



Balancing with a big ball

EXPLANATION SECTION

1 SKILL EXPLANATION

- Child places the ball on the floor
- Place a foot gently on the top of the ball
- Roll the ball forward and backward with the sole of the foot
- Child lifts their arms for balance
- Balance for 10 seconds
- Repeat activity 3 times

2 HOW TO DO @HOME

Swap the big ball for a round plastic bowl placed upside down on the floor. They put one foot on top of the ball. Balance in an open space measuring 1m x 1m like the passage-way or in the lounge

3 DEVELOPMENTAL BENEFITS

- Gross motor skills
- Sensory processing
- Core stability

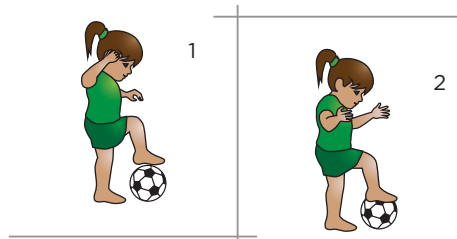
DIAGRAM SECTION

4 EQUIPMENT USED



Big ball
or plastic bowl
(placed
upside-down)

5 SKILL DIAGRAM





Dribble a small ball



EXPLANATION SECTION

DIAGRAM SECTION

1 SKILL EXPLANATION

- Child places the small ball at their feet
- Child turns the feet slightly to use the instep of the feet to push the ball forward
- Child uses small pushes to move the ball forward rather than to kick it
- Continue activity for 4 minutes

2 HOW TO DO @HOME

Dribble the small ball around the dining room table or the coffee table in the lounge

3 DEVELOPMENTAL BENEFITS

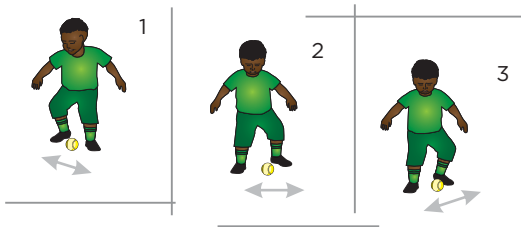
- Hand-eye co-ordination
- Bilateral integration
- Motor planning

4 EQUIPMENT USED

Small ball



5 SKILL DIAGRAM





Jump forward

EXPLANATION SECTION

1 SKILL EXPLANATION

- Place 5 small paper plates or cups (placed up-side down) in a row 30cm apart
- Child stands at the 1st marker and jumps over each marker one at a time trying to land with their feet together
- Child lifts their arms for balance
- Repeat activity 3 times

2 HOW TO DO @HOME

Jump down the passage-way or an open space in the lounge that is 5m in length

3 DEVELOPMENTAL BENEFITS

- Dynamic balance
- Gross motor co-ordination

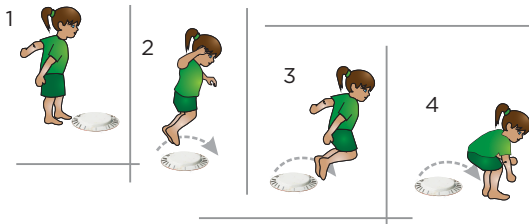
DIAGRAM SECTION

4 EQUIPMENT USED



5 markers
(paper plates or
cups placed
up-side down)

5 SKILL DIAGRAM



Underarm throw a big ball



EXPLANATION SECTION

1 SKILL EXPLANATION

- Place 2 markers 5m apart
- Child stands at the 1st marker facing the 2nd marker with their feet slightly apart
- Child holds a big ball with straight arms in front of their knees
- Child underarm throws the ball to the Adult standing at the 2nd marker with no bounce
- Adult catches the ball and throws it back to the child to catch without a bounce
- Continue activity for 4 minutes

2 HOW TO DO @HOME

Swap the big ball for a soft fluffy toy. Throw and catch in the passage-way or beside your dining room table

3 DEVELOPMENTAL BENEFITS

- Gross motor co-ordination
- Motor planning
- Aiming

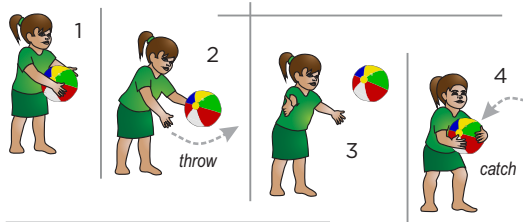
DIAGRAM SECTION

4 EQUIPMENT USED



Big ball
2 markers
(paper plates or
cups placed
up-side down)

5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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EXPLANATION SECTION

1 SKILL EXPLANATION

- Adult stands 2m ahead of the child holding the sides of a big ball with both hands
- Child walks to the Adult and uses the palm of the hand to hit the bottom of the ball upwards
- Child attempts to hit it out the Adult's hands
- Repeat activity 5 times

2 HOW TO DO @HOME

Swap the big ball for a soft fluffy toy. The passage-way is great for the activity

3 DEVELOPMENTAL BENEFITS

- Directionality
- Crossing the midline
- Gross motor co-ordination

Hit a big ball

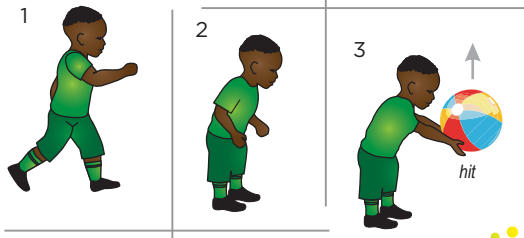
DIAGRAM SECTION

4 EQUIPMENT USED



Big ball

5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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