



# Balancing a drink



Move around controlling the  
ball with the racket

QR code

## Description

Controlling the ball by balancing. Children move around the creating different pathways in the space.

## Progression

Can also be used for learning activities within literacy and numeracy.

## Curriculum links

PD: Control body movement, develop gross motor skills.

## Equipment

Rackets, sponge/tennis balls



## Number of children

Depending on amount of equipment whole class - small group.