



Strawberry Class

Physical Education Home Learning: Wednesday 1st April

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.

