

# 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 |   |
- 

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
- 

### Skills:

### Equipment:

- Tennis Ball
- Tights