INFANT & CHILD PHYSICAL ACTIVITY

50 Things To Do With a **Beach Ball**

1. **Throw** the ball through a hanging hula-hoop.
2. Play **catch**.
3. **Volley** the ball with friends using different body parts.
4. **Write** colors, shapes, numbers, or letters, on the ball and shout the one you see when you catch the ball.
5. Sit on the floor with legs spread across from someone and **push/roll** the ball together.
6. Secure the ball between your legs and try to **walk** or move with it.
7. Create partner **challenges** to move the ball around personal space or general space in different ways.
8. **Hang** the ball from a tree as a target.
9. Put the ball in a mesh bag and **kick** it (while holding the other end of the bag).
10. Play **musical** beach balls.
11. **Suspend** off the ground in a mesh bag (or panty hose) to practice motor skills.
12. Place the ball on top of a cone and play **t-ball**.
13. Use as a **bowling ball** to knock over empty soda bottle pins.
14. Play beach ball **hockey** with a ball and a pool noodle.
15. Play "**hot potato**".
16. Using a towel, pair children up and have them **toss** the ball into the air and catch it on the towel.
17. **Roll** the ball around the room or over/under obstacles.
18. Pretend it is a heavy weight and **lift** it in different ways.
19. **Squeeze** the ball with hands, legs, arms, etc.
20. Hold the ball in your arms and move them from **side to side**.
21. **Hit** the ball to a partner using your head.
22. Use as a **steering wheel**.
23. **Balance** on body parts.
24. Throw or kick and **chase**.
25. Kick the ball **against** a wall.
26. Keep the ball on the **ground** and hit the ball on the side with your hand.
27. Practice **movement concepts** such as levels, directions, speeds or effort.
28. Create **targets** with colors and try to hit them with the ball.
29. Move the ball **over** the head and **under** and through legs.
30. Don't let the ball **hit** the floor by hitting with your hands (keep it up).
31. **Balance** the ball on your head and try to walk.
32. Try to **juggle** the ball.
33. Roll the beach ball down a **slide** and have someone else catch it at the bottom.
34. Hit the ball against a **wall**.
35. Throw the ball at a **hanging** pie plate.
36. Try to kick the ball **between** two cones.
37. **Line** baskets labeled with number or letter and try to throw the ball into the corresponding basket.
38. Use **deflated** beach ball as spot markers.
39. Use **deflated** beach balls to carry loose parts.
40. **Label** the ball with different movements and when it is caught, perform the movement that you see first.
41. Play modified **baseball** with the ball and a cardboard tube.
42. Play modified **kickball**.
43. Divide the class into two or more groups and have the groups throw the ball back and forth over the **rope**.
44. Play **relay games** with the ball.
45. See how many times you can **throw** the ball up and **catch** it.
46. See how many balls you can **carry** without dropping any.
47. Try to **spin** the ball on your finger.
48. Balance on big **serving spoon** while walking.
49. Use it as a target or move it around by squirting with a **hose**.
50. Play **crab soccer**.

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