

Catching, Throwing and Kicking

An activity guide for under-fives



? What is Active Movement/ Koringa Hihiko?

😊 Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.





? Why is playing with a ball important?

😊 **Young children love throwing, catching, kicking, bouncing and rolling balls. They especially love to have fun learning and playing with family and friends.**

Playing with balls helps develop:

- 'hand-eye' or 'foot-eye' coordination (when our eyes work together with our hands or feet)
- a good sense of timing (this helps when learning to cross the road)
- balance.

😊 **Sport can be fun but let your children tell you the rules.**

- Encourage your child to participate at their level. Young children can find organised sport difficult to understand and can become frustrated.
- Encourage your child to play simple games that develop ball skills before playing organised sport.
- There are lots of fun ball activities that you or the whānau can enjoy with your young child.

? What do I need to know before I start?

😊 All activities are for boys **and** girls.

😊 It is the **order** in which they gain body skills that is important, not **the age** that they gain them.

😊 Remember, when children are active, stay around them to **keep them safe.**

Activities for Newborns and Infants

He ngohe mā ngā Pēpi



These activities can also be done with toddlers and young children.



Lay your baby on her tummy and you lie facing her. Blow bubbles into the air (away from her face) and allow her to watch them. This encourages her to lift her head and be distracted while watching the bubbles move.





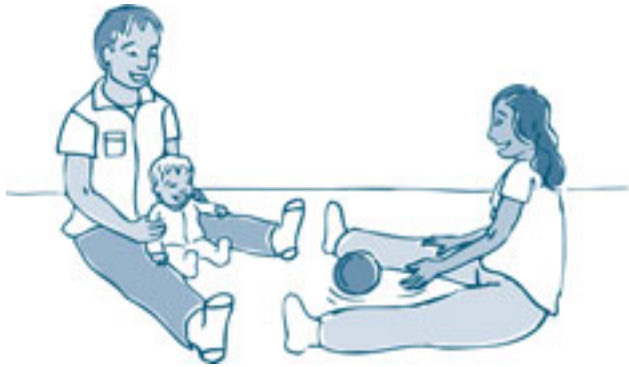
- ▶ Lay your baby on the floor on his back. Hang a balloon on a scarf above him and use his feet and hands to try and pat the balloon.



- ▶ Lay your baby on the floor on her tummy. You lie facing her. Roll a small ball slowly from side to side so she can watch it.

More activities to do with newborns and infants

- ▶ Sit on the floor with baby sitting between your legs. Have another person sitting opposite you (they may also have a baby between their legs). Roll a ball between the baby and the person (or baby) opposite.



- ▶ Sit in the same position as the above activity. As the ball is rolled, lift his foot up and stop the ball with his foot when the ball comes close.

- ▶ Again, sit with baby between your legs. As the ball is rolled, use both legs to catch the ball between her legs.

Activities for Toddlers

He ngohe mā ngā Tamariki Nohinohi



These activities can also be done with young children.



All of the activities use equipment that is found in most homes. Be creative with what you already have!

More activities to do with toddlers




Many of the activities for infants can also be enjoyed by older children.





Tie a piece of string onto a balloon. Tie the balloon to the back of a chair. Ask him to kick the balloon. For older children tie the balloon to the top of the door. Stand on one foot and kick.





 Kick and chase balloons around the house. Try and catch the balloon with two hands.

 Push and roll a large ball along (e.g. beach ball). Try doing it on the grass, up and down hills and around the house.

 Use a newspaper rolled and taped or a plastic wrap tube as an indoor bat. Bat balloons around the room, down the hall etc.

 Throw a balloon into the air and try to catch it.



Activities for Young Children

He ngohe mā ngā Kōhungahunga



These activities can also be done with toddlers.



All of the activities use equipment that is found in most homes. Be creative with what you already have!

More activities to do with young children



Chase bubbles.



Try jumping, kicking, clapping, flicking bubbles.



Try catching a bubble on his shoe, toe, knee, elbow, finger etc.





- ▶ Stack empty boxes one on top of the other. Kick the boxes over.



- ▶ Roll up a pair of socks. Ask her to throw the socks into the washing basket. Stand further back for older children.

- ▶ Roll a ball to your child. Ask him to trap the ball with different body parts e.g. knee, foot, head etc.



- ▶ Roll a ball into and through different things e.g. into a cardboard box, through a hoop, under the table, between the chairs, into a bucket etc.



There are lots of types of balls that are great for infants, toddlers and young children and many can be made in the home:

- sock ball – stuff a sock with paper or supermarket bags and tie a knot
- tactile balls e.g. with rounded bumps
- koosh balls
- foam balls
- large soft balls
- balloons
- paper ball – crush paper into a ball and wrap with masking tape
- bean bags (you can make these with strong fabric in lots of sizes. It is a good idea to double the fabric to act as a liner).



Small balls are great fun but can fit into young children's mouths. Choose small balls carefully so they are just bigger than your child's mouth.