



Gross Motor Ball Skills!

Target Practice!

Toss big balls with two hands or little balls with one hand. Throw overhand or underhand, close or far. Try these targets:

- Throw into hula hoops on the ground.
- Toss into a cardboard box or bucket.
- Make X-shapes on the wall with tape.

Animal Ball Toss!

Throw and catch in these animal positions:

- Bend your knees and get low like a duck.
- Reach up high like a giraffe. Now throw!
- Stand with your feet wide like a bull.
- Stand on 1 foot like a flamingo.

7-Up!

- Toss a ball in the air. Catch it. 7 times.
- Bounce a ball. Catch it. 6 times.
- Bounce a ball (high enough to go above your head) then catch it. 5 times.
- Throw a ball up. Let it bounce. Catch it. 4 times.
- Bounce a ball under your leg. 3 times.
- Bounce a ball. Spin. Catch it. 2 times.
- Throw a ball above your head, spin, let it bounce, then catch it. 1 time.



Bouncing Ball!

Try these bouncing ball games:

- Bounce a ball back and forth to a friend. Bounce slowly. Bounce quickly.
- Set up a sideways line of tape 3 to 6 feet away. Bounce a ball on this side of the tape. Bounce the ball on the other side of the tape. Play catch this way.
- Practice dribbling a ball with two hands, then one hand, then the other hand. Dribble a ball while walking.

Bowling!

- Find different objects to use for bowling pins, like blocks or plastic cups.
- Set them up in different ways. Try circle, triangle, and square formations.
- Roll the ball slowly then quickly.
- Try standing closer then farther away.

Wall Ball!

- Toss a ball against a wall and catch it.
- Toss it high against a wall then as low as you can. Try to make 5 catches!
- Bounce a ball gently against a wall and have a friend try to catch it. Take turns.

Balloon Games:

Balloon movements are unpredictable. These silly balloon games improve a child's balance, timing, and eye-hand skills.

- Balloon volleyball with a friend.
- Balloon tennis using a paper plate.
- Balloon bounce and catch.
- Balloon bounce against a wall.
- Catch a balloon in a bucket.
- Balloon tetherball: Suspend a balloon from the ceiling. Tap it then catch it.