

At-Home Activities to Develop Sports Skills

Throwing

- Activities to help develop throwing:
 - Toss rolled-up socks into laundry baskets at different distances.
 - Underhand toss to a caregiver while sitting.
 - Throw a balloon, beach ball, or lightweight ball.
 - Knock over plastic cups or empty water bottles with soft balls.
- Increase the difficulty by:
 - Increasing throwing distance.
 - Using smaller targets.
 - Using different-sized balls or heavier balls.
 - Throwing from unstable surfaces (pillow, foam pad, on one foot).

Make it fun!

- Games:
 - Hot potato

Catching

- Activities to develop catching:
 - Catch balloons.
 - Catch beach balls.
 - Catch stuffed animals.
- Increase the difficulty by:
 - Catch smaller balls (tennis balls).
 - Catch while walking.
 - Catch after spinning.
 - Catch after one bounce.

Make it fun!

- Games:
 - Hot potato

Kicking

- Activities to develop kicking:
 - Kick balloons or beach balls (lightweight).
 - Kick larger balls.
- Increase the difficulty by:
 - Dribble around cones (or water bottles).
 - Kick to a moving target (parent, sibling, friend, etc.)
 - Kick through "goal posts" (two water bottles and decrease the distance between them to increase difficulty)
 - Kick while running or walking.

Make it fun!

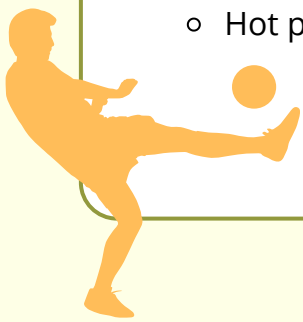
- Games:
 - Soccer
 - Kickball

Quickness

- Agility/coordination:
 - High knees
 - Side stepping

Make it fun!

- Games:
 - Obstacle courses (Jumping over pillows, crab walks, bear walks, frog jumps, etc.)
 - Hopscotch
 - Red Light, Green Light
 - Musical Chairs
 - Simon Says
 - The floor is lava



At-Home Activities to Develop Sports Skills**Swing**

- Develop swing:
 - Hit balloons with a pool noodle or fly swatter.
- Increase the difficulty by:
 - Hitting balloons with a tennis racket or bat.
 - Hitting back and forth between two people or a group (keep the balloon in the air).
 - Using a smaller balloon.
 - Hitting a ball off a tee.

Make it fun!

- Games:
 - Tennis/baseball/badminton, etc.

