

HAND PING PONG

YOU WILL NEED...



-PING PONG BALLS

-WOODEN FLOOR
SAMPLES



PLACE A SMALL PIECE OF WOOD IN HAND
WHILE BOUNCING A PING PONG BALL UP IN
THE AIR

FREE STANDING AREA
FACING A PARTNER AND
PLAY BADMINTON



PARTNER

INCREASES BALANCE & COORDINATION

EYE TRACKING EXERCISES AND
PERIPHERAL VISION
DEVELOPMENT HELPS IMPROVE
READING. TRACKING EXERCISES
LIKE BADMINTON AND PING
PONG EXERCISE THE EYE
MUSCLES MAKING THE EYES FIT
TO READ



BRAIN LINK