



## Strawberry Class

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

#### Topic: Developing Hand-Eye Coordination

#### Activity: Throwing and Catching

**Aim:** In this activity the aim is for your child to improve their throwing technique and catching ability.

**Resources Required:** Various sized balls or a bean bag. You can also use different household items such as a pair of socks, scrunched up paper that is taped together, different sized teddy bears, even fruit.

**Method:** Using your chosen piece of throwing equipment, attempt to throw it forwards and backwards with your child and for them to catch and throw it back to you.

Encourage your child to take up the correct position when trying to catch:

Arms out, knees bent and eyes on the prize 😊

Another fun game you can play that combines both activities from today and yesterday is throwing the balloon up in the air first and then throwing the ball or other piece of equipment to hit the balloon whilst it is air.

If your child is struggling with this activity you can use something lighter for them to catch which will take longer to fall on the floor.

