Outdoor Activities

The children have embraced 'Euro2020' and playing with balls makes physical activity fun. Throwing, catching and kicking balls are good for muscle development, hand and eye coordination and fitness. You can make your own balls with rolled up socks or newspapers. Ball activities build self-esteem and confidence and here are some suggestions and activities;

- **Start with the basic skills, throwing, catching and kicking**. Larger balls are easier to begin with and then use smaller ones. The smaller the ball the more difficult it is to catch which increases your child's skills and confidence. For kicking, your child needs to be able to balance on one foot. If your child has trouble with this he/she could hold onto something, like a chair, while they kick the ball back and forth to you.

- **Throw and kick balls into a target, the larger the target the easier this is** then make the targets smaller. You can use empty cardboard boxes, washing up bowls, buckets or even a drawn circle on the pavement. Hang up hoops on the washing line etc. for your child to throw the ball through or an adult can hold the hoop.

- **Ask your child to 'control' the ball around objects** such as cones, buckets, boxes or empty food cans.

- **Throw and catch balls into objects** such as upside down cones or a plastic bottle with the bottom cut off or a towel.

- **Use fly squatters and 2 boxes as the goals** and enjoy this fun game where the aim is to get your ball into your opponents' goal/box.

- **To develop creative skills try making your own football pitch** either on a large or small scale, (chalking on the pavement is ideal for this.) This can be a drawn pitch or a 3D one using recyclable materials. A simple pitch made from a box provides a new game and skill of 'blow football.' Use 2 straws and either a pom pom or rolled up piece of paper and try to blow the ball into your opponents' goal.

- **Further develop creative skills by making flags** from the countries competing in 'Euro2020' to decorate your garden, walls, fence etc.