



## Rosewood Class

### Physical Education Home Learning: Thursday 2<sup>nd</sup> April

#### Topic: Developing Hand-Eye Coordination

#### Activity: Swingball

**Aim:** This activity will help your child improve their catching ability and striking techniques.

**Resources Required:** String or ribbon, a ball/balloon and a tennis racket.

Substitute resources you can use are a long sock or tights filled with a weighted ball or filled balloon.

**Method:** Tie your string or ribbon to the ball or balloon to create your swingball.

Attach the swingball to the ceiling or hold it up for your child.

Ask our child to use their racket to hit the ball or balloon.

**Variations of this activity:** Your child can push the ball away and catch it as it comes back.

Another variation is for your child to continuously hit the ball back and forth using their tennis racket. This can be done on their own or with a partner.

Your child can also strike the ball and duck as it comes back to dodge it hitting them.

