

GROSS MOTOR ACTIVITY

TABLE GOLF

□ Steps:

□ What you need:

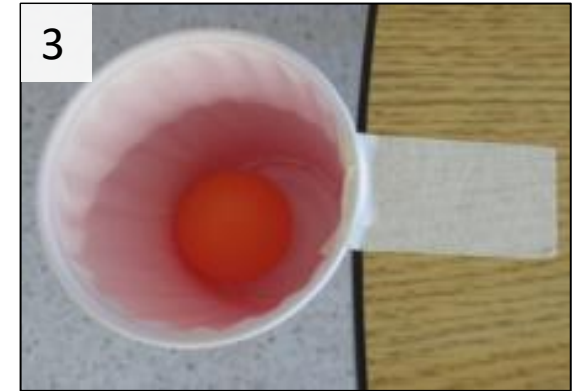
- Plastic cups
- Small ball
- Scissors
- Tape

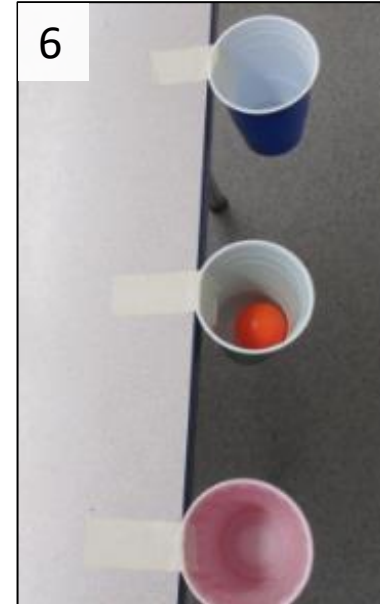
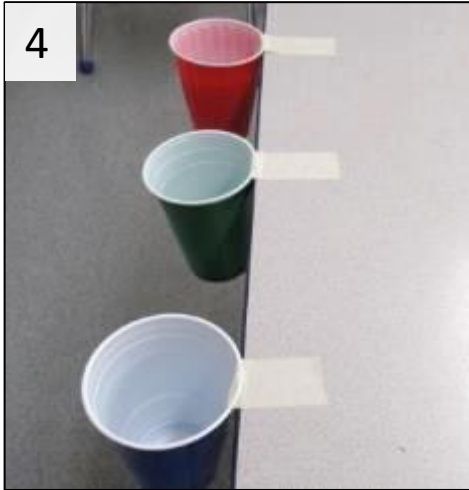


1. Tape the open edge of the cup against the edge of a table. Repeat with multiple cups.



2. Place a small ball on the middle of the table, and with your child, roll the ball into one of the cups .





4, 5, 6. Try taping the cups along different sides of the table. For example, if you have a long table, try placing the cups on the far side to give your child a fun challenge!

4, 5, 6. Add more cups to give the activity more variety, and assign points for each cup. Keep track of the points for a more exciting game!