

Week 5 (May 4- 8) - Bouncing a ball off wall

Hi all and welcome to week 5. We are going to keep working that hand to eye coordination skill. This time we are going to need a small ball (tennis ball works best) and a wall. Here is how it goes:

- Begin by standing approximately 2 feet away, but facing a wall (you can change the 2 feet depending on how hard you toss the ball, 2 is just a starting point).
- Next, using an underhand motion, bounce the ball off the wall.
- Catch the ball, by cupping your two hands together, before it hits the ground. As you become more comfortable try catching with only one hand.

You want the ball to strike the wall around eye height. This will allow you enough time to catch the ball. Keep practicing – I'd say 10 mins a day. Put some music on to keep yourself engaged. Next week we are going to build off this skill and try overhand – but please just focus on underarm this week, there is no need to rush it.

Here is a video to assist you. The first 58 seconds are what I want you to try this week (as the video goes beyond the 58 second mark it becomes more difficult; just stick with the underarm motion this week).

["How to Improve Hand Eye Coordination" Using a Tennis Ball](#)

Remember to have fun! I'd love to hear from you, so if you have any questions, concerns or suggestions please email me,

doug.folks@tdsb.on.ca

Vigorous workout links:

[KIDS CIRCUIT WORKOUT \(for PARENTS TOO\)!](#) (kids circuit workout -for parents too)

[Physical Activities For Kids: Get Active At Home!](#) (Physical Activities For Kids: Get Active At Home!)

Stretching/flexibility/mindfulness links:

[Yoga For Kids with Alissa Kepas](#) (Yoga for Kids with Alissa)

[YOGA FOR KIDS](#) (Yoga for Kids - We Heart Yoga)

Dance links:

[Chicken Dance - Maximo | GoNoodle](#) (Chicken Dance - Maximo | GoNoodle)

[34 Minutes of KIDZ BOP Dance Along Videos](#) (34 Minutes of KIDZ BOP Dance Along Videos)

[Cosmic Kids Yoga Disco | Washing Machine Song!](#) (Cosmic Kids Yoga Disco | Washing Machine Song!)

