



KS2

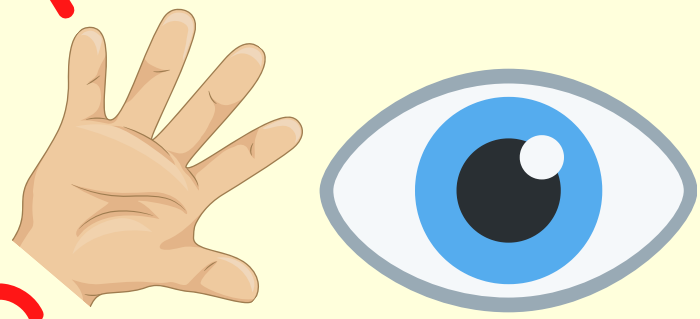
Week

Fitness - Coordination - (Hand/Eye)




This week in P.E. we will be focusing on our coordination. (Hand/Eye)
Try these activities at home during your scheduled P.E. lessons



Hand - Eye Coordination



Equipment needed :-

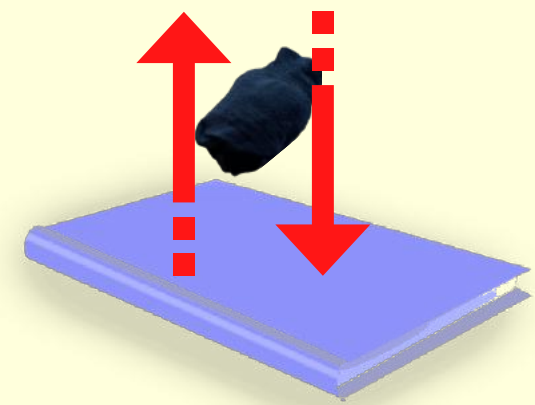
- Socks - rolled into balls 
- or Scrunched up paper 
- or Juggling balls 
- 'Numbered' paper (1 to 8)
- Shoes/Trainers
- Books

1

Using a hard back book and a 'ball' - count how many times you can hit the 'ball' up in the air. Try to keep the ball in the centre of the book for good control.



- Can you do it whilst balancing on one foot?
- Can you hit the ball and maintain control whilst alternating using both sides of the book?



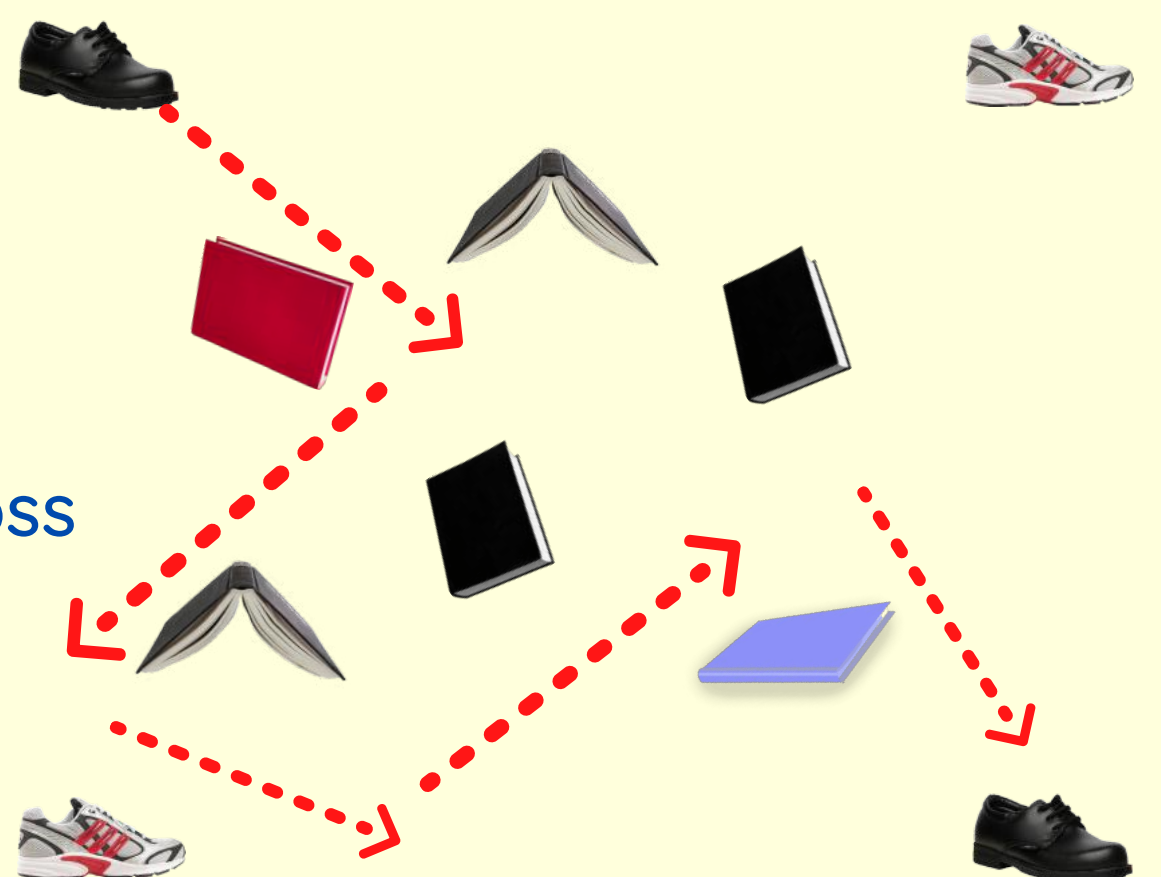
2

Use objects (e.g. shoes) to create a 'square' in which you place 'obstacles' (e.g. books). Move from one corner to the opposite corner, weaving in and out of the obstacles, whilst throwing and catching a 'ball'.



To make it harder -

- Throw and catch with your non dominant hand
- Throw and catch but walk backwards
- Throw and catch whilst hopping
- Time how many times you can go across to one corner and back in one minute.
- Can you do it whilst using the book, from the previous challenge, to hit the ball up and keep it under control.



3

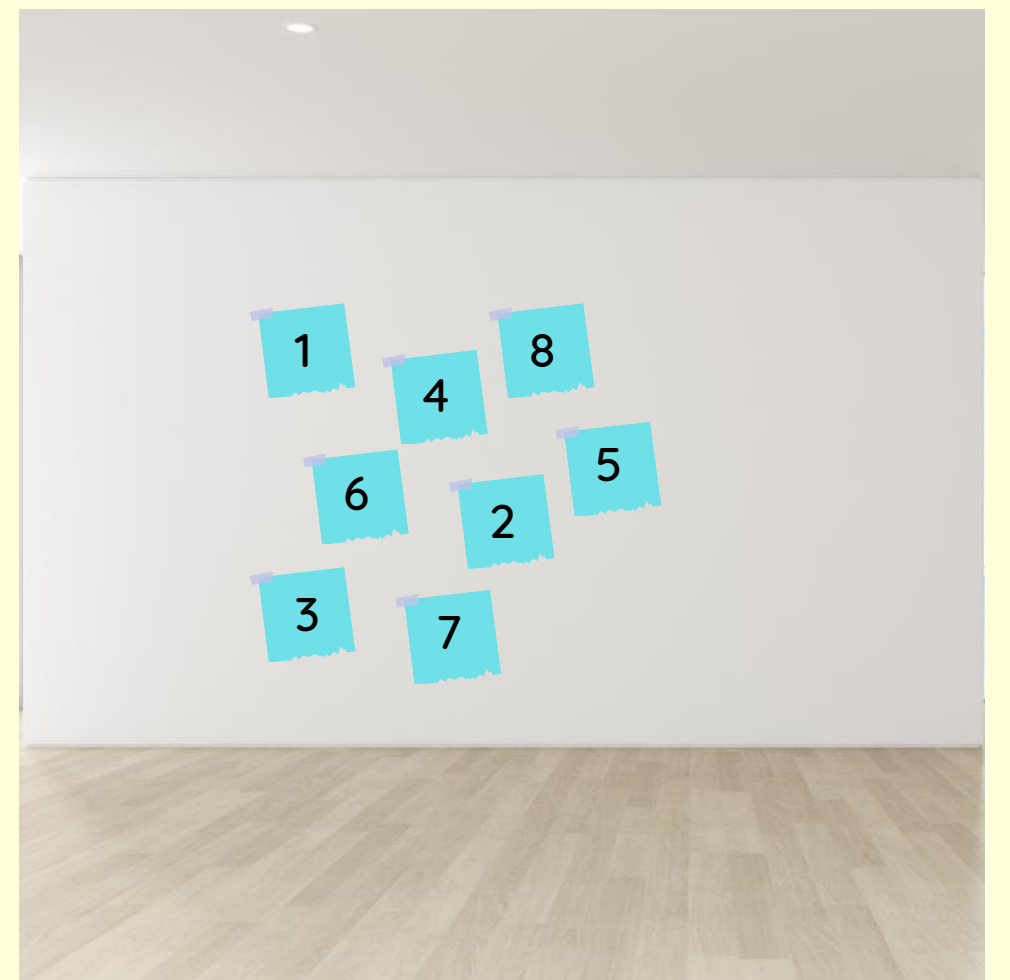
Reaction Wall

Put numbered pieces of paper on a wall/door. Face the wall and ask someone to call out random numbers. You have to touch the correct number as quick as you can.



Make it harder by starting with your back to the wall and numbers, so that you have to turn and touch them.

Remember to mix the numbers up once you start getting used to the set up!



4

Hand-Eye Coordination Challenge

The challenge is to read and complete the actions (see **instructions**) from the top (moving across) to the bottom row. Time how long it takes you. The ultimate goal is to do all 25 instructions as quickly as you can without making a mistake.



To improve at this challenge you might need to practice this over a number of days.

Why not challenge members of your family to have a go at this challenge and see how they do!

Instructions

X Both hands touch your thighs.

X| Right hand touches left thigh

|X Left hand touches right thigh

.....>

X	 X	X 	X 	X
X 	X	 X	 X	 X
X	X 	X	X	 X
X 	X	 X	X	 X
 X	 X	X	X 	X

WATCH VIDEO



← This video clip shows how to do the challenge!

Can you juggle?

If not watch this great tutorial to help you learn!

CLICK HERE

This is the ultimate test of hand-eye coordination!

