



# Are you as coordinated as your 4<sup>th</sup> grader?

NAME:

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Event	Student Completed	Parent Completed
Hula hooping 20 sec.		
Jump rope 90 sec.		
Throwing/ catching 30x, 25 ft. away		
Paddle Strike to self for 60 seconds		
**Volleying in a group of 3, 10 consecutive hits (each person may only hit 1x in a row)		
Balance Shuffle 2x		

**\*\*If you only have a group of 2 to volley, you must volley the ball for 12 consecutive hits. (each person may only hit 1x in a row)**

**Rules and locations on the back.**

<u>Event</u>	<u>Location</u>	<u>Rules</u>
Paddle Strike	Music Room	Strike a ball with a paddle in the air continuously for <u>60 seconds</u> while standing inside a hula hoop
Throw & Catch	Cafeteria	Throw and catch an object with a partner <u>30 times consecutively</u> while standing 25 feet apart
Balance Shuffle	Band Room	Travel back & forth across a board <u>2 times</u> , while switching places with out touching the floor
Jump Rope	Gym	Continuously jump rope for <u>90 seconds</u>
Hula Hoop	Gym	Hula hoop for <u>20 seconds</u> with out letting hoop touch the floor
Volley Up	Gym	<u>3 people</u> -Using a bump hit, volley the volleyball <u>10 times consecutively</u> , each person may only hit the ball 1 time in a row
		<u>2 people</u> -12 consecutive hits