

## PE

### Hand Eye Coordination

If you have a badminton racket and shuttle or a tennis racket and ball, get them ready and carry out the activities outside.

- Balance the ball or shuttle on the racket and walk around slowly. Gradually, move quicker, keeping the ball or shuttle on the racket.
- 2. Bounce the ball or shuttle on the racket carefully. How many times can you manage before the ball/shuttle falls off?
- 3. Can you get the ball/shuttle a little higher when you bounce it?
- 4. Now try with your other hand! How hard did your brain have to work to do this?

#### If you do not have a racket, try these.

- Get a piece of paper about A4 size. Put it on your tummy and run around, trying to keep the paper on your tummy.
- 2. Now try on your hand, with the palm of your hand facing outwards, not up. Swap hands and do the same.
- 3. Make a ball from a piece of paper. Bounce it in the air and see how many times you can keep it up.
- 4. Now bounce the paper ball from one hand to another. Count how many times you manage and try to improve.

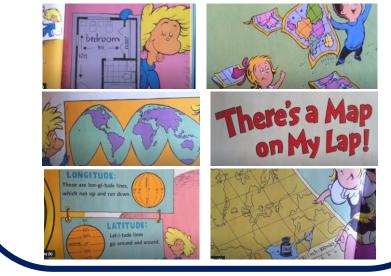
## Storytime

This story is about maps!

https://www.youtube.com/watch?v=NazvXwWuma

<u>Q</u>

Look at the pictures below. Can you place them in order? Helpful Hint! Find the first and last, then put the others in order.



# Keep In Touch

If you would like, you can email with any questions, photographs etc. I'd love to hear from you and will email back! : )

wltorphichen-ps@westlothian.org.uk