

- Developed hand-eye coordination by throwing and catching water balloons
- Improved gross motor skills by running, jumping, and dodging while playing with water balloons
- Enhanced balance and coordination by moving quickly and changing directions to avoid getting hit by water balloons
- Increased strength and endurance by repeatedly filling and throwing water balloons
- Learned teamwork and cooperation by playing with other children and working together to fill and throw water balloons

To continue developing physical education skills related to playing with water balloons, children can try the following creative activities:

- Set up targets and have children aim and throw water balloons at them to improve accuracy
- Create an obstacle course where children have to navigate through different challenges while carrying a water balloon
- Organize a water balloon relay race, where children have to pass the balloon to their teammates without dropping it
- Play a game of "water balloon volleyball" by using a towel or a sheet to hit the balloon back and forth over a makeshift net
- Encourage children to come up with their own games and rules using water balloons, fostering creativity and problem-solving skills