

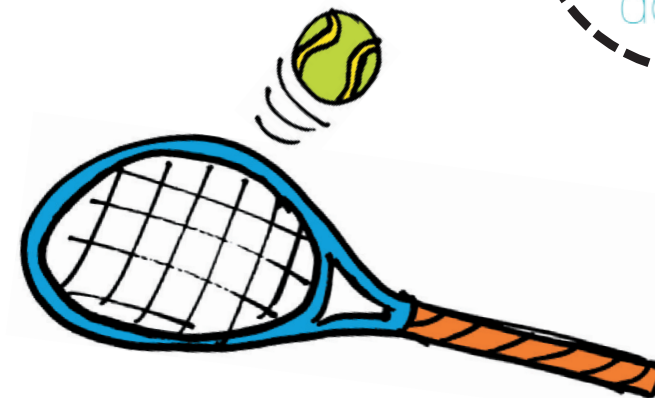
ACTIVITY CARD 4



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TENNIS TAP

- Using your tennis racket (or similar) try to tap your ball / beanbag / balloon / rolled-up socks into the air, without dropping it on the floor, tray or table.
- See how many taps you can do in 30 seconds or one minute. Can you beat your score each time?

You will need:

- tennis racket / frying pan / book / hand
- small ball / beanbag / balloon / socks



AROUND THE WORLD

- How many times can you pass a ball / balloon / toilet roll / soft toy around your waist in 30 seconds or one minute?
- Someone else at home can support you with this activity, by positioning themselves behind you and taking your item from you when you have reached as far as you can, before passing it to you on your opposite side.

You will need:

- ball / balloon / toilet roll / soft toy

ACTIVITY CARD 4



“POT THE SOCKS” SNOOKER

- Find a smooth flat surface to do this activity. A table is best, but you can also do this activity on the floor.
- Place a target (cans / tins / mugs) in each corner of the table.
- Place your pairs of socks in the middle of the table, but keep one pair of socks aside as your “cue ball”. You will need to remember which pair of socks is your “cue ball” so perhaps choose your most colourful ones for this!
- The aim is to try to hit any of the targets with a pair of socks by knocking the socks with your “cue ball”.
- If you miss the target, simply try again.
- Once you “pot the socks” remove them from the table and then attempt to hit a target again with another pair of socks, using your “cue ball”.
- You should roll / push your “cue ball” towards another pair of socks from wherever it finishes each time.
- If a pair of socks rolls off the table, simply place it back on the table near where it left.
- If you are doing this activity alone, why not see how quickly you can pot all the socks on the table?
- If you are doing this activity with someone else, take it in turns to try to and see who can pot the most socks.
- You may wish to use a ramp (chopping board) or pusher (wooden spoon) to roll or push your “cue ball”.

You will need:

- a smooth flat surface (table)
- 8-15 rolled up pairs of socks
- 4 cans / tins / mugs

