

## Tuesday 21st April

Today we would like you to find a ball and if you haven't got one you can always roll a pair of socks into a ball. Check with an adult first and find a safe place in your house where you won't break anything or if you can go in the garden that would be better. Practise throwing and catching skills and remember to always keep your eye on the ball! Now try throwing and catching with an adult or sibling. As you get better and more confident try to challenge yourself and by making it harder. How many times can you catch your ball before you drop it?

Explore different balls (if you have them) and find the one that is the easiest to catch or bounce. How many times does it bounce before it stops? What happens if you bounce the balls on different surfaces?

Can you move your ball using different parts of your body?

### Writing activity

Can you make a 'ball' word bank?

To do this you need to write the word 'ball' in the middle of a piece of paper and write as many words you can think of to do with balls. See example below.

boing

sphere

ball

woosh

round