

In The Basket

Develops ability to throw a ball at a target



Throwing at a target is a fun activity that the whole family can play together. It helps kids to develop the ability to release and throw a ball with direction. Throwing helps strengthen the muscles in your child's arms and shoulders.

Your home will have the equipment needed to get started. Grab a washing basket as your target and lots of socks. Roll your socks in a rough ball like shape and ta-da you have some balls (which won't bounce out of your basket!).

Play ideas:

- try overarm and underarm throwing and using your left and right arm
- change the throwing distance - moving closer to and further away from your basket
- find other items to throw with different weights - tennis balls, bean bags, small soft toys or scrunched up paper



Develops ability to throw

Great beginner activity for learning to throw a ball.



Develops ability to throw with direction

Using a target helps your child learn how to aim their throw.



Family fun

Get everyone to join in. Try more challenging options for the adults like a greater distance or smaller target.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org