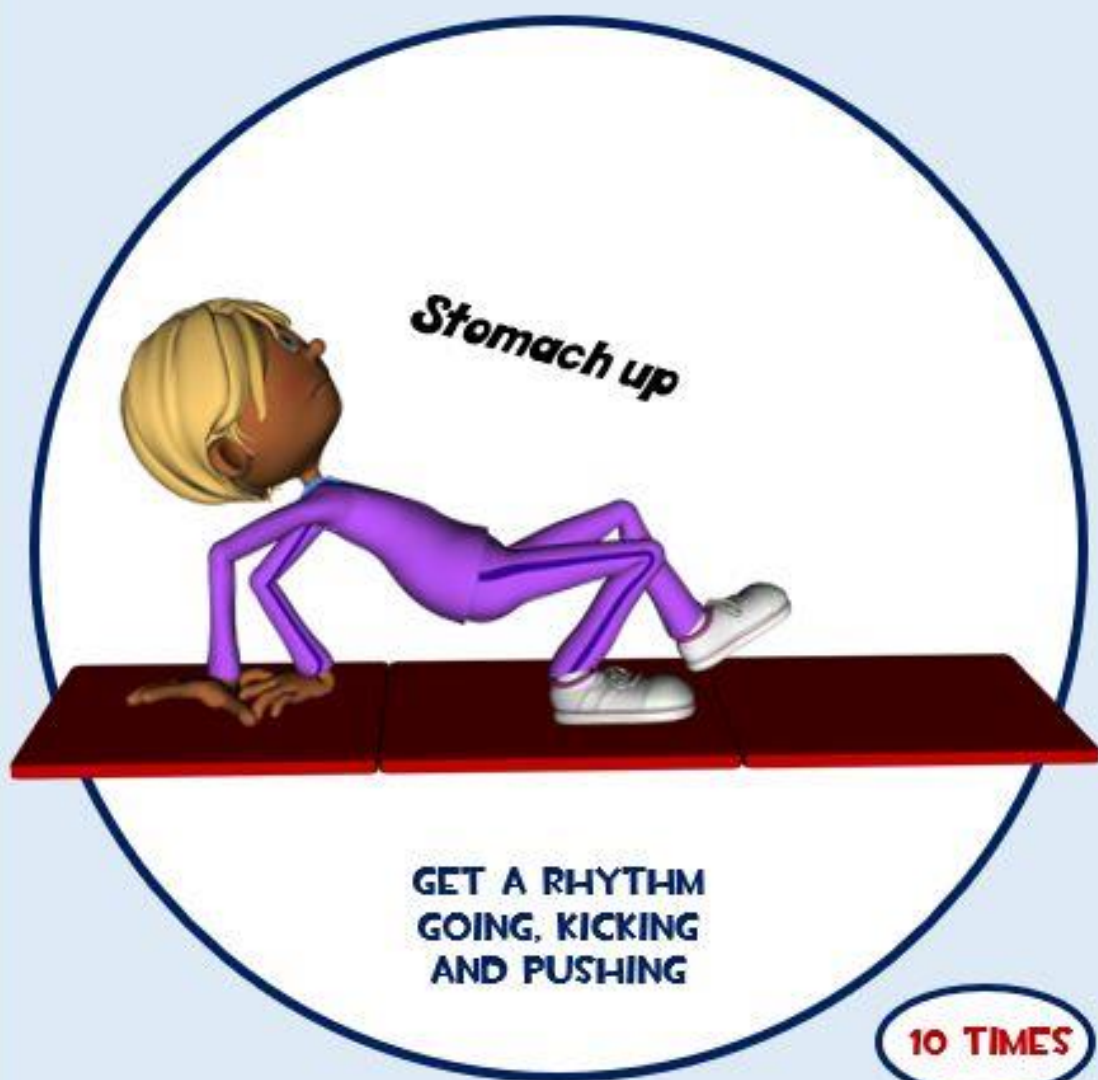


Lay face down on the ground. Stay low to the ground and work your way across the room using only your arms.

28

Small Space Movement

CRAB WALK



Get in a “crab walk” position on the ground. Kick your legs up and out while you simultaneously push up with your arms as you move across the room.

29

Small Space Movement

BEAR CRAWL



Start the crawl on your hands and feet. Walk across the room using your hands and feet to propel your body.

30

Small Space Movement

SEAL WALK



Start on your stomach and use your arms to drag the rest of your body across the room.

LAME DOG WALK



Start the walk on both hands and 1 foot. Walk or run across the room using both hands and only 1 leg to propel your body.

DISTANCE JUMP



10 TIMES

Keep your knees bent and your arms back. Push off the ground with the balls of your feet. Swing your arms up hard and forcefully extend your legs.

33

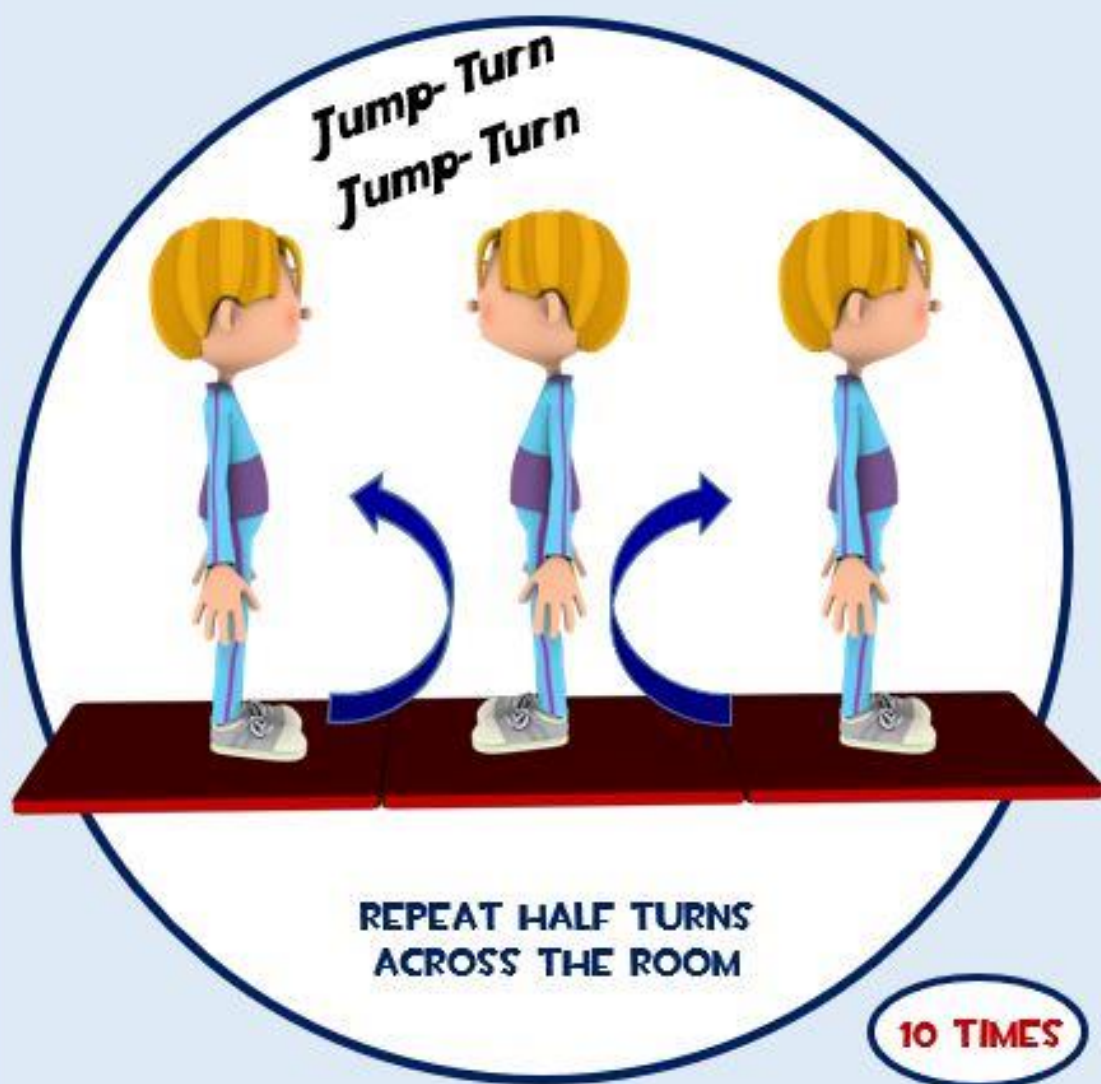
Small Space Movement

PUPPY DOG RUN



Start the run on your hands and feet.
Walk or run across the room using your
hands and feet to propel your body.

HALF TURN JUMPS



Start your jumps facing forward. Use a 2-foot takeoff and jump 180 degrees, then land facing the direction you just jumped from. Work across the room.

35

Small Space Movement

TUCK JUMPS



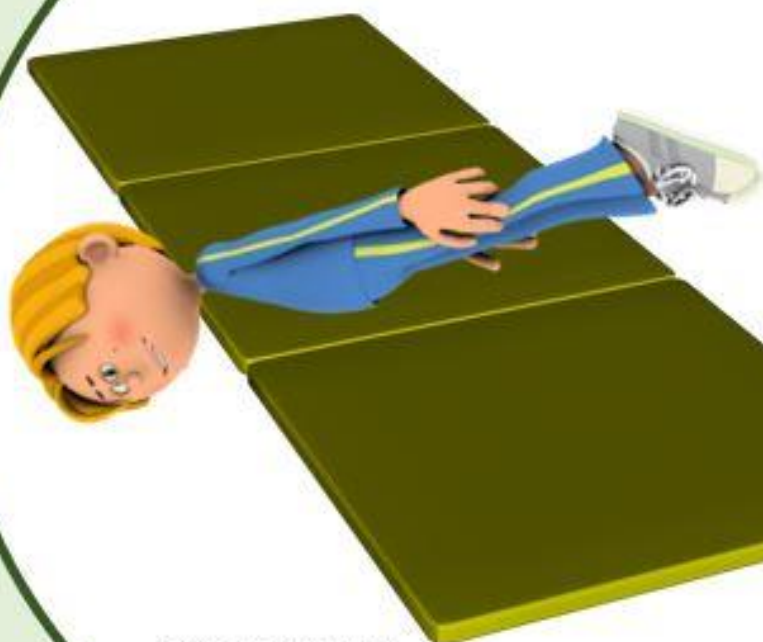
Jump up using a “2 foot” take-off
bring your knees to your chest.
Touch the front of your knees with
your hands and softly land on your feet.

36

Small Space Movement

LOG ROLL

READJUST YOUR
BODY IF YOU
ROLL ON AN ANGLE



***Stay tight
and strong***

8 TIMES

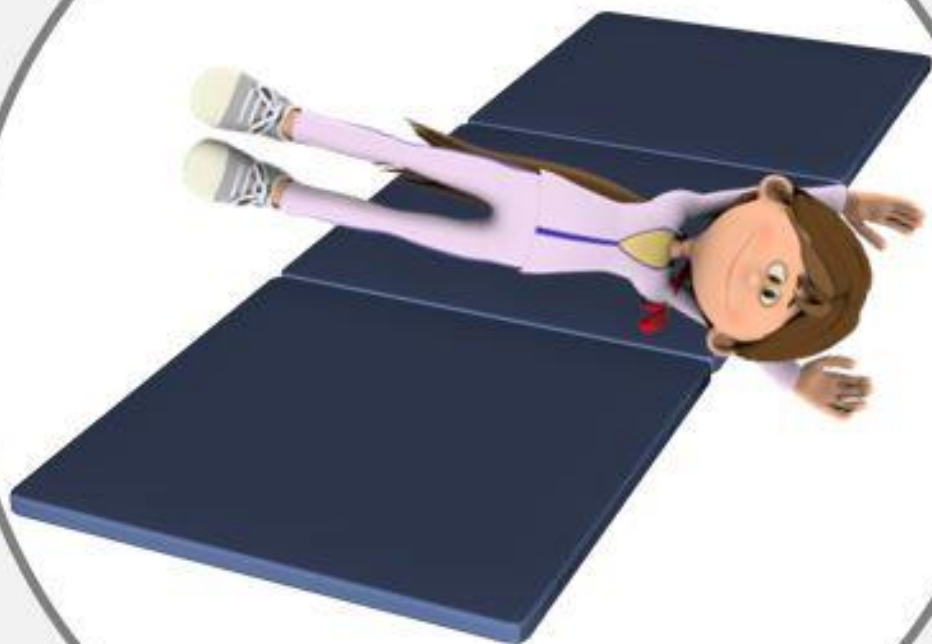
Lay sideways with your arms by your sides. Keep your body tight and straight. Roll sideways across the room.

37

Small Space Movement

PENCIL ROLL

READJUST YOUR
BODY IF YOU
ROLL ON AN ANGLE



***Stay tight
and strong***

8 TIMES

Lay sideways with your arms stretched up outside your head. Keep your body tight and straight. Roll sideways across the room.

EGG ROLL

READJUST YOUR
BODY IF YOU
ROLL ON AN ANGLE



Cannonball position

8 TIMES

Lay sideways and grab your knees with your hands and pull your self into a tight ball. Stay in a ball and roll sideways across the room.

39

Small Space Movement

FORWARD ROLL

FIND A SOFT SURFACE
TO ROLL ON

*Grab your knees
as you roll*



TUCK YOUR CHIN
INTO YOUR CHEST

8 TIMES

Start in squat with your hands out front.

Push with your legs and place your hands down on the mat. Roll on the back part of your head and stay in a tight ball.

40

Small Space Movement