

LET'S MOVE



Having a Ball



Ball play for infants, toddlers and children is a fun and playful way to get moving. Don't worry if you don't have a ball at home - you can get creative with things you have around the house.

WHAT YOU NEED:

- Any sized ball
- Some open space, either safely indoors or outside

*If you don't have a ball at home, try a pair of socks rolled up, a plastic bag filled with tea towels, or even a balloon.



WHAT YOU COULD DO:

Give time to children to explore the ball if this is something new for them, show them what could happen if you roll it along the ground, if it is kicked or thrown up in the air. If you are able to sit down and roll the ball, encouraging them to roll it or pass it back.

For older children, you may need to show them how to catch the ball using their arms and bodies. You may also need to remind them to have their arms out, ready to catch the ball or draw their leg back when kicking.

Engaging in this play may remind children of ball games played at Kindergarten or in their Early Learning Centre. Perhaps they might like to teach these to you.

WHAT LEARNING IS HAPPENING?

As children grow and develop, their skills change with them. Exploring ball play, no matter your age, has endless benefits:

- Both gross and fine motor development
- Object permanence when a ball is there and then moves away
- Development of hand and eye coordination used to track and catch a moving object
- Balance and core strength needed to roll, throw, kick, and catch
- Concepts of high, low, over, under, and behind
- The importance of physical movement for our wellbeing.

WORDS OR PHRASES TO USE:

- Keep your eyes on the ball to catch it!
- It's your turn to roll the ball - can you roll it to me?
- 1, 2, 3 and kick the ball
- Can you throw/kick the ball high in the air or low to the ground?
- Can you roll the ball fast/slow?
- Let's count the number of times we can pass the ball together 1,2,3,4...

WHERE TO NEXT?

- Try exploring with different balls to add a sensory experience, e.g. spiky balls, squishy balls, or balls with bells inside.
- Are there ball games you played as a child that you'd like to teach?

