



Ring the Bell

This activity can help to motivate kids who aren't as enthusiastic about physical activity to participate as they help to design and create the equipment.

Physical activity links Hand-eye coordination, visual skills, proprioceptive skills, muscular control, goal achievement, motor planning, spatial awareness, visual tracking, overhand and underhand throwing

Language/literacy links Goal setting, predicting

Equipment Large cardboard cutout with small bells tied to strings hanging off the bottom. This cutout can be themed, shaped, and coloured by children. At least one projectile (ball, stuffed animal, scarf) per child



Where Outdoors or indoors



Let's play:

1. Create cardboard cutout. Attach bells to strings and hang from bottom.
2. Adult holds cutout appropriate distance from child.
3. Child tries to 'ring the bell' by throwing projectile to hit the bells.

Try this way:

- Vary types of projectile – teddy bears fly differently than tennis balls. Allow children to pick and discuss which works better.
- Add cutout windows with bells within the shape to increase difficulty.
- Vary the distance between the child and the bells.

Adapted by Healthy Beginnings 2-5