

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



## Ball play

Playing ball games together is a chance to join in to this part of Australian culture.

Being able to kick the football together or play catch down the park can be important to both girls' and boys' confidence and sense of belonging.

### Did you know?

Having a range of balls at playgroup caters for the different age groups, abilities and football codes.

It also makes ball play a fun activity for both boys and girls and is a chance for playgroup families to share their favourite sport.

Sitting and rolling balls for older babies or playing outside with older children, kicking balls or throwing balls into a large box, are all fun ways to develop eye-hand coordination.

### Other development

Passing a ball around the playgroup circle can be a fun way to include everybody together and encourages the children to reach across the midline of their body. Using one hand on the opposite side of their body is an important skill children need to be able to manage tasks such as writing.

### Variations

Try sticking a clown face onto a large cardboard box, cut out the mouth and encourage children to post or throw balls into the clown's mouth. This can also be a fun activity at events such as school fetes or playgroup party days.



- Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at [www.playgroupwa.com.au/playideas](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)