

COME AND BE NUTZ WITH US!

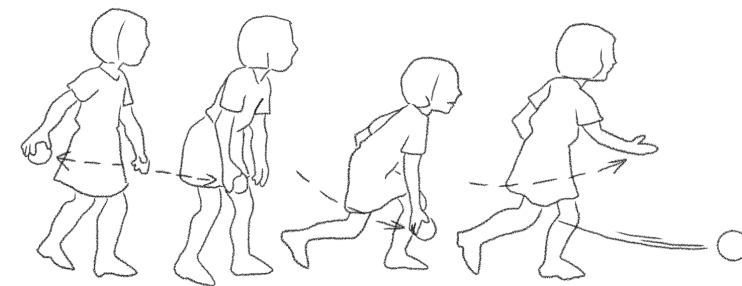


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Rolling!

To help the whole family learn the correct technique, follow these steps:

- Start by practicing the stepping motion: lunge forward with the leg opposite to your dominant arm and wave to the rest of the family with your dominant (rolling) hand.
- Then add the ball (tennis ball size) and complete the motion: Swing the rolling arm back while stepping forward with the opposite leg.
- Release the ball close enough to the ground so that the ball does not bounce.
- Why not turn it into a fun family challenge? Challenge each other to roll the ball between or into targets such as between the legs of a chair or knocking over empty bottles (like 10 pin bowling).
- To bring in some mathematics skills, place numbers on empty bottles and ask children to knock over only even or odd numbers or add and subtract the number on the bottles they knock over.



Rolling is an important fundamental movement skill that is foundational for many sports skills. It is also a fun activity to try with the whole family. The skill of rolling also requires and helps to develop:

- Coordination Lower body strength
- Hand-eye coordination

It only
takes
5
minutes!

Why? How to