



Play Ball



Every kid loves to play with balls, but did you know how much that play can teach your child? Here are some ways that you can use a ball to support every area of your child's development!

So get your kiddo, grab a ball and play!

Area of Development	What to Do??	How does this Support Kindergarten Readiness??
<p>Visual Motor is the coordination involved in moving your hands and eyes together to do something.</p>	<ul style="list-style-type: none"> • Roll the ball at a target: roll into a bucket or container. • Play a Bowling game: roll toward water bottles, blocks or other items and try to knock them over. • Make a small ramp with a line on it (foam board works but any surface will work) roll the ball down the line. • Place hoops in a line: bounce the ball with two hands into each hoop. • Balance the ball on a large spoon and walk hanging onto the spoon. • Walk balancing a ball on their hand. • Suspend the ball with a string and bat at it. • Suspend a pie plate and throw the ball at it. • Pass a ball with two hands • Pass the ball overhead • Catch a ball with two hands. 	<p>These activities prepare the child for reading and writing skills:</p> <ul style="list-style-type: none"> • Listen to and follow directions. • Comprehension and understanding of concepts and tasks. • Cause and effect concepts. • Interaction and cooperation with others.
<p>Fine Motor is the coordination of the muscles in the hands and fingers.</p>	<ul style="list-style-type: none"> • Hold ball and draw a circle in the sand with it. • Squeeze the ball. • Color a picture of a ball or decorate a ball with markers and stickers. • Use play dough to roll and make a ball. 	<p>These activities help support the child's:</p> <ul style="list-style-type: none"> • Beginning writing skills. • Manipulation skills that aid in playing with items such as blocks. • Shape and color awareness. • Basic recognition of geometric shapes.
<p>Gross Motor is the coordination of large muscles or muscle groups of the body.</p>	<ul style="list-style-type: none"> • Sitting catch and roll ball with hands or feet. • Bounce and catch to self. • Play catch, throw overhand and underhand. • Dribble the ball with one hand. • Use Targets, to roll at, to throw at (place targets vertical, horizontal, on a flat surface, in a hoop, adjust distances and height for added difficulty) • Kick a ball, using either foot. • Push the ball with a foot (while standing). • Push the ball on the floor with a bat like a hockey puck, use a cone to play t-ball, toss to them and have them hit it with a bat. • Roll the ball between the knees or ankles—roll in both directions. • Lie on back and try to pick up the ball with feet. Then lift legs up and down. • Sitting in a chair, pick up ball with feet. 	<ul style="list-style-type: none"> • These activities help the child build good posture control for sitting and writing. • Movement and coordination activities also help to “turn on” the brain, which in turn promotes overall learning.

<p>Concepts are academic based skills such as body parts, numbers, colors, size differences, direction words etc.</p>	<ul style="list-style-type: none"> • Hide ball under something, show the ball and say “here is your ball”, hide it again and say “Where is your ball?”. • Touch body parts with the ball. Prompt the child to touch their head , arm , leg, between thumbs, hold between chin and chest, etc. Increase difficulty as needed. • Place ball on the floor, “touch on foot on the ball”, “place both elbows on it”, etc. • Hold the ball up, down, behind, and in front of self. • Place a color card or shape card on the floor, say the name of the color or shape as the ball bounces on the card. • Play alphabet bowling: place letters on water bottles or squares along the wall near the floor; roll the ball at a letter and say the name. • Play target Game: throw at blue circles, red triangles, green squares etc. • Count how many times you can catch a ball bounced or tossed to self. 	<p>These activities help your child:</p> <ul style="list-style-type: none"> • Develop an understanding of words and concepts that will be important for language and math activities in school. • Learn to follow multiple step instructions. • this builds independence independent in their school work.
<p>Crossing Midline is crossing over the imaginary line that runs down the center of the body with your eyes, hand or foot in order to do something on the other side of that line.</p>	<ul style="list-style-type: none"> • Hold the ball in both hands and move from side to side. • Hold the ball in hands to the side and bring across in front of you and pass to a partner standing beside you. 	<ul style="list-style-type: none"> • These activities help the child to build writing skills.
<p>Communication is how your child understands words; uses gestures or language to expresses themselves; and how they put sounds together to make words.</p>	<ul style="list-style-type: none"> • Imitate saying ball. • Create opportunity for Language: <ul style="list-style-type: none"> ○ Have them ask for “more ball” when they want to continue to play catch. ○ Have a child fill in the blank, “Ready, set _____” wait for them to say go before you toss the ball to them. • Model simple phrases for child to imitate (I want ball) then play catch with them. • Roll the ball between two chairs or boxes. • Put ball: <ul style="list-style-type: none"> <u>in</u> bowl <u>on</u> chair <u>under</u> stool <u>behind</u> basket 	<p>These activities help your child:</p> <ul style="list-style-type: none"> • Build speech and articulation skills. • Understand that their words can be powerful in communicating to and directing others. • Helps the child gain self-help concepts.
<p>Social-Emotional is how your child bonds and attaches to you; develops their sense of self, independence and compassion for others.</p>	<ul style="list-style-type: none"> • Roll ball to each other while sitting. • Bounce ball back and forth to a partner. • Place a ball on a sheet or towel, with a partner shake the sheet or towel and try to let it fly off! • Play Hot Potato – pass in a circle to others until music stops. • Lay on the floor on stomach, roll the ball toward another and they roll it back to you. 	<ul style="list-style-type: none"> • These activities support healthy relationships and independence in the child.



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