

GROSS MOTOR ACTIVITY

BALL COURSE

By Eunice

Steps:



What you need:

- Paper (any colours)
- Masking Tape
- Small balls or Large pom-poms

1. Make an arch with the paper.
2. Place it on the ground, and tape down two opposite sides to make a tunnel.
3. Find a ball or a pom-pom to roll through your ball course!

These small colored tunnels will amuse for a long time.

Try passing balls, pom-poms, and small cars through the course with your child!

Use many papers to make the course longer.

Try rolling many different things through the course. What rolls? What does not?

