

Milky-Crunchy Knock Em' Down

1 or more players

Equipment: empty milk jugs, cereal boxes or 2 liter plastic bottles; ball

Procedure: Set up six or more empty milk jugs, cereal boxes or plastic bottles at one end of the sidewalk or on smooth ground. Ask your child to stand at the other end with a ball and roll the ball into the jugs or boxes. Count the number knocked down. If there is more than one child playing, let them take turns — one child can set them up, one can knock them down. If you can't get outside, Knock Em' Down can also be played inside.

Balloon Body Juggling

(best for 5-year-olds or older)

1 or more players

Equipment: balloon for each player

Procedure: Have your child toss a balloon into the air. You or your child calls out the part of the body to be used to strike the balloon (e.g. knee, foot, elbow). The balloon can also be batted, kicked or bounced between two players using different body parts.

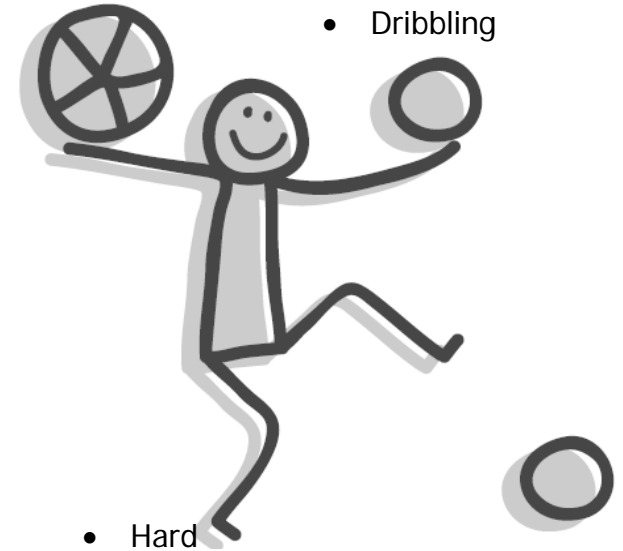
Safety caution: Do not use balloons with children under 4 years old. Balloons can be choking hazards—only adults should inflate balloons.

Bloomington Public Health - 952-563-8900
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Catching, Throwing, Kicking Games #1

- Bouncing
- Rolling
- Kicking
- Catching
- Tossing
- Chasing
- Throwing
- Striking
- Dribbling



- Hard
- Soft
- Overhand
- Underhand
- High
- Low
- Straight
- Curved

Tidy-Up Toss

1 or more players

Equipment: an empty box

Procedure: Have your child pick up toys and drop them in a box for points. Outside, have your child toss a ball, beanbag or snowball into empty box or bucket. Try both overhand and underhand throwing. Let your child step back to toss the ball, bean bag or snowball from farther away as her skills get better.

Variation: *Inside, have child pick up toys, books, games and drop in box for points, or toss ball or bean bag into empty box, laundry basket or wastebasket.*

Trash Bag Toss

1 or more players

Equipment: For each player—unused trash bag, newspaper

Procedure: Fill a trash bag with crumpled newspaper. Tie it shut. Toss it, throw it, roll it or roll on it in the yard or inside.

Safety caution: Plastic bags can be a choking hazard and may cause suffocation—adults should use caution with infants and toddlers.

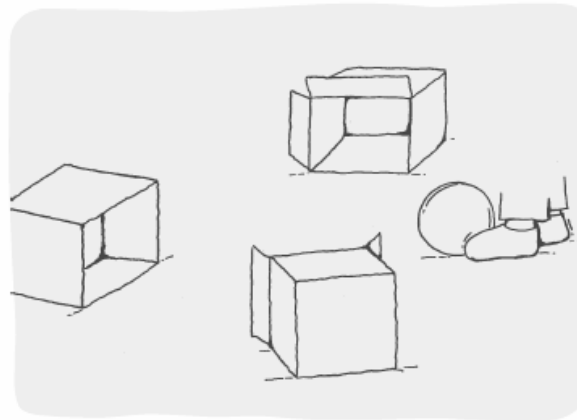
Kick Course

1 or more players

Equipment: ball for each player; containers such as boxes, wastebaskets, crates (some open on both ends)

Procedure: Set up the containers around the yard or room. Have your child kick the ball through or into each container as they go around the course.

Variation: *Make a course in the snow with shoveled paths, snow tunnels and mounds.*



Foot Dribble

1 or more players

Equipment: ball for each player, snow shovel or rake, sidewalk chalk or masking tape

Procedure: Shovel pathways in the snow. Have your child use her feet to move the ball along the pathways. Once your child has mastered a straight path, make it harder with curved or zigzag paths.

Variations: *Make pathways outside with sidewalk chalk, draw lines in the dirt, or rake a path in the leaves in fall. Inside, make pathways by putting 2 long strips of masking tape on the floor about 2–4 feet apart.*

