

Preschool Field Officer Program: Having a Ball

WHAT YOU NEED

- Any sized ball
- Open space – either safely indoors or outside.

If you don't have a ball at home you could use a pair of folded socks, a plastic bag filled with tea towels or even a balloon.

WHAT YOU COULD DO

- Provide children time to explore the ball.
- Encourage throwing, rolling, bouncing, and kicking.
- Sit across from your child and roll the ball to each other. Roll it fast then slow.
- See how high you can throw the ball in the air.
- See how high you can bounce the ball.
- If you have a basketball ring at home, practice throwing the ball into the ring. Or you could use a box and encourage your child to throw the ball into the box. Throw from different distances.

WORDS & PHRASES TO ENCOURAGE

- Try to keep your eyes on the ball to help you catch it.
- It's your turn to roll the ball – can you roll it to me?
- 1,2,3 and then kick the ball.
- Can you throw the ball high in the air?
- Can you throw the ball low to the ground?
- Can you roll the ball fast or slow?
- Let's count how many times we can pass the ball to each other without dropping it.

LEARNING OUTCOMES

As children grow and develop, their skills change with them. Exploring ball play has endless developmental benefits.

- Gross and fine motor development
- Eye hand coordination: being able to track the ball to catch it or kick it.
- Crossing the midline
- Balance and core strength is required to throw, roll, kick and catch a ball.
- Concepts such as high, low, fast, slow, under and over.
- Physical movement for our overall well being

