

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Roll the Ball on the Floor

---

#### Game Description:

A great activity for young children learning to pass and catch.

#### Objective:

The goal of this activity is to teach children the basic skills needed for passing and catching.

#### Game Rules:

It is often easier for children to learn the concept of catching and throwing by first rolling and receiving a ball between partners or in a large group. Have the children sit in a circle and roll the ball across the circle to another child. Once the concept is understood more balls can be added.

#### AGE:

2 to 3 years  
4 to 6 years

#### TYPE OF ACTIVITY:

Skill instruction

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

#### TYPES OF SKILLS PRACTICED:

Catch  
Throw  
Track