

PE WITH PALOS

PERSONAL PE KITS

IN-SCHOOL EYE HAND COORDINATION PE KIT

1037113

Rubber Spots

- Use these to mark each student's personal space

Foot Bags

Use as a Hacky Sack to develop "eye-foot" coordination

Ice Cream Scoops

- Individual relay races and challenges
- Each player must stack the ice cream scoops on their cone and walk around keeping a 10-foot distance from other students. When the teacher blows a whistle, students must change direction.

Super Flings

- Toss straight up into the air and try to catch as close to the tail as possible.
- Toss into a bucket or target.
- Use spot marker as a tossing target
 - Make more difficult by having to hold the tail to swing and release it.

Egg & Spoon

- Individual relay races and challenges.

Juggling Balls

- Follow these steps to learn the art of Juggling.

