



Aim and Throw

Watch which way someone runs, aim, and throw the soft ball.

Helps Your Child Grow



Emergent Mathematical Thinking

Watching a moving target and deciding when to throw helps your child predict its next position and adjust the timing of the throw.



Gross Motor

Running and dodging asks your child to adjust speed and direction while practicing flexible whole-body control.

Steps

- Gather several lightweight ball-pit balls for a moving-target game. One person runs while the other tries to tap them with a tossed ball; switch roles after three hits.
- Let your child run first. Call, “I’m throwing,” before each toss so they can dodge.
- The running may be so exciting that your child barely notices whether a ball lands. Keep count aloud so the rule stays visible.
- After three hits, switch roles and let your child throw while you run.
- Begin with the same predictable route so they can anticipate where you will go. If every toss misses, point out your direction and suggest releasing the ball a little earlier.
- Once your child predicts the route, change direction to add a challenge.

Tips

- You do not need to tag your child right away. Pretend to miss or come close and say, “Oh, I almost got you!” to keep the chase exciting.
- Choose an open play area and move tripping or bumping hazards - such as toys, stools, and sharp table corners - out of the running path.

Observations

- Anticipates which way you will run and throws the ball ahead to tag you
- Changes running speed or direction to avoid being tagged