



## Willow Class



### Physical Education Home Learning: Monday 30<sup>th</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.

**Equipment Required:** Various sized balls or a bean bag  
You can also use different household items such as a pair of socks, scrunched up paper 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 😊

