Dear Mom and Dad,

During physical education we are learning to volley using a balloon. Ask me to show you how well I can volley a round balloon using the following body parts.

1. Hands ______ 5. Thumb ______
2. Head ______ 6. Thigh ______
3. Arm ______ 7. Shoulder ______
4. Foot ______ 8. Your choice ___

If I am able to volley using these body parts, please check them off, sign and write any comments that you may have, and I will return it to ____________________________.

________________________________________________
[Parent's name]

________________________________________________
[Child's name]