

Activity	<b>Pool Noodle Baseball</b>
Materials	Pool Noodle, Beach Ball, and cone
Skills Targeted	Coordination, strength, balance, mobility
Instructions:	<ul style="list-style-type: none"> <li>• Use a cone to mark a target to hit the beach ball to.</li> <li>• Cut a pool noodle to use as a bat.</li> <li>• Stand 5-10 feet from your child and throw a beach ball or another light ball or balloon.</li> <li>• Have your child swing at the beach ball to try to hit it past the designated target (cone).</li> <li>• Alternately, you could just keep the beach ball or balloon in the air or hit between players.</li> </ul>
Modifications	<ul style="list-style-type: none"> <li>• Can be done in sitting if needed.</li> <li>• If you have other family members playing set up more markers for bases. Have your child hit the ball and run the bases as you try to tag them out with the ball.</li> <li>• Hold your child's hand if they need help walking/running the bases.</li> <li>• Can use paper plates for bases.</li> <li>• Can use a large plastic bottle or wrapping paper roll for a bat.</li> <li>• Can place the ball on a tee or chair to hit the ball from.</li> </ul>