

## Home recording sheet

### Ball roll

Date	Time spent	Comments

## Summary of goals

**Tick the box when these goals for ball roll are achieved**

<b>Goal 1</b>	Roll slowly to one side as far as you can without losing your balance, while looking at a target above your head	
<b>Goal 2</b>	Rock slowly from side to side as far as you can without losing your balance, while looking at a target above your head	