



Limetree Classes



Physical Education Home Learning: Friday 3rd April

Topic: Developing Hand-Eye Coordination

Activity: Bouncing Balls

Aim: This activity will help improve your child's ability to throw and catch.

Resources Required: Tennis or bouncy ball and a hoop.

Method: Ask your child to throw the ball above their head and allow it to fall on the floor. After it bounces, they should then attempt to catch it by having their hands cupped like a bowl.

To progress the activity: Join in with your child and attempt to bounce the ball from one person to another.

You can also place the hoop in between you and your child so you each throw it to bounce in the hoop and then catch it.

How many times can you bounce and catch the ball to one another without dropping it?

