

# HOT AIR BALLOON

This is a great game to develop hand eye coordination, and it can be enjoyed by all of the family.

All you need is a balloon.

Either on your own or with family members, you simply have to keep the balloon in the air for as long as possible! Imagine the balloon is hot to touch so you only tap it (rather than holding it) to keep it in the air. can

Can you do it in the following ways?

- One handed
- With one hand over you eye
- Lying on the floor
- Using a pillow



See if there are any other ways you can keep the balloon in the air.

# PING PONG TRICK SHOTS

This game is not only requires physical skill, but can really test and challenge children's creativity.

Using a table tennis ball, and a plastic cup, you need to try and throw the ball from a short distance to land (and stay) in the cup. If you don't have a table tennis ball you can use something like tea bag or a scrunched up piece of paper (these don't bounce for creative trick shots but are still great to use).

Once you are comfortable with throwing the ball into the cup, can you try some of the below trick shots?

- Bounce the ball down the stairs to land in the cup.
- Throw the ball off a wall into the cup
- Drop the ball out of a window to land in the cup in the garden.
- Throw the ball in the air and head the ball into the cup.



Try and be as creative as possible and make the trick shots really difficult!