

The Foundation Stations

These are basic moves that are the foundation of being active and participating in sports. **Cut out** your practice cards and put them in a jar. **Pull out** all the cards randomly and place them in a line side by side. Now **go through them** each as a station, act them out and do a jumping jack in between each station. Even better, try this outside with a friend and bring a ball and a jump rope to really get into it. For example, use the rope for jumping, and to put in a straight line to practice balance. You can also pull out a card from the jar and do it for 30 seconds to get practice.



BALANCE



CATCH



KICK



DODGE



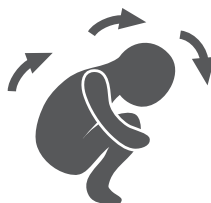
GALLOP



JUMP



HOP



ROLL



THROW