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

* Walk slowly and keep eyes on partner.
* Keep arms extended to your side for balance.
* Talk and work together to solve the problem.

### 2. Paddle Strike

* "Grip": Use shake-hand grip to hold the paddle/racket.
* "Bend Knees": Keep your knees slightly bent.
* "Firm Wrist": Wrist stays firm.
* "Strike": Strike the ball upward and keep the paddle in a "flat" position.
* "Flat racket/paddle": Face of paddle/racket points to the sky or ceiling.

### 3. Volley Up

* "Quick Feet": Move your feet to get under the ball -- do not remain stationary
* Volley the ball up high into the air.
* Use forearms to make ball go in air if ball is below waist.
* Use hands to make ball go in air if ball is above your head.
* "Talk": Communicate with your group members by saying "I got it" or "Mine".

### 4. Hula Hoop

* "Ready Position": Position the hoop against the small of the back.
* "Parallel to Ground": Make sure the hoop is parallel to the ground.
* "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.
* "Move that Waist": To keep the hoop going move the waist in a circular, rhythmic motion.
* "Bend Knees": Keep knees slightly bent.
* "Arms Up": Sometimes it is helpful to keep arms in the air.

Choose a larger hoop! It can be easier!

### 5. Jump that Rope

* Choose the correct rope size-not to long, not too short.
* "Jump Low": High jumps will fatigue youngsters quickly.
* "Bounce": Keep knees bent and bounce off the balls of the feet.
* "Eyes & Nose": Look straight ahead and jump as the rope passes the nose.
* "Elbows In": Keep elbows close to side of body and turn rope with wrists instead of arms.

### 6. Throw and Catch

See next page.
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.