

Milk Jug Catch

1 or more players

Equipment: For each player—clean, empty, plastic milk jug; ball, bean bag or snowball; tape

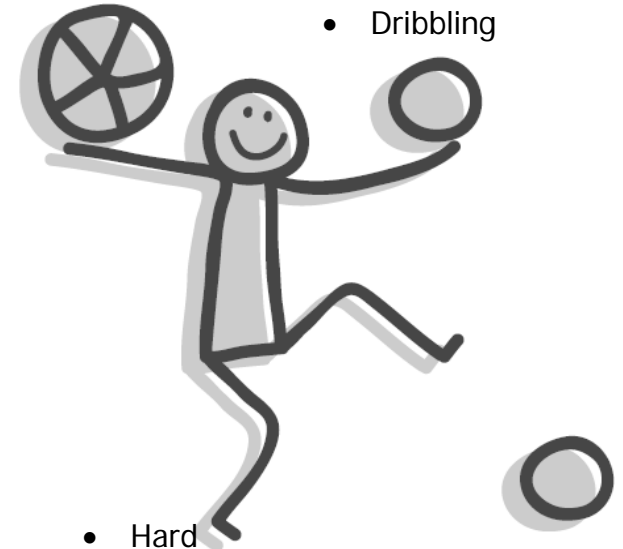
Procedure: Cut the bottom off an empty plastic gallon milk jug to use as a catcher. Save the top end with the handle. If the cut edge is sharp, cover it with tape. Make a catcher for each player. Go outside and let your child place a ball, bean bag or snowball in the catcher, and then toss it up and then catch it. He can also throw it underhand to another person. The other person catches it in her catcher and throws it back. If your child is successful, let him step back and try tossing the ball, beanbag or snowball from farther away.

Variations: *Make a ball by crumpling up a piece of paper. You can make small, medium or large balls. Paper balls work well for tossing outside or inside. The catcher can also be used to scoop up leaves or snow!*



Catching, Throwing, Kicking Games #2

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



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

Bloomington Public Health - 952-563-8900
Adapted from Fit WIC Activities
Vermont Department of Health

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Racquet Balloon

(best for 5-year-olds or older)

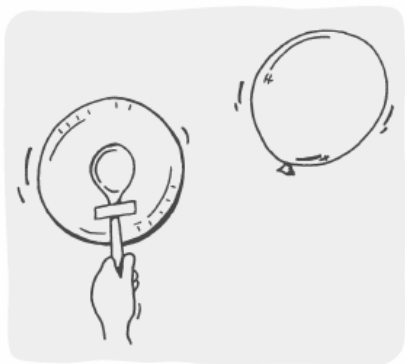
1 or more players

Equipment: For each player—wire coat hanger, old pantyhose leg, nylon knee high or large sock (or wooden cooking spoon or ruler, strong paper plate); masking tape; balloon; beach ball or paper ball

Procedure: Make a racquet with a coat hanger (see “Toys that Encourage Physical Play.” Page 10). Outside, have your child hit the balloon or a ball in various ways with the racquet—hard, soft, overhand, underhand, etc. Play with a partner, bouncing the balloon or ball back and forth.

Variation: Make a racquet by securely taping a paper plate to a spoon or ruler. Let your child hit the balloon or ball in various ways with the racquet. This variation works well for inside Racquet Balloon.

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



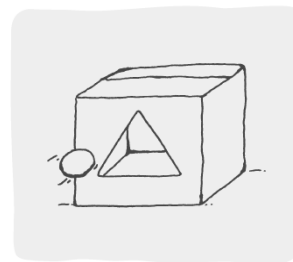
Bean Bag Target Toss

1 or more players

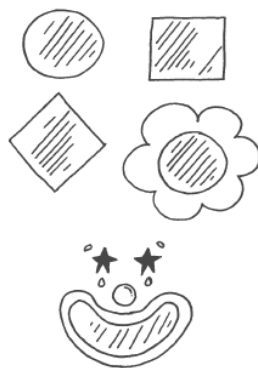
Equipment:

large cardboard box, 2 or more beanbags for each player

Procedure: Cut one side of a large cardboard



box into a square, circle, triangle or other shape (or cut multiple shapes). Decorate the box if you wish.



shape ideas

Throw beanbags into openings in the box. Try helping your child learn to toss underhand and overhand, and try having him stand different distances

away from the target. You can mark the distance from the target, outside, with chalk or a line in the dirt. Inside, mark distance with masking tape on the floor.

Variation: If you have one or more hula hoops, lay them on the floor and let your child toss the beanbags into the hoops.

Remember: If it's too hard, your child will feel like a failure. If it's too easy, your child will get bored. Find a distance letting your child get the bean bag into the hole about 7-8 times out of 10.

Beach Ball Bounce Back

(best for 5-year-olds or older)

2 or more players

Equipment: 2 chairs, masking tape or string, beach ball

Procedure: Outside, place the 2 lawn chairs about 4 feet apart. Make a “net” by attaching tape or string across the seat of each chair. Hit, toss or bounce the beach ball back and forth over the net. Help your child practice hitting hard and soft, high and low. If you can't get outside, you can make a net inside.

Variation: Use an inflated balloon in place of a beach ball. The balloon will move more slowly, making it easier for your child to hit the balloon over the net.

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

