



Physical Health, Well-Being, and Movement Skills

Activity for 24 to 30 Months

Target Practice

Being able to keep one's balance and throw an object is no easy feat! A good way to build this skill is to have toddlers roll balls toward a target. This also develops their eye-hand coordination.

Materials:

- Different kinds of balls (playground balls, tennis balls, large beach ball)
- Milk cartons
- Plastic bottles

What to do:

1. Group the milk cartons and/or plastic bottles approximately three or four feet from the child.
2. Demonstrate rolling the ball to knock over the targets.
3. Gradually move the targets away as the child gains skills.

Variation:

Play this game outdoors and dig a hole large enough for the ball to fall into. Have the child roll or kick the ball into the hole.

