

Play Ball!

Primary Objectives

6. Demonstrates gross-motor manipulative skills

Why It's Important

A large ball presents a new challenge for your child as he learns to coordinate his arms and legs together. Learning to grasp, throw, and catch such an oversized object will help him refine his gross-motor abilities and apply those skills to ordinary movements and activities.

Materials

Large inflated balls

What You Do

1. Invite your child to explore a large inflated ball outside. Make sure the ball is clean and well inflated.
2. Allow him to play freely with the ball before demonstrating additional ways the ball can be used, such as kicking, pushing, bouncing, etc.
3. Offer to use the ball with your child in various ways. *You rolled the ball to me. Now I'll roll it back to you. Can you roll it to me again?*
4. Offer encouragement when he attempts a new technique with the ball. *You picked up that big ball and threw it!*
5. Continue the activity for as long as your child is interested.