

Developing ball skills at home



Throwing, catching and kicking



Overarm throwing tips

Stand side-on to where you want to throw and point in the direction you are throwing.

Underarm throwing tips

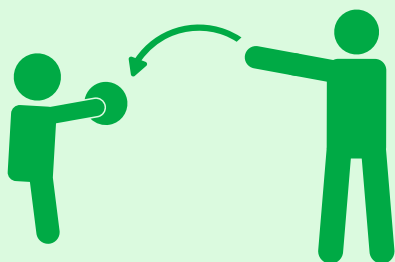
Stand straight on, swing your throwing arm behind and follow through like you are bowling.

Catching tips

Keep your eye on the object being thrown, holding hands out in front ready to catch. You might catch with your arms and bring into your body while learning. Try to work your way up to catching only with your hands.

Kicking tips

Try to use either the top of your foot (shoelaces) or the inside of your foot (instep). Don't use your toe to kick.



Running and jumping are movements children need to learn to take part in sports and active games. Children who do these skills well are more active and have better fitness levels.

Children find catching, kicking and throwing harder to master than running and hopping.

Here are some simple activities you can do with your child at home.

Balloon volleyball

Play volleyball using a balloon. Try to keep the balloon in the air. Use your feet to make it harder.

Ball rolling

Sit opposite your child with both of your legs in a V shape. Roll a ball between each other. Move further back to make it harder.

Goal kicking

Use household objects to set up goals. Take turns kicking through the goals. Move further back to make it harder.

Bowling

Use empty milk or juice bottles or plastic cups as bowling pins. Roll, throw or kick the ball at the pins.

Target throwing

Stick something on the fridge, a door or wall as a target. Try to hit the target using an overarm throw. Then try using an underarm throw.

Laundry basket

Take turns throwing some rolled-up socks into a laundry basket or bucket. Move further back to make it harder.

Don't have a ball? No worries. You could use:

- Socks
- Soft toys
- Scrunched-up paper
- Scrunched-up scarf
- Roll of toilet paper



Healthy Eating
Active Living

