

Term 4 Week 2 Motor Control Activity:

Balloons!

This game is all about getting active, even on the most miserable of lockdown days. Moving around and increasing energy levels increases positivity, burns off energy and creates good relationships between the people who play.

Motor activities help children to develop their hand / eye co-ordination, arm strength, core and shoulder stability, balance and motor planning (organise a sequence of movements).

Balloon activities:

- Blow up as many balloons as you like
- Bounce a balloon to try keepy-upies
- Tap your balloon to a partner, how many times can you do this without hitting the ground?
- Use a fly swat or fish slice to play tennis with your balloons
- Can you walk around the room and keep your balloon in the air?
- How far across the room can you hit your balloon?