

# - Ways to Keep Moving -

## Learn More About **SKILL BUILDING**

Students at Windfall School have recently completed their kickball unit, which included a lesson on kicking with their toes! Not only did they practice how to run bases, but they also worked on their foot and eye coordination in the process. To reinforce their base-running and stopping skills, students have been focusing on single one-base plays. This lesson has lead us into learning a little bit about baseball, and will soon help us in our soccer lesson!



### **Did You Know?**

While kickball, baseball, and soccer are so much fun to play, they also help us develop our Gross Motor Skills! Gross motor (physical) skills are those which require whole body movement and involve the large (core stabilizing) muscles of the body to perform daily functions.

### **Build These Skills at Home!**

[Click here](#) to see how you can build these gross motor skills at home, all while getting ready for the upcoming soccer lesson. All you will need is paper or balloons, as well as a little bit of open floor space! For additional resources to help define other gross and fine motor skills, [click here](#).