MY SKILLS

http://befitforlife.ca/resources/my-skills-lesson-plans/

My Skills Poster
Lesson Plans

STABILITY SKILLS

What skills did you try today?

BALANCE

STRETCH

BEND

TWIST

TURN

If you know how to dodge, what activities would you be able to participate in?

DODGE

STOP

LOCOMOTOR SKILLS

WALK

WHEELING

RUN

SKATE

JUMP

HOP

LEAP

GALLOP

SKIP

OBJECT MANIPULATIVE SKILLS

THROW

CATCH

If you are going to participate in an activity like yoga, what skills are important to learn and develop?

KICK

STRIKE

What makes physical activity fun?

TRAP

DRIBBLE

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