

THROWING AND KICKING



Gross Motor Skills: Object Control—Throwing and Kicking

Suggested Ages: 3+ years

Required Materials: Something soft and round (rolled socks, fleece ball, or soft playground ball)

How to Play: Direct children to throw or kick a ball towards a target on a wall or floor. After each throw/kick, encourage child to pick the ball up and try again. As skills and confidence grow, children may move farther back.

Variations:

- Ask children to throw/kick a ball harder or softer (teaching children about force and distance)
- Instruct children to alternate between an underarm and an overarm throw
- Turn throwing/kicking into a game of bowling by setting up plastic water bottles or cones as the target



Focus on Progress

Use a target to give activities like Throwing and Kicking a purpose, but don't place too much emphasis on accuracy. Focus instead on how each child's skills progress.