


Warm Up	BALL CHALLENGES			
EQUIPMENT: 1 ball per person		5 Minutes		
<p>DESCRIPTION</p> <p>Create different challenges that students do for 30 seconds:</p> <ul style="list-style-type: none"> • Forearm pass to yourself • Overhead pass/set to yourself • Only use a fist to hit the ball • Only use pointers to hit the ball • Only use your head to hit the ball 				
<p>CHANGE IT</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Beginner</p> <ul style="list-style-type: none"> • Use beach balls or balloons </td> <td style="width: 50%; vertical-align: top;"> <p>Advanced</p> <ul style="list-style-type: none"> • N/A </td> </tr> </table>			<p>Beginner</p> <ul style="list-style-type: none"> • Use beach balls or balloons 	<p>Advanced</p> <ul style="list-style-type: none"> • N/A
<p>Beginner</p> <ul style="list-style-type: none"> • Use beach balls or balloons 	<p>Advanced</p> <ul style="list-style-type: none"> • N/A 			
ANC CODE	Moving our Body	ACPMPO25		
		ACPMPO43		
		ACPMPO61		