

# Hand and eye co-ordination challenges



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This week is all about practicing and developing your hand and eye co-ordination. **Hand-eye coordination** is one of the most **important** parts of the learning process. It helps your child track the movements of their **hands** with their **eyes**, which is essential for **reading, handwriting** and **decoding**. **Hand-eye coordination** also plays a role in good **balance** and playing sports with proficiency.

**For this challenge all you need is a tennis ball, balloon or any kind of ball and household equipment.**

## Wall or air Toss

Throw a ball against a wall or in the air. Use both hands to throw and catch

See if you can throw with your left hand and catch with your left hand.

See if you can throw with your right hand and catch with your right hand.

**Challenge:** Throw with your left, catch with your right.



## The floor is lava

Blow up a balloon, tie it and hit the balloon in the air.

Try to keep the balloon off of the ground. Use your feet only.

Try to keep the balloon off of the ground with a partner.

**Challenge:** Add 1 or 2 more balloons and keep all off of the ground.



## Ball Toss from different positions

Throw the ball against the wall or in the air from different positions.

Positions could be:

- Squatting
- Kneeling
- Lying on your back
- Lying on your side

**Challenge:** throw the ball in the air while lying on your side, roll and catch the ball while laying on the other side.



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## Hackey Sack

Use a balloon filled with air or a balloon filled with rice and kick it up in the air with your feet. Try your best not to use your hands

Try with a partner

**Challenge:** How many times in a row can you keep the balloon off of the ground.

This is all about



## Dribbling

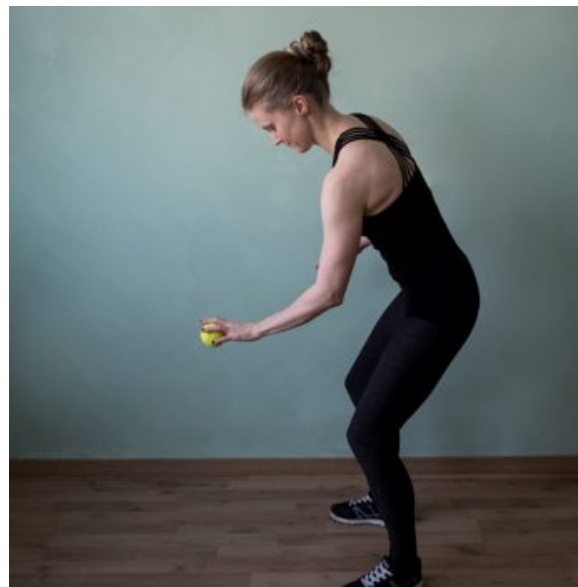
Use any kind of ball that can bounce.

Bounce with both hands continuously.

Bounce with your left hand only

Bounce with your right hand only.

**Challenge:** Bounce from left to right.

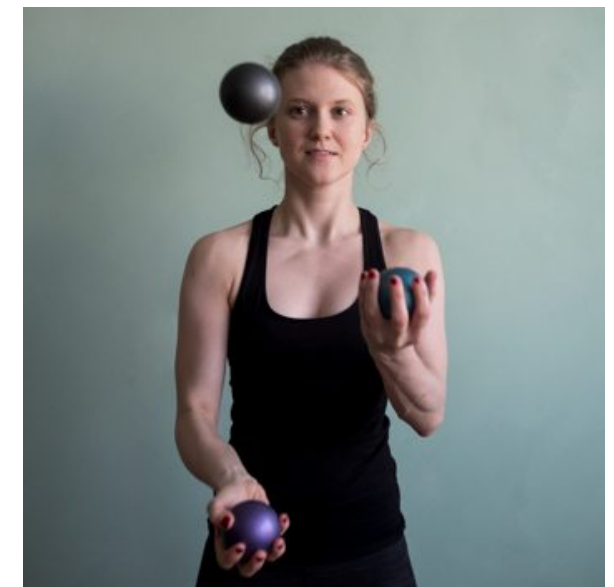


## Juggling

Juggle a ball from right to left, throwing with one hand and catching with another. You can use rocks, beanbags, scarfs or anything easy enough to catch.

Add another ball, throwing in the air one at a time and catching the ball. Make it a continuous pattern.

**Challenge:** See if you could add three balls into the juggling routine.



week