



Physical Education

Roll, Throw, and Catch Skills Practice

Review each of these skills activities. You will need to practice all the activities over the next few weeks. You can count the time you practice on your weekly Activity Log.

Print off this page to help you keep track of the skills you need to practice. You can print off a new one each week.

Rolling	Su	M	Tu	W	Th	F	Sa
Hit a target (10-15 feet away)							
Overhand Throw	Su	M	Tu	W	Th	F	Sa
One hand							
Two hands							
Hit a target (10-15 feet away)							
Straight forward							
Underhand Throw	Su	M	Tu	W	Th	F	Sa
One hand							
Two hands							
Hit a target (10-15 feet away)							
Straight forward							
Catch	Su	M	Tu	W	Th	F	Sa
Self-toss and catch							
Partner-toss catch							
Self-toss with 2 claps and catch							