**Ball Stop**

Give each child a ball

Instruct them to roll the ball and chase it

Call out a body part and the child will need to stop the ball with that part of the body

Divide children into pairs

One child rolls a ball and the other child chases it

Call out a body part and the child who is chasing the ball will need to stop the ball with that part of the body

**Benefits**

This develops gross motor skills, coordination, spatial awareness and hand-eye coordination.

**S.T.E.P. into Year 1:**

S – Increase the space so that the child can throw the ball and its partner has to get it before it stops rolling.

T – Play some rolling games at a target. Who can stop their ball nearest to the cone? Roll the ball, stop it with whatever body part you have decided for this game, then without changing its path, stop it. Whose is the nearest after 3 goes?

E – Use small or large balls.

**STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



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