



Willow Class

Physical Education Home Learning: Friday 3rd April

Topic: Developing Hand-Eye Coordination

Activity: Splat The Fly

Aim: The aim of this activity is to develop your child's throwing and moving abilities and their quick reactions.

Resources Required: Paper plate, picture of a fly, string and some bean bags.

As with the previous activities this week, you can substitute the bean bags if you do not have them with a pair of socks or a filled balloon.

Method: Print a picture of a fly and stick it onto the paper plate.

Make a hole in the plate and push some string through it. Then make a knot so it tightens.

Pull the fly around the room and encourage your child to throw their piece of equipment so they splat the fly.

To progress the activity: Have a few paper plates with a fly on each so that you child has a few to spat.

