



Physical Health, Well-Being, and Movement Skills Activity for 42 to 48 Months

Basketball Game

This activity encourages children to cross midline, a skill needed throughout life.

Materials:

- Empty hamper, waste-paper basket, or cardboard box
- Large ball or beanbag

What to do:

1. Place the basket, hamper, or box near the child. Let the child throw the ball to make a basket. Keep the basket near enough to ensure his success.
2. Move the basket to the child's far right and give him the beanbag in his left hand so he has to cross midline of his body in order to toss the beanbag in the target.
3. Move the basket to his left so his right arm crosses the middle of his body.
4. Make sure the child always stays centered — whether he is standing or sitting — so his arm reaches across the midline of his body.

