

# SD72 PARENT HOME LEARNING LESSON

## CATCH THE STICK

**MATERIALS:** Sticks – multiples, about the size and length of a pencil

**INSTRUCTIONS:**

- Go for a walk and collect sticks of various sizes and lengths.
- Begin by balancing one stick on the back of your hand.
- With your palm always facing the ground, drop your hand away from the stick and then quickly catch it.
- After each successful catch, add another stick to the back of your hand.
- How many sticks can you balance and catch at one time.

**FUNDAMENTAL MOVEMENT SKILLS:** Balance, Catching

