

GAME TIME

DODGEBALL!

This week we have been focusing on activities to help develop your child's hand-eye coordination. Let us now put them into additional practice with a fun game of dodgeball!

1 person runs and the other person throws a soft ball to try and hit them. You can do this with 2 or even more players.

Take it in turns to be the runner and the one(s) throwing the ball.

Use the following tips to help your child;

- ✓ When throwing, ask your child to keep their feet firmly on the floor and use their arm to create power.
- ✓ Don't forget to remind your child to keep their eyes on the target to encourage accuracy of aim.
- ✓ Try throwing the ball with both hands.
- ✓ Fully extend your arm when throwing.
- ✓ If using one hand to throw, use the other one to point to the target to also help with accuracy.

We hope you have lots of fun with your child practising their hand-eye coordination.

For more ideas search **motor skill learning** on YouTube.

