Moving with Beach Balls

- **Catch & Play!** Using a multicolored, multisectioned beach ball, write an action word in each section/color. Actions could include jumping, spinning, shaking, running in place, jumping jacks, windmills, etc. Children can play catch with a partner or in a group. Throw the ball to a student when he/she is expecting to catch the ball. Once the child catches the ball, have him/her tell the class/group what color/section on the ball is facing their body and then proceed to do the action written on that color/section.

- **Musical Beach Balls.** March around as the music plays. When the music stops, have children sit on their beach ball. Once the music starts again, call out a specific motor skill, such as walking, running, skipping, galloping, or sliding. Children must do this action until the music stops. When the music stops, children sit on top of their ball until the music starts again. Use music with different tempos to add variation.

- **Traveling Beach Ball.** Set up an obstacle course using cones, hula hoops, chairs, or other objects. Children use the beach ball as they go over, under, and around obstacles. Create a variety of pathways—straight, curved, or zigzag to give children an opportunity to practice moving their bodies in different directions. Children carry the ball through the obstacle course first, then they do the same course while kicking the beach ball like a soccer ball.

- **Toss it!** Place laundry baskets or large receptacles around an open space. Children take turns tossing the beach balls into these containers. Vary the distance of the receptacles to increase/decrease the difficulty of the activity. Once the ball is thrown, the child can run, walk, skip, etc. to retrieve the ball. Add balls of various sizes to increase hand-eye coordination and child movement.

- **Cooperation Carry.** Pair two children to walk across a play area carrying the beach ball together. First they might use two hands, then one hand each. No hands? What fun and silly ways will they think of to carry the ball?

Adapted from Head Start Body Start