



# Exploring Garden



Rolling  
Throwing  
Passing  
Tapping  
Catching

Lots of equipment to try  
throwing to themselves, or  
partners



QR code

## Description

Lots of different types of balls - paper balls, balloons, bubbles, pompoms etc and the children are rolling, throwing between two

## Progression

Encourage high quality movements:

Underarm

- Arm swings downward and back
- Contralateral step
- Segmented body rotation

Over arm

- Arm wind up
- Contralateral step
- Segmented body rotation

## Curriculum links

PD: Control body movement, develop gross motor skills.

## Equipment

Lots of different equipment: balls (size, shape, material), beanbags, puff balls, pompom balls



## Number of children

Whole class or small groups (depending on space)