

### **Wall Ball**

Cut out shapes or letters and place them all over a vertical surface. Position the child an arm's length away from the wall.

Place a playground ball on the wall and have the child place her hands on the ball to maintain its position.

Call out shapes or letters and have the child roll the ball to touch each one as it is called.

### **Ball Pass Sit-Ups**

Have the child lie on her back on the floor with the ball between knees and hands overhead.

Slowly bring arms and legs toward each other to grab the ball from between knees and take it overhead.

Repeat this movement to bring the ball back to hold it between the knees.

### **Hands & Knees Roll Outs**

In quadruped, place a ball under the child's right hand. Place colored pieces of tape just out of reach on the floor in front of her.

Have her roll the ball forward with her hand to touch each of the objects without moving out of the quadruped position.

### **Tall Knee Catch**

Position the child in tall kneeling. Position yourself in the same position about 10' away.

Toss the ball to the child at midline a few times so he gets the hang of playing catch.

Then, start throwing the ball slightly away from midline - high, low, to the left and right.

### **Partner Pass Sit-Ups**

Have kids lie on their backs on the floor - one child's toes touching the other's. Give one child a ball.

Repeat the movements of ball pass sit-ups, but this time, instead of placing the ball between the knees when they sit up, they will throw the ball to their friend!

### **Ball Squeeze**

Position the child in standing, with legs about hip width apart.

Give him a ball and ask him to squeeze it as hard as he can with both hands held at chest height.

As he is squeezing, ask him to count to 10 out loud.



# **BUILDING CORE STRENGTH WITH A PLAYGROUND BALL**