

Fundamental Skills with Coach Peter

This term we have had some lessons from Coach Peter. Our lessons have been on Wednesdays. We have done dodging, running and jumping skills. We also played some games. If you are dodging find a good hiding place or duck if they find you. It's like ball tiggy. When you are running make sure you are using your legs and arms. Make sure you look straight ahead too. When you are jumping bend your knees, swing your arms back and look straight ahead. I found it hard to jump with two feet. I enjoyed playing games with Coach Peter. Next time I want to get better at jumping with two feet.

By Ronan

