



# Ball Roll-Up



## Equipment Needed:

- ✓ 1 beach ball for each player
- ✓ Chairs, cones, and any other object that can be used as an obstacle

**TIP:** *Don't have the items needed to play? Substitute beach balls with foam balls, a baseball, rolled-up socks, or any object that will roll!*

## Get Ready!

**Gather** all necessary the equipment.

**Create an obstacle course** using your obstacles (chairs, cones, etc.).

**TIP:** You can play inside or take the course to a soft surface outside.

## Instructions:

1. Make sure your obstacle course leaves enough room for every player to be able to maneuver through it.
2. Using your hands or feet, roll the ball (beach ball, baseball, etc.) through the obstacle course one person at a time. Move through the course as fast as you can!
3. Encourage your family and friends as they move through the course.

**Optional:** Continue to move while waiting your turn or while you encourage the 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.*

1. Coordination building activities involve doing multiple things at once. Can you list some activities that require coordination?
2. Why do you think coordination is important?
3. How can you improve your coordination at home?