

Kick it race

This activity is lots of fun, challenging and excellent for developing children's motor skills and concentration.

Time to complete: ½ hr. or more

Age Group: 4+ yrs.

Supplies:

- Playground sized ball (i.e. soccer, rubber or soft)
- Participants (each participant will need a ball)

*if playing alone, use a timing device like a watch with a second hand or stop watch to race against time.

This is an indoor or outdoor activity. If playing indoors, be sure to set ground rules that include controlling the ball and keeping it on the ground.

Activity instructions:

- Set up a start and finish line
- Participants must control kick their balls towards the finish line
- The winner is the first person who has him or herself and their ball over the line.
- No one may touch the ball with their hands at anytime

Other ideas:

Substitute different kinds of balls. A small tennis ball or football will add excitement and challenge to your race!

