

# GYM NEWS



Throw! Catch! Bounce!

This month our little athletes are honing their eye-hand coordination skills.

We practiced pushing a 4' pink ball back to the gym teacher. Though slightly terrifying, we laughed and developed good timing! Lots of giggles. Very exciting!

Rolling a playground ball to a friend while sitting on the floor was next. It's so much fun to play with a friend. We also practiced bouncing the ball to a friend while sitting. Then we stood and bounced the ball to a friend. After lots of practice we gained skill and had lots of fun.



A new wall mounted basketball hoop (5 ft. tall) has been an exciting new addition to our gym. Though challenging, it is also very motivating and with some instruction we occasionally get a basket! Swoosh!

Practice makes perfect is an important skill to learn. Keep trying, we can do it! Dribbling (bouncing the ball on the floor) is another fun skill to practice.

## Home Tip:

Punch balloons are a great tool to help your child learn to throw and catch!

The balloon floats slower allowing eye-hand coordination and tracking. The softness of the balloon makes it easier and less intimidating to catch.

Sofa "volleyball", using a balloon as a volleyball while sitting on the couch, is great fun for the whole family.

But remember any balloons is a choking hazard and must be carefully supervised. Only let them use it when you are watching.



Hope you enjoy these games!

Mary