

Make your own set of poi balls using a pair of tights and tennis balls



For leaders

Poi is a weighted object suspended by a rope or chain which can swing in many directions. Put the tennis balls in the foot end of the tights and tie them in with a knot

Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Circus Adventures

££	Indoors
Day/Night	

- | | |
|---|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input checked="" type="checkbox"/> 3 - 5 | |
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|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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Skills:

Equipment:

- Tennis Ball
- Tights