



Ring Step



Set Up



Handwriting practice lines for the Set Up section.

Instructions



Handwriting practice lines for the Instructions section.

Which Skills Are You Using?

Stability

- Turning
- Twisting
- Pivoting
- Bending
- Landing
- Freezing
- Lunging
- Reaching
- Stretching



Object Control

- Throwing
- Kicking
- Catching
- Dribbling
- Bouncing
- Striking
- Collecting
- Pushing
- Pulling



Locomotor

- Walking
- Running
- Jumping
- Skipping
- Hopping
- Bounding
- Zig-Zagging
- Crawling
- Climbing

