



## Strawberry Class

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

#### Topic: Developing Hand-Eye Coordination

#### Activity: Bean Bag Toss

**Aim:** The aim of this activity is to improve your child's accuracy in throwing, the length of their throw and to develop their variety of throwing techniques.

**Resources Required:** Bean bags, hoops and a spot from which to stand to throw.

If you do not have bean bags at home, you can use a pair of socks or a balloon filled with flour. The aim is to use something heavy enough to stop once it hits the ground.

You can use a basket, empty bin or large bowl instead of hoops.

A sheet of paper marked with an X can be used as the spot.

**Method:** Set your child on the spot holding the bean bag (or alternative equipment) and show your child how to throw the item in the hoop. Try to focus your child on keeping their feet still on the ground to create power in the throw.

**To vary this activity:** See how many bean bags your child can throw into the hoop in 30 seconds.

**To progress the activity:** Move the spot further away from the target to increase the difficulty of this activity.

