

Parent-child Physical Games

Game 1

Ball Toss Game



How to Play

- 1 The parent holds the basket
- 2 The child tosses the ball into the basket



Objectives

- 1 To improve throwing skills
- 2 To improve eye-hand co-ordination

Modifications

- 1 Change the tossing distance
- 2 Toss the ball within a time limit

Equipment

- 1 Small ball or crumpled paper ball
- 2 Basket or shoe box