

50 things to do with a ball

1. Throw the ball through a hanging hula-hoop.
2. Play catch.
3. Volley the ball with friends using different body parts.
4. Write colors, shapes, numbers, or letters, on the ball and shout the one you see when you catch the ball.
5. Sit on the floor with legs spread across from someone and push/roll the ball together.
6. Secure the ball between your legs and try to walk or move with it.
7. Create partner challenges to move the ball around personal space or general space in different ways.
8. Hang the ball from a tree as a target.
9. Put the ball in a mesh bag and kick it (while holding the other end of the bag).
10. Play musical beach balls.
11. Suspend off the ground in a mesh bag (or panty hose) to practice motor skills.
12. Place the ball on top of a cone and play t-ball.
13. Use as a bowling ball to knock over empty soda bottle pins.
14. Play beach ball hockey with a ball and a pool noodle.
15. Play "hot potato".
16. Using a towel, pair children up and have them toss the ball into the air and catch it on the towel.
17. Roll the ball around the room or over/under obstacles.
18. Pretend it is a heavy weight and lift it in different ways.
19. Squeeze the ball with hands, legs, arms, etc.
20. Hold the ball in your arms and move them from side to side.
21. Hit the ball to a partner using your head.
22. Use as a steering wheel.
23. Balance on body parts.
24. Throw or kick and chase.
25. Kick the ball against a wall.
26. Keep the ball on the ground and hit the ball on the side with your hand.
27. Practice movement concepts such as levels, directions, speeds or effort.
28. Create targets with colors and try to hit them with the ball.
29. Move the ball over the head and under and through legs.
30. Don't let the ball hit the floor by hitting with your hands (keep it up).
31. Balance the ball on your head and try to walk.
32. Try to juggle the ball.
33. Roll the beach ball down a slide and have someone else catch it at the bottom.
34. Hit the ball against a wall.
35. Throw the ball at a hanging pie plate.
36. Try to kick the ball between two cones.
37. Line baskets labeled with number or letter and try to throw the ball into the corresponding basket.
38. Use deflated beach ball as spot markers.
39. Use a deflated beach balls to carry loose parts.
40. Label the ball with different movements and when it is caught, perform the movement that you see first.
41. Play modified baseball with the ball and a cardboard tube.
42. Play modified kickball.
43. Divide the class into two or more groups and have the groups throw the ball back and forth over the rope.
44. Play relay games with the ball.
45. See how many times you can throw the ball up and catch it.
46. See how many balls you can carry without dropping any.
47. Try to spin the ball on your finger.
48. Balance on big serving spoon while walking.
49. Use it as a target or move it around by squirting with a hose.
50. Play crab soccer.

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