Dear Mom and Dad,

During physical education we are learning how important it is to watch the ball in order to catch it. Ask me to show you how well I can track the ball with my eyes when I try to catch it.

1. _____ Toss the ball to me from about ten feet and see if I can track the ball with my eyes and catch it five times in a row.

2. _____ After I make five catches in a row let's take one giant step backward and try it again, again and again.

If I can show you that I can keep my eyes on the ball while doing these tasks please sign this sheet, write any comments that you may have, and I will return it to ________________.

________________________
[Parent's name]
please print

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[Child's name]
please print