

SLING SHOT TARGET

YOU WILL NEED...

- ELASTIC BANDS
- BEAN BAGS
- TARGET

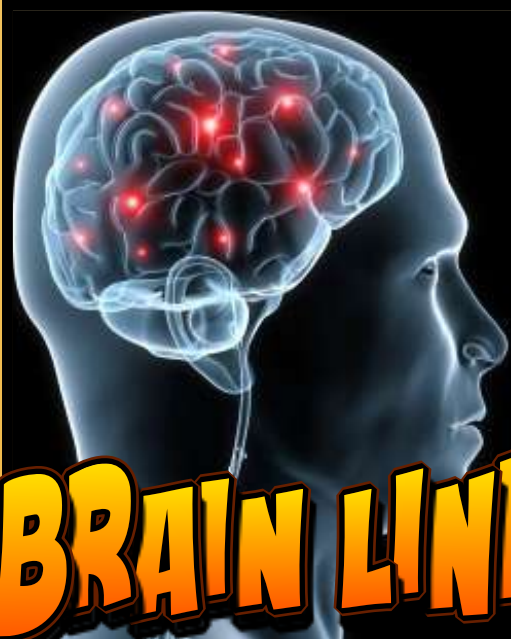


HAVE STUDENTS IN A V-SIT POSITION WITH ELASTIC BAND AROUND FEET OR ANKLES

INCREASES ABDOMINAL STRENGTH



STUDENT IS FACING THE TARGET, PULLS THE ELASTIC BAND WITH AN OBJECT IN THE SLINGSHOT, AIMS AND RELEASES. PARTNER RETRIEVES OBJECT. PARTNER MAKES 5 ATTEMPTS THEN SWITCHES.



BRAIN LINK

BILATERAL COORDINATIVE EXERCISE LEADS TO PRE-ACTIVATION OF THE BRAIN THAT IS RESPONSIBLE FOR ATTENTION FUNCTIONS.