



Activity Pass

For this activity you will need a stuffed animal.



Activity:

- Children stand in a circle.
- A child starts the game by throwing a stuffed animal to another child in the circle.
- The child who receives the stuffed animal leads the group in an on-the-spot activity such as jumping like a kangaroo, reaching up high and touching the ground or a balance pose.

Have a ball!! is a program that is designed to improve opportunities for children to stay physically active.

For more activities please go to:
<https://haveaballtogether.ca/activity-pass/>

Adjust the challenge:

- Have children pass the object rather than throw.
- Children can sit down and slide the object. Kick the object rather than throw.

Skills developed:

1. Physical skills: throwing, eye-hand coordination, aim and accuracy
2. Non-physical skills: self-discovery, creative play, listening and following instructions, sharing and decision making