



Strawberry Class

Physical Education Home Learning: Monday 30th March

Topic: Developing Hand-Eye Coordination

Activity: Balloon Tennis

Aim: In this activity the aim is for your child to improve co-ordination and teamwork.

Equipment Required: Balloon(s)

Method: Blow up a balloon and use your hands to keep it up in the air.

Your child can do with you, on their own or you can invite siblings to play too.

To progress the activity, you can add more balloons or show your child to keep the balloon(s) up using their feet.

