

# Have a Ball... with a Ball!






In keeping with the **Have a Ball** theme, here are some great ways a whole group of children can have fun and get active with the beach ball. For best results, do not fully inflate the beach ball.

## Free Throw...

In the group, have the children practice throwing and catching the ball, tossing it into the air and catching it, rolling it to each other or passing it to each other at different speeds.

## On a Roll...

Using the chart below, write each of the six activities from the left hand column on a panel of the beach ball. Alternatively, make up your own active games and write those on the beach ball. Then, have the children sit in a circle. Ask one child to roll the beach ball into the centre of the circle. When the ball comes to a stop, the leader will read the message on the beach ball that is facing directly upward. The children will jump up and participate in that activity as a group.

Beach Ball Activities:	    
<b>If the ball shows...</b>	<b>Jump up in the circle and...</b>
<b>Dance</b>	Put on a CD (already chosen and easily accessible) with upbeat music or with actions (e.g. Cha Cha Slide, Chicken Song) and...dance!
<b>Have a Ball!</b>	Have the children use the beach ball, and perhaps some other balls of varying sizes and throw to each other and catch, toss in the air and catch, roll and/or bowl the ball, volley the ball, or spin it on the floor.
<b>5-minute fitness</b>	Put on some upbeat music and have the children participate in a number of fitness activities: <ul style="list-style-type: none"> <li>• Jogging on the spot</li> <li>• Jumping jacks</li> <li>• Stride jumps</li> <li>• Push-ups</li> <li>• Marching on the spot</li> <li>• Stretching and deep breathing</li> </ul>
<b>Going to the Zoo</b>	Put on music with animal sounds or use the music from the <i>Lion King</i> , then: <ul style="list-style-type: none"> <li>• Call out the name of an animal</li> <li>• Ask the children to move around the room as if they were that animal</li> <li>• Examples include: monkeys swinging, big elephant foot steps, slithering like a snake, hopping like a bunny or kangaroo, prancing like a pony, etc.</li> </ul>
<b>Follow the Leader</b>	Lead the children in active movements that they imitate: <ul style="list-style-type: none"> <li>• Using a sport theme, act out sport skills such as dribbling and shooting a basketball, swimming, hitting a baseball, cross country skiing, skating, playing hockey or skipping</li> <li>• Play active Simon Says (jumping jacks, marching on the spot). Use a sedentary action for when you do not say "Simon Says" (e.g. read a book)</li> </ul>
<b>Bean Bag Balance</b>	<ul style="list-style-type: none"> <li>• Provide one bean bag to each child</li> <li>• Call out a part of the body</li> <li>• The child must place their bean bag on that part of the body and walk around the room without dropping the bean bag</li> <li>• Have the children balance the bean bag on their head, shoulder, back, back of their hand, etc.</li> </ul>

## FORE!!!!

Keep your eyes open for other activities that you can do with a ball. You might even want to *toss* around some ideas with the children! Regardless of the ideas you *score*, you're sure to...have a ball!