



Ball Park

Ages 1 year to 2 years

Objective: Using balls, the child will strengthen their large-motor skills.

Materials needed:

Outside area (A park is a great place)

Balls (age-appropriate, soft, medium size)

*2 or more balls

Procedures:

1. Take your child outside to an open area or to the park.
2. Give them the balls to free-play on own. Let them push the ball on the ground if they can not walk yet. Try to see if they can throw the ball or use their legs sitting down to kick the ball.
3. Tell them to kick, throw, catch, roll, toss, bounce, pass, and push the ball. Using these



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words to associate verbs (language development) to the action they are encountering.

4. Using a variety of balls (basket, soccer, football, volleyball, nerfball, and baseball or tennis) gives them the opportunity to recognize different sizes, shapes, and meanings of the use of the balls. You can explain the different attributes of each too to increase language-sight association.

5. Play a game of throw and catch with your child today!

Milestones to meet:

The child uses gross-motor skills to develop.

Evaluation:

Did this lesson work for your child? Why or why not?