



Me to You



Getting Started

1. Stand or sit opposite your child with a ball in your hand.
2. Take turns to throw or roll the ball back and fore to each other.

What to look for

- Under arm throw
- Step with opposite foot
- Step first then throw in one action

Ways to change the game

Easier

- Roll the ball across the floor instead of throwing.
- Close the gap.
- Use a larger ball.

Harder

- Smaller balls
- Start further apart

Ideas:

Instead of throwing balls, you could use:

- Bean bags
- Balloons
- Scarfs or tissue paper.
- Rolled up socks
- Rolled up paper.