

# Title: Indoor Ball Play

Age Group: Toddlers

Submitted by: **Sally (Metamorphosis)**



Type of Activity: Physical – Large Gross Motor skills

## Materials:

- Laundry Basket
- Soft Ball
- (Extension: Toy Hockey Stick or Golf Club)

## How to Do it:

You place the laundry basket on the floor on its side to play soccer, hockey, golf, or you can roll the ball in. You can place it in its original position and try to throw the ball into the basket.

## Root Skill / Extension:

This type of activity allows the child to practice physical coordination skills like rolling, throwing and kicking. You can extend this activity by adding more baskets, or moving the basket further back and adding more balls of different weights and sizes.