

Rolling a ball

Most children will enjoy playing with a ball whether it be rolling, catching, kicking, dribbling or throwing.

- Playing with balls improves your child's motor skills, hand eye co-ordination and timing
- Rolling a ball will develop your child's team building skills and teach them to take turns
- Use this activity as a way of introducing new words to your child such as "bounce", "roll" and "catch"
- Try using several balls of different sizes

