



Ball Park

Ages 4 to 5 years

Objective: Using balls, the child will strengthen their large-motor skills.

Materials needed:

Outside area (A park is a great place)

Balls (age-appropriate, soft, medium size)

*2 or more balls

Procedures:

1. Take your child outside to an open area or to the park.
2. Give them the balls to free-play on own.
3. Have them throw the ball or kick the ball to you playing a "soccer-like game."
4. Tell them to kick, throw, catch, roll, toss, bounce, pass, and push the ball. Using these words to associate verbs (language development) to the action they are encountering.



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4. Using a variety of balls (basket, soccer, football, volleyball, nerfball, and baseball or tennis) gives them the opportunity to recognize different sizes, shapes, and meanings of the use of the balls. You can explain the different attributes of each too to increase language-sight association
5. Practice throw and catch with your child.
6. Also, practice with them kicking and stopping a kicked ball with your foot only, "dribbling" the ball with your foot, and kicking the ball both hard and soft. Practice throwing ball with both hands!

Milestones to meet:

The child uses gross-motor skills to develop.

Evaluation:

Did this lesson work for your child? Why or why not?