

## 10 Active Movement Ball Activities

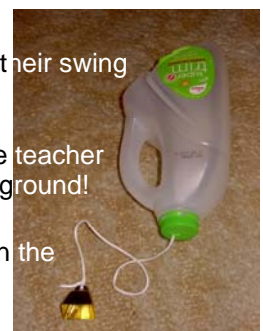


Children need lots of opportunities to explore a range of objects that can be used for catching, throwing and kicking before you can teach the skills such as throwing for distance or accuracy. Ensure that you always have a range of objects e.g. different size/textured balls, rings, frisbees, available to the children throughout the play session. When children are playing with the objects it is important to encourage them to explore what that object can do. Ask these types of open questions e.g. I wonder how far the object can roll, what happens when I drop the object. Now let's see what happens when I try this object!

Balls have been used from the early days. Did you know that balls in ancient times were made of concrete and were often used as weapons of war and for hunting with! You can see how important it would've been to be able to throw!

Today we still use balls in our play – here are some of the games you can try.

1. **Skittles** – set up the skittles (use milk bottles) and ask the children to roll the ball towards the skittles
2. **Buckets** are a great way for enabling children to catch balls. Children should be encouraged to hold the bucket with the correct hand position and then their partner can throw the ball towards the bucket. Its much easier to catch things in a big bucket to begin with.
3. Hold the ball (or balloon) between your knees and jump around the room. Move on to working in pairs and holding the ball between each others body parts e.g. back to backs
4. **Volley ball** – for young children use balloons and ask them to keep the balloon/ball in the air using their hand. For extra challenge they could then try keeping it up with a flyswat or the cardboard roll from your gladwrap roll.
5. **Keep the bucket/hoop full.** Teacher stands in the middle with all the balls in a bucket or hoop. The balls are emptied out and the children have to fetch them and roll them back to the hoop.
6. **Target throw** – Design targets for placing on the wall or on the floor. Children then use the objects for throwing to toss at the target. For extra challenge try colour coding the objects so that children throw green to green etc.
7. Using the **parachute** asked the children sit around the parachute. Place a number of balls/balloons on the parachute. Have the children move the parachute in a variety of different ways e.g. really slow, fast, softly, from side to side. Children will learn heaps about movement of balls from this activity
8. **Swing catchers** (see picture). Children can spend hours practicing catching with their swing catcher.
9. **Tyrannosaurus** – all children have a ball and they kick it around gently. When the teacher calls out tyrannosaurus they pick up their ball and run to the other side of the playground!
10. **Rocket launchers** – Place the ball on the end of the rocket launcher and stand on the opposite end – as the ball or beanbag is launched catch it with your hands!



**SWING  
CATCHER** ↑

*Suggested by Pauline Butt, Active Movement Advisor for Sport Waitakere.*