

Striking Skills

Dear Family,

There is something satisfying about hitting a ball. Many of us have childhood memories of stepping up to a ball, making contact with it, and being thrilled to see that we sent it into the air. I'm excited that your child has the same opportunity for success with Young Athletes activities. We are currently working on **striking skills**, which involve hitting a ball or an object with a hand, stick, bat, paddle or racket.

It's always rewarding to introduce a new skill area to students. One of the most impactful things about Young Athletes activities is that they allow children to experience **challenges** in a **supportive and encouraging environment**. Children learn that trying something new is an **opportunity to grow**. That's a lesson they'll benefit from all their lives. I'm sure your child is eager to share his or her progress in striking skills with you. One way your child can do that is with a popular balloon game. Toss a balloon up in the air and have your child and the rest of the family try to keep it from touching the ground by tapping it upward. It's a fun activity for children and adults alike!

Sincerely,

Teacher



Successfully striking a ball is a pride-boosting achievement.



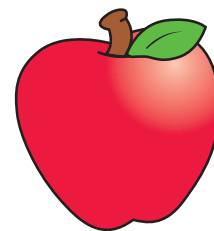
Healthy Habits

Here's a song that encourages children to eat fruit instead of sugary snacks after playtime. For extra fun, invite your child to think of motions to add to the song. Substitute the names of different fruits that grow on trees for additional verses.

Apple, Apple, Way Up High

Sung to "Twinkle, Twinkle, Little Star"

Apple, apple, way up high,
I can reach you if I try.
Climb a ladder,
Hold on tight.
Pick you quickly
Take a bite.



Important Interactions

Taking turns and appreciating each other's differences are just two aspects of social awareness that children develop during Young Athletes. These skills play a big part in helping children get along with others during family, school and community activities.



Class News