

Cumbria County Council
Early Years Team

**What can I do
today?**



This week it is... Balls

Tuesday

Through the hoop.

- Hold up a hula-hoop and encourage your child to throw the ball through the hoop.
- Start with the hoop low down on the ground and then move it up higher to make it more challenging.
- Let your child start close to the hoop and as they become more confident at throwing it through, ask them to move a bit further away. See how far they can move away and still get the ball through the hoop. You could measure the distance.
- Why not make it a family challenge, who can get the ball through the hoop from the furthest distance?
- Try it with different size balls.
- You could place the hoop/s on the ground and ask your child to try to bounce a ball in and out of the hoop/s.
- For babies hold the hoop close to them and encourage them to roll the ball through the hoop. They may like to crawl through the hoop themselves!