Ball Roll-Up

Instructions:
1. Make sure your obstacle course leaves enough room for every person playing to maneuver through it.
2. Using your hands or feet, roll the ball through the obstacle course one person at a time. Move through the course as fast as you can!
3. Encourage your family and friends while they are moving through the course.
   • Option: continue to move while waiting your turn or while encouraging other players. You could dance, jump, or balance on one leg!

Family Talking Points:
Discuss together and write or draw your answers in the space provided.
Coordination building activities involve doing multiple things at once. Can you list some activities that require coordination?

Why do you think coordination is important?

How can you improve your coordination at home?

For more fun activities visit: https://extension.oregonstate.edu/bepa