

Ball Stop

Equipment

One ball per child
Start with large, soft balls

Give each child a ball (the larger and lighter the easier it will be)
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.