

Materials	Balloon, paper, markers, string, timer (optional)
Learning Outcome	Practice the sidearm strike movement skill and striking for accuracy.

Description

Use paper to create targets out of small pieces of papers and design them to look like mosquitoes. Use string to hang the mosquitoes around the playing area. Ensure there is enough space to do the activity and check for safety hazards. Provide the child with a balloon and invite them to use the sidearm strike movement skill to strike the balloon trying to hit as many mosquitoes as possible.

Review how to perform the sidearm strike movement skill or refer to [Movement Skills Cues](#) to support you. For older children, set a timer and ask them to count how many mosquitoes they can hit within a chosen time limit.

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

- *Where did you look when you were trying to strike a mosquito with the balloon?*
- *What other activities can you think of that uses the skill of the sidearm strike?*