

NAME:

# WEEK 4 KICKING

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Kick with outside of your foot



Kick with left foot, then right foot!



Circle an object while kicking



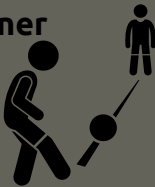
Make a list of different protein foods



Knee to Chest

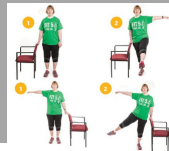


Pass a ball to a partner



Try a Fit 5 Flexibility Exercise  
PG 12

Straight leg raises



Make a healthy drink choice



Use different kicks to hit a target



Try a Fit 5 Balance Exercise  
PG 14

Kick with inside of your foot



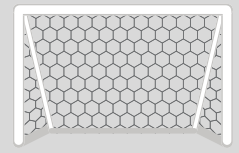
Create and do an obstacle course



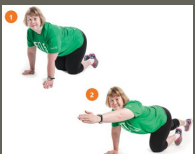
Leg Swings, 10 each side



Kick a ball through a "net"



Drink water every day

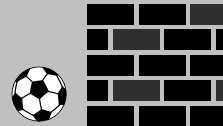


Drink water every day



Try a Fit 5 Endurance Exercise  
PG 4

Kick at a wall in a row!



Kick a ball as far as you can



Wash your hands for 20 seconds



Hurdler's Stretch



Eat a fruit or vegetable every day



Kick with toes/front of foot



Try a Fit 5 Strength Exercise  
PG 8

## COMPETITION

**SINGLE:** Kick a ball for distance

**UNIFIED:** Kick a ball for distance OR Kicking (passing) a ball between partners (# of times)