

Fizzy Kids - Ball Skills



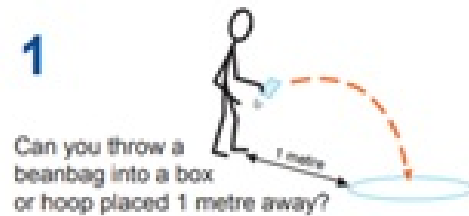
Activities to Develop Hand/Eye Coordination and Gross Motor Skills

Ball Skills 1

Your name: _____

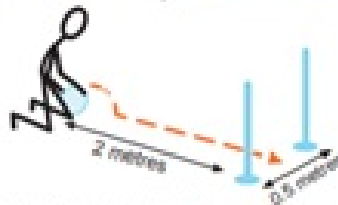
Ball Skills Level One

1



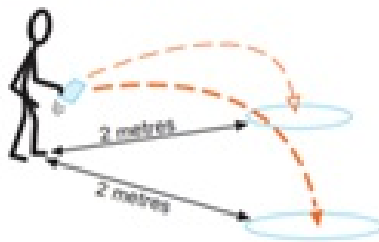
Can you throw a beanbag into a box or hoop placed 1 metre away?

2



Using one hand, can you roll a ball between goal posts placed half a metre apart, from a distance of 2 metres?

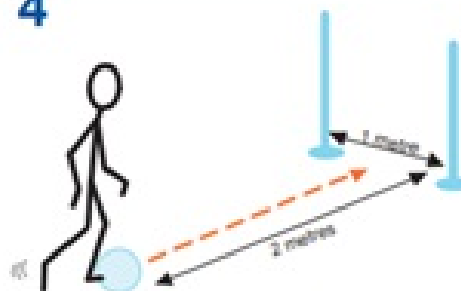
3



Using one hand, can you throw beanbags into 2 hoops placed to the right and left in front of you, 2 metres away?

Tick each box to record your progress

4



Do not kick too hard!

Look at the goal not your foot.

Can you kick a ball between 2 goal posts, placed 1 metre apart and 2 metres away?

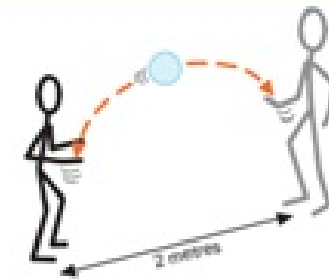
5



Watch the ball!

Throw and catch with your partner. Stand 1 metre apart. Use a ball or beanbag.

6



Throw and catch from 2 metres using a ball or beanbag. Catch with both hands!

Do not let the ball touch your body.

7



Stand in a circle with a few other people 1 metre apart and throw a ball to the person next to you. Remember to watch the ball.

Try throwing the ball in different directions.

Can you bounce the ball to the person next to you?

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Activities to Develop Hand/Eye Coordination and Gross Motor Skills

Ball Skills 2

Your name: _____

Ball Skills Level Two

1

Throw (the ball carefully) and catch between 2 people. Start at 2.5 metres, then try 3 metres.



2

Stand close to your partner. Throw and catch between you. Take a step backwards each time you catch the ball.



3

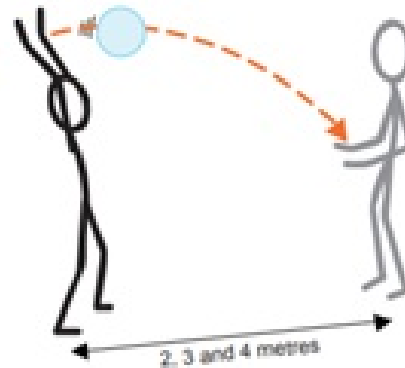
With a partner, bounce a ball between you. Start at 1 metre, then try 2 and 3 metres.



Tick each box to record your progress

1 2 3

4



Practice throwing balls over-head to your partner. Do not let the ball bounce!

Remember your partner must be able to catch the ball.

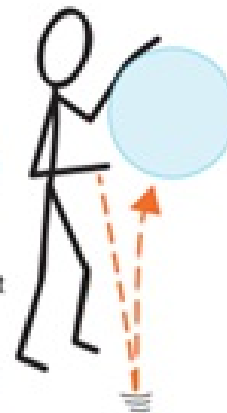
Can you judge how hard to throw the ball?

5

By yourself, practice bouncing and catching a large bouncy ball with both hands.

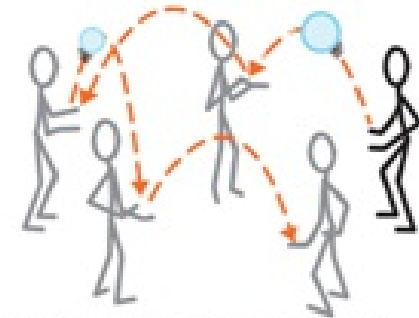
Bounce the ball in front of your feet!

Do not bounce the ball too hard.



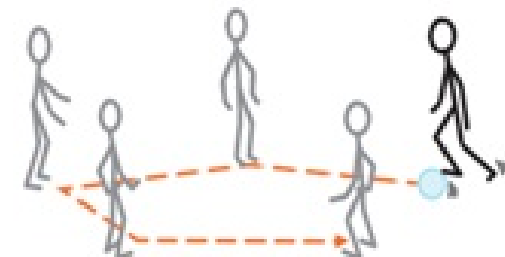
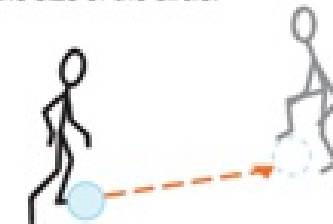
4 5

6



Stand in a circle with a few other people. Throw 2 balls around the circle. Try throwing in both directions around the circle. Vary the size of the circle.

7



Kick a ball between you and your partner or around a large circle. Remember not to use your hands!

Can you stop the ball with your foot?

Kick the ball carefully back to your partner.

6 7

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Activities to Develop Hand/Eye Coordination and Gross Motor Skills

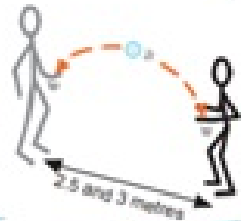
Ball Skills 3

Your name: _____

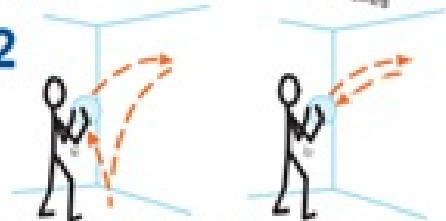
Ball Skills Level Three

1

Throw and catch a tennis ball between (2.5 and 3 metres apart) you and your partner.

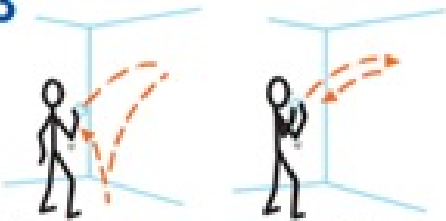


2



Throw and catch a bouncy football off a wall. Let the ball bounce once on the floor. Then try catching the ball before it bounces.

3



With a bounce

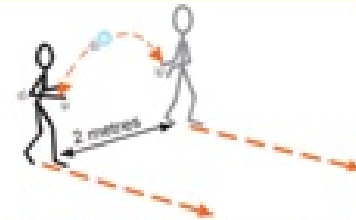
Without a bounce

Throw and catch a tennis ball off a wall.

Tick each box to record your progress.

1 2 3

4



Throw and catch a tennis ball between you and your partner. Walk slowly opposite each other, 2 metres apart, in the same direction. Keep in line with your partner.

5



Throw and catch a tennis ball with your partner while one of you moves around slowly. Then speed it up.

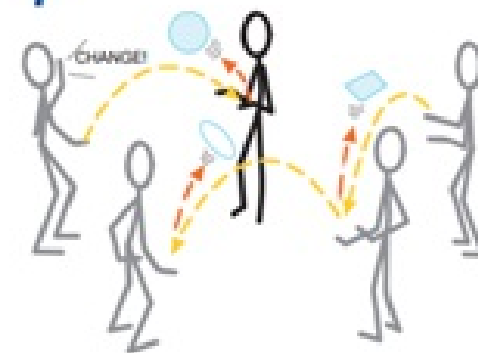
6



Stand in a circle with a few other people. Throw a beanbag, ball and hoop around the circle in the same direction. Then try throwing in the opposite direction.

4 5 6

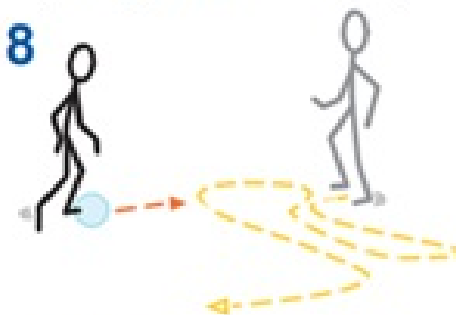
7



Throw a ball, beanbag and hoop around a circle. This time when the leader calls "change", start throwing in the opposite direction.

Keep changing the direction frequently.

8



Kick a ball between you and your partner while one of you moves around slowly. Now speed up.

7 8