

Daily tips for Playful Learning at Home – Number 31



Bouncing balls!



Throwing, rolling or catching a ball with a child/ren is great fun for any ages! You can adapt your game to increase your child's learning and skills development in simple but fun ways.

What do I need?

Ball and adult/other children and space to play

You can do this indoors too with a scrunched up ball of paper – but take care!

What do we do?

If you are throwing, rolling or catching the ball with a child or children talk about the patterns or actions - such as rolling ,bouncing, passing the ball. Does it go fast or slow, high or low – and so on ...

When children are confident you can make patterns such as

- bounce and pass
- roll and pass
- two bounces and pass...three bounces and pass

Or you can just throw it back and forth, counting as you go

What will your child learn from this play?

Mathematical vocabulary

Numbers

Patterns

Big muscles, balance and co ordination

Hand and eye co ordination

How can you take it further?

Challenge children to invent simple bouncing patterns and you or the others have to remember and copy them.

With more than two players, stand in a circle – choose at random who to pass to, and you say their name before you throw – how fast can you get?

Football and rugby players may see the value of passing patterns!

Play & talk together
Be careful with too many questions

Pause and wait for your child to respond
Copy what they say and add to it