



## Rosewood Class

### Physical Education Home Learning: Wednesday 1<sup>st</sup> April

#### Topic: Developing Hand-Eye Coordination

#### Activity: Balloon Tennis

**Aim:** The aim of this activity is for your child to improve their coordination, striking motions and teamwork too.

**Resources Required:** Balloons

**Method:** This game can be played by your child on their own or with another child or adult.

Blow up your balloon ask your child to attempt to keep it in the air by using their hands and feet.

**To progress the activity:** Add more balloons or ask your child to try and keep the balloon up using their feet.

