

GROSS MOTOR ACTIVITY

Cup and Ball

☐ What you need:

- Paper Cups
- Marbles
- Styrofoam ball



☐ Steps:



1. Place the paper cups face down on a flat surface. Form a line.



2. Using the back of the cups, balance the styrofoam ball and pass it along down the line.





3. After passing the styrofoam ball, try passing the marbles using the cups along the line.



4, 5. Passing 2 marbles will be more of a challenge. Try to place them on the cups without dropping them.

