

Funny Football- For All Ages 3 & up



This Game Improves:

Teamwork

Balance

Core & leg strength

Visual processing

Body awareness/coordination

This is a fun game that will also make the kids laugh!

You will need a rubber spikey Ball of any color that can be found at Five Below, or a basketball-sized Nerf Ball.

Sit players in a circle on the floor and explain the Game.

The game is played by passing the ball to the person next to you with your feet! The person receiving the ball has to "catch" it with their feet, and so on around the circle.

Young children and children with adaptive needs may have poor muscle tone and have difficulty with this task. They can play by rolling the ball with their feet to the next person. The idea is to build core & leg strength rather than to pas and catch perfectly.

Encourage the children by saying "Just do your best! Lets have fun!"

Older children can play by "throwing" and "catching" to anyone within the circle.

Expand the game (for children 6 and up) by pairing auditory processing with the movement much like musical chairs: play music while the ball is being passed. Randomly stop the music, and when the music stops, everyone has to "freeze" including the person with the ball. Music starts, play continues.

The game is over when it feels over.

**Be sure to use spikey or soft balls that are easier to grab with the feet.