



**TAKE IT  
OUTSIDE!**

Use a beach ball or other types of balls to help your child practice throwing, catching, collecting, kicking and striking. These skills help children move in new ways and improve their coordination.

**Did You Know?** Outdoor play, compared to indoor play, provides children with more opportunities for physical activity and whole-body exercise.

## Moving With Beach Balls

**Catch & Do!** On each section of a beach ball (usually, sectioned by color), write an action word such as “jump,” “turn,” “shake,” etc. Children can play catch with a partner or in a group by rolling or throwing the ball to each other. When a child catches the ball, he/she looks to see what action word his/her hand touches and then perform that action. The child then throws the ball to another child.

**Musical Beach Ball.** Children march around as the music plays. When the music stops, children sit on their beach balls. Once the music starts again, call out a different locomotor skill, such as walk, run, skip, gallop or slide, as children move to the music. Change the tempo of the music to travel to different speeds. When the music stops, children sit on top of their beach balls until the music restarts.

**Traveling Beach Ball.** Set up an obstacle course using cones, hula hoops, chairs or other objects to create movement pathways. Create a variety of pathways — straight, curved or zigzag — to give children an opportunity to practice moving their bodies in different directions. Each child carries a ball through the obstacle course. On your command, children try to kick the ball.

**Toss It In.** Place laundry baskets or other large containers around an open space. Toss beach balls into the laundry baskets. To increase or decrease the challenge, place some baskets closer to the children and others farther away to vary the distance in which the ball is thrown. Have children run, walk, slide or skip to collect beach balls, then do it again! Include a variety of other rubber or plastic balls to allow children to practice tossing.

**Batter Up!** Set a beach ball atop a cone. Children can hit the ball across an open outdoor space with a flat open hand or strike it with a thick wiffle bat. Once the ball lands on the ground, the children run after it and strike it again, and again!

**Cooperation Carry.** Pair two children to walk across a play area carrying one beach ball together. First, they might use two hands, then one hand each. No hands?! What fun and silly ways will they think of to carry the ball?



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