**3rd/4th Grade**

**Distance Learners**

Students need to have at least 15 minutes of physical activity a day. Simple activities for the students will be listed and are in accordance with the Oklahoma Academic Standards.

1. The 3rd/4th grade has been working on basketball fundamentals this year. If a basketball is available they need to be working on dribble drills. The student should be able to dribble the basketball with either hand with their head up looking ahead. The student can also work on their shooting form without a basketball goal. The student needs to work on being balanced and shooting the ball up and flicking their wrist.
2. If the student doesn't have a basketball they need to work on exercises. The students can hop and skip in the yard. Also timing their running to give them a competitive nature. The students should be able to hop on top of boxes or any stable elevated surface.