

BALL ROLLING

Gross Motor Skills: Object Control—Rolling and catching

Suggested Ages: 2+ years

Required Materials: One ball for every two children



How to Play:

Make sure every child has a partner. Children will roll a ball back and forth in a variety of ways. Progress through methods below as children show readiness.

- **Straddle Sit Roll:** Children face each other in a straddled position (v-sit) and roll the ball by pushing it.
- **Kneeling Roll:** Children sit on both knees facing their partners and roll the ball.
- **Standing Two-Hand Roll:** Children stand in a straddle position, hold the ball in both hands, swing the ball between their legs, and roll the ball towards their partner.
- **Standing One-Hand Roll:** Children stand with feet shoulder-width apart, hold the ball with one hand, swing their arm towards the ground, and release the ball towards partner. Receiving partner should squat down to catch the ball.

Variation:

- If unable to partner-up children, each child can roll ball against a wall or at another target.