

Alternative Activities for a Lifetime of Fitness
Don Fogle & Chris Bortnem
W.E.C.A.R.E. Sports

BORN IN THE U. S. A.

Take an enjoyable journey and explore the history of some of America's best known sports and games. Baseball, Football, Basketball, Volleyball, Frisbee flying discs and Hacky Sack footbags

EQUIPMENT: Spinjammer flying discs, Successballs, Hacky Sacks, Footbags

ACTIVITIES: Lower body strikes with Successballs, Hacky Sacks and Footbags. Thigh or quadriceps, Toes or top of the foot, inside of foot or shoe, outside of foot or shoe.

Tricks

Many ways to spin a Spinjammer flying disc on a fingernail.
Transfers or passes, tosses, catches and tricks.

JUGGLING THROUGH THE AGES

Develop hand-eye coordination, increase reading comprehension and have fun while learning a skill that has thrilled people for centuries. Experience the joy of juggling !

GAMES: K/1 Scarf toss and catch with claps and movement

2/6 Successball toss and catch with claps and movement

EQUIPMENT: Scarves, Successballs, Beanbags, Rings, Pins or Clubs

ACTIVITIES:

K/1-2: Throw, clap, catch from side to side with one Successball.

The four basic juggling patterns with two Successballs.

Cascade, Reverse Cascade, Columns, Shower

3/6: The Cascade juggling pattern from one Successball to three Successballs.

Three juggling beanbags; Three juggling rings; Three juggling pins;
Fancy starts

Tricks