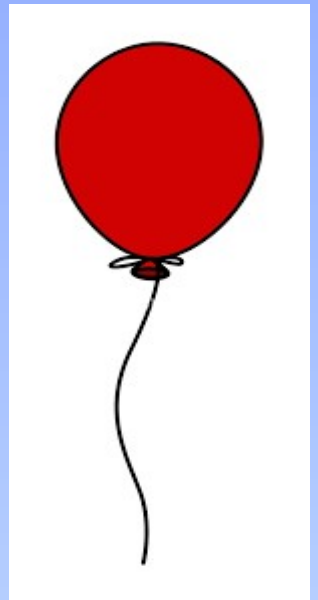


# EYFS

## fundamental movement activities



Balloons are a fantastic way to develop your child's hand/ eye co-ordination or even foot / eye co-ordination. The balloon falls slower and gives children with slower reaction times to have success.

One balloon could provide hours of physical fun.

Keepy ups—count how many keepy ups your child can do with one hand / alternate hands / their non-dominant hand. Challenge them to beat their brothers and sisters or even parents.

Do the same activity as above using feet only.

How many times can you clap hands / turn around / sit down on the floor and stand up before catching the balloon?

Try balloon juggling with two or even three balloons. How long can you keep the balloons up in the air?

Play a game of volleyball with a balloon. How many times can you hit the balloon across a net. The net can be the couch, a small table or anything to hand.