

Health & Wellbeing Challenge



Throwing and Catching

Practise your hand-eye coordination along with your throwing and catching skills with these activities!

Possible equipment for throwing and catching activities: soft ball, rolled-up socks or tights, bean-bags, scrunched up paper ball, beach ball, balloons, hoops (make from a cardboard box) etc.

Indoors

Roll it: Any type of ball will work here. Sit on the ground facing each other and position your legs open in front of you so they are touching. Roll the ball back and forth. Can they catch it? Can they roll it all the way to you? As your child gets the hang of it, introduce other challenges. Can they bounce the ball once to you? Clap their hands once before they catch it? Etc.



Keep it up: A beach ball or even a balloon works best for this game where the aim is to simply keep the ball in the air! If you do play this game indoors, make sure to clear the room of any breakables and to set clear boundaries of where you want the game to be played!



Bowling: Set up ten (or less) of an item — empty bottles work best but you can use any light-weight object. Position your child a few feet away from the bottles and have them roll a ball at the items. How many can they knock down? What happens if they roll the ball faster? What happens if you change the position of the "pins?"

Outdoors

Aiming: Set up a basket or container a metre or so away from your child and give them a selection of ball-type items to aim and throw into the container. Encourage under-arm throwing.

Towel toss: Grab a towel. You hold two corners and your child holds the other two. Put a lightweight ball on it and bounce the ball into the air by moving the towel up and down. Try to catch the ball. Team work is involved! How many can you do in a row?

Hoopla: Put some sticks in the ground and make some hoops out of a cardboard box. Stand a metre or so away and try to throw them onto the sticks.

