



## Rosewood Class

### Physical Education Home Learning: Tuesday 31<sup>st</sup> March

#### Topic: Developing Hand-Eye Coordination

#### Activity: Bowling

**Aim:** In this activity the aim is to help your child improve the accuracy of their rolling and their pushing ability.

**Resources Required:** A ball and some skittles.

If you don't have these at home you can recycle other items such as cereal boxes and empty bottles.

#### **Method:**

Set up the skittles in a group of 4 or 5.

Ask your child to push the ball with their hands and roll it towards the skittles to see how many they can knock down.

#### **To vary this activity:**

Ask your child to kick the ball rather than push it.

#### **To progress the activity:**

Increase the distance between the ball and the skittles each time after your child knocks down all the skittles.

