

 **WHAT IS IT? (RATIONALE)**

Most of what we learn comes through our visual sense. Each of our eyes is controlled by six muscles and as with any muscle, if you don't use it, you lose it. The movement of the beach ball stimulates the children's eye muscles while directing their attention to the lesson.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

You will need a beach ball or a bag ball for this activity. Use the beach ball to review lessons and concepts. Have the teacher begin by asking a question and then tossing the ball to a student who will answer the question as they toss it back to the teacher.

You will need:
One beach ball.

 **ADAPTATIONS**

To increase the difficulty of the review or discussion, have each student answer the question and then think of another question to ask a student as they pass the ball to them. Continue by passing from student to student rather than through the teacher.

You could also try using multiple balls or divide your class into groups.

Change the size of the ball for older students.

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DOMAINS ADDRESSED



**SEQUENCING
BODY IMAGE**



**BALANCE
HAND/EYE COORDINATION**



**FOLLOWING DIRECTIONS
SELF CONTROL
BEST EFFORT
COOPERATION
RESPECT**