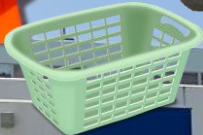


1.) BACKBOARD BANK IT

1



2.) PAPER PLATE & BALLOON

2



3.) SHRINK AND GROW THROWS

3



5

Lay Down

Level 4 – Sit

Level 3 – 2 Knee

Level 2 – 1 Knee

Level 1 - Standing

Mr. Moore's Virtual Choice Board

There are FIVE stations you can choose from. Click on Coach Moore and you will see a video example or instructional video of the activity.

Click on this white board for equipment modification ideas

TENNIS



4



4.) KEEP IT UP

5



5.) AT HOME BOWLING

