



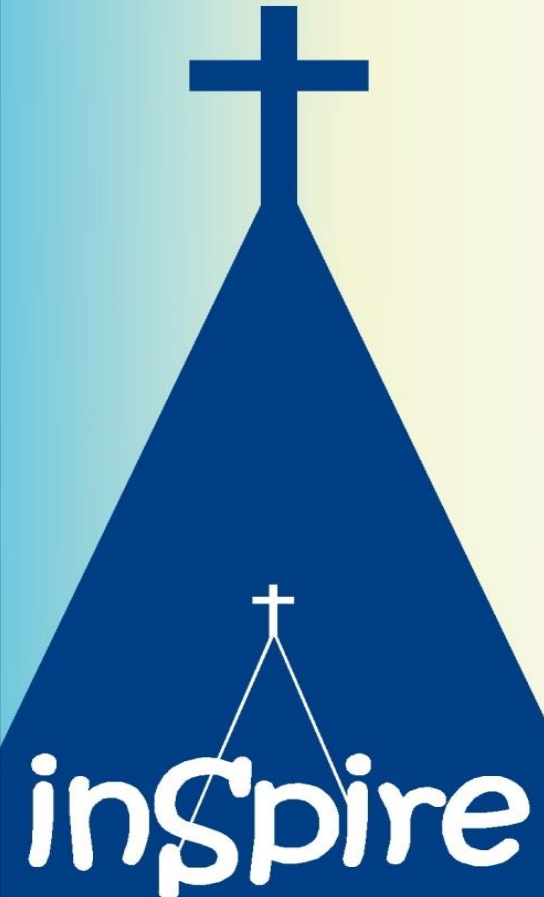
**Monday, 20<sup>th</sup> April**

**How good is your aim and your balance?!**

**Hi again! Welcome to some more ideas of things you can do to beat the boredom!**

**How about having another go at improving your sporting aim and balance!**

- set up different target practice stations. Make a chart for each day of the week with each station so you can see if you improve. Give yourself a time limit for each.
- throw a ball/small potato from a distance into a bucket or large bowl. Try with your right hand and then your left.
- if you have a bat, try with that. If you haven't, you could use a small frying pan!
- raise the bucket higher than you or use a basketball hoop if you have one (take care!)
- if you have a hoop, place it upright and throw a ball through it or lie it on the ground and throw small items into it from a distance. Otherwise make a string circle on the ground.
- stack some tins or paper cups on a garden table. Can you knock them all down with three throws?
- If you have a wall you can throw a ball against, mark a point on the wall with chalk or duct tape. How many times can you hit the point out of 10 throws?



### **How good is your balance?!**

- Can you stand on one leg for 1 minute/2 minutes? Can you do it and hold the ankle of your other leg? Which leg can you balance on best?
  - Can you stand on one leg and clap your hands above your head? Try the other leg!
  - Now bring your hands down to your thighs and then lift them above your head to clap as you balance. Can you do this 10 times?
  - Now stand on one leg and lift the other leg in front of you. Can you pass a ball under your leg from one hand to another, then lift your arms above your head to pass the ball back to the other hand? Can you do this 10 times or more?
- 
- Try balancing something on your head and see how far you can walk with it. A bean bag or a book works well!
  - Make an obstacle course to walk around. Can you still keep it on your head?

### **Paper chain diary**

Don't forget to add another link to your paper chain diary if you are keeping one.

### **Audio stories**

Listen to the new ones we have put on the website. ENJOY!

