

Secondary Resource Links

Object Control

- **Striking**
<https://resources.specialolympics.org/striking>
- **Throwing**
<https://resources.specialolympics.org/throwing>
- **Trapping/Catching**
<https://resources.specialolympics.org/trapping-and-catching>
- **Kicking**
<https://resources.specialolympics.org/kicking>
- **Scarves**
<https://resources.specialolympics.org/foundational-skills>

Fitness

Fitness of Strength

- <https://www.specialolympics.org/school-of-strength>

Perceptual Motor

- **Balance**
<https://resources.specialolympics.org/balance-and-jumping>
- **Yoga with Adrienne Yoga for Complete Beginners 20 minute Home Work Out**
<https://www.youtube.com/watch?v=v7AYKMP6rOE>