

HO‘OIKAIKA KINO 1

HELU _____

Lā _____

PE- Movement Forms

Mākua note: I would like your keiki to demonstrate their ability to adapt and adjust locomotor and non-locomotor skills. Their assignment is to practice their abilities and record their data.

1. **Throwing to a moving partner:** Complete 25 passes and catches with a moving partner
2. **Toss up & Catch:** Complete 25 toss ups & catches
3. **Kick Moving ball:** Kick 10 moving balls
4. **Tai Chi:** Tai Chi for 4min with video. Learn Tai Chi 8 forms for beginners (Chinese version)
5. **Locomotor & Non-locomotor Dance Video:** Learn the video. Submit a video of you mastering it to Burst!
6. **Log Data:** Be honest. It will show in your test if you're not. Write 'Ae if you do it. 'A'ole if you didn't.

	Pō1	Pō2	Pō3	Pō4	Pō5
THROWING W/PARTNER (Ae? 'A'ole?)					
TOSS-UP & CATCH (Ae? 'A'ole?)					
MOVING BALL KICKS (Ae? 'A'ole?)					
TAI CHI (Ae? 'A'ole?)					
LOCOMOTOR DANCE VID (Ae? 'A'ole?)					

