

## Teaching Cues for the PE Central Skills Challenge

<http://www.pecchallenge.org>

Below are helpful cues teachers can share with children so they are more successful at completing the skills that comprise the PE Central Skills Challenge.

1. Balance Shuffle	2. Paddle Strike
<ul style="list-style-type: none"> <li>* Walk slowly and keep eyes on partner.</li> <li>* Keep arms extended to your side for balance.</li> <li>* Talk and work together to solve the problem.</li> </ul>	<ul style="list-style-type: none"> <li>* "Grip": Use shake-hand grip to hold the paddle/racket.</li> <li>* "Bend Knees": Keep your knees slightly bent.</li> <li>* "Firm Wrist": Wrist stays firm.</li> <li>* "Strike": Strike the ball upward and keep the paddle in a "flat" position.</li> <li>* "Flat racket/paddle": Face of paddle/racket points to the sky or ceiling.</li> </ul>
3. Volley Up	4. Hula Hoop
<ul style="list-style-type: none"> <li>* "Quick Feet": Move your feet to get under the ball -- do not remain stationary</li> <li>* Volley the ball up high into the air.</li> <li>* Use forearms to make ball go in air if ball is below waist.</li> <li>* Use hands to make ball go in air if ball is above your head.</li> <li>* "Talk": Communicate with your group members by saying "I got it" or "Mine".</li> </ul>	<ul style="list-style-type: none"> <li>* "Ready Position": Position the hoop against the small of the back.</li> <li>* "Parallel to Ground": Make sure the hoop is parallel to the ground.</li> <li>* "Spin that Hoop": Normally, if one is right handed the hoop should be spun to the left. However, if one is left-handed the hoop should be spun to the right.</li> <li>* "Move that Waist": To keep the hoop going move the waist in a circular, rhythmic motion.</li> <li>* "Bend Knees": Keep knees slightly bent.</li> <li>* "Arms Up": Sometimes it is helpful to keep arms in the air.</li> </ul> <p>Choose a larger hoop! It can be easier!</p>
5. Jump that Rope	6. Throw and Catch
<ul style="list-style-type: none"> <li>* Choose the correct rope size-not too long, not too short</li> <li>* "Jump Low": High jumps will fatigue * youngsters quickly.</li> <li>* "Bounce": Keep knees bent and bounce off the balls of the feet.</li> <li>* "Eyes &amp; Nose": Look straight ahead and jump as the rope passes the nose.</li> <li>* "Elbows In": Keep elbows close to side of body and turn rope with wrists instead of arms.</li> </ul>	<p>See next page.</p>

## 6. Throw and Catch

### Overhand Throw

- \* "Side to target": Point non-throwing side/shoulder to the target (i.e., if left handed thrower, point right shoulder/side towards target).
- \* "Arm way back": Throwing arm way back behind head.
- \* "Step": Step with your opposite foot towards target (i.e., if throwing with left hand, step towards target with your right foot).
- \* "Follow through": Follow through by letting your throwing arm come across the opposite side of your body.

### Underhand Throw

- \* "Face the target": Belly button should be pointing to the target.
- \* "Step": Step with your opposite foot towards the target (i.e., if throwing with right hand, step towards target with your left foot)
- \* "Bowl the ball": Use a pendulum arm motion with the arm you are throwing with (i.e., like you are bowling).
- \* "Follow through": Follow through to the sky or ceiling with hand your throwing hand.

### Catching Cues

- \* "Track": Track the ball with your eyes all the way into your hands.
- \* "Reach": Reach arms towards ball.
- \* "Give": Give with ball as ball hits hands to make it a soft catch.
- \* "Pinkies and Thumbs": Pinkies together if ball is below waist. Thumbs together if ball is above waist.
- \* "Quick Feet": Move your feet quickly to get into position to catch the ball.