

## Sock bowling

**EYFS: Prime area: Physical development:** Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults

**Birth to 5 Matters: Physical development: Moving and handling:** Plan space to encourage free movement, while being kept safe by attentive adults.

### You are your child's teacher:

Use descriptive language: talk about what your child can see avoid asking questions.

Be warm, supportive, and encouraging.



### You will need:

- Empty plastic bottles
- 1 Pair of socks

### Lets Play:

1. Set the plastic bottles up.
2. Roll your socks into a ball like shape.
3. Roll your sock ball towards the bottles and see how many you can knock down. Sock bowling is also a good way to support children's listening and attention skills by using Ready, steady, go waiting before rolling the socks. Sock bowling is another cost free game to play all year round.

