

MOTOR CHALLENGING PHYSICAL ACTIVITY



# IT'S RAINING BALLS



# IT'S RAINING BALLS

## Objective

In the 'It's raining balls' activity, the children practise basic ball skills.

## Equipment

A net, sack or bucket

Soft balls (preferably small)

## Instructions

1. The adult opens up a ball net filled with small soft balls and lets them 'rain' over the children.
2. The children then try to collect as many balls as possible individually.
3. When all the balls have been collected, the child who has collected most balls becomes the rainmaker (preferably let the child stand on a chair).

## Tips

- A small marked area can be created for each child in advance, for example, by using a hula hoop. The marked area functions as the storehouse of each child, thereby making it easier to keep track of who has caught the most balls.

## Variation

- The children can try to collect as many balls as possible without using their hands. Small balls can also be used to make collecting more difficult (e.g. tennis balls).
- For more intensity, the 'storehouse' can be a small distance away from where the balls are released, so the children have to run more and longer.