

Parent-child Physical Games

Game2

Balloon Target Game

How to Play

- 1 The parent tosses a balloon in the air
- 2 The child aims and throws a small ball at the balloon



Objectives

- 1 To enhance the power of upper body
- 2 To improve eye-hand co-ordination

Modifications

The parent tosses a number of balloons in the air

Equipment

- 1 Balloon(s)
- 2 Small ball(s) or crumpled paper ball(s)