

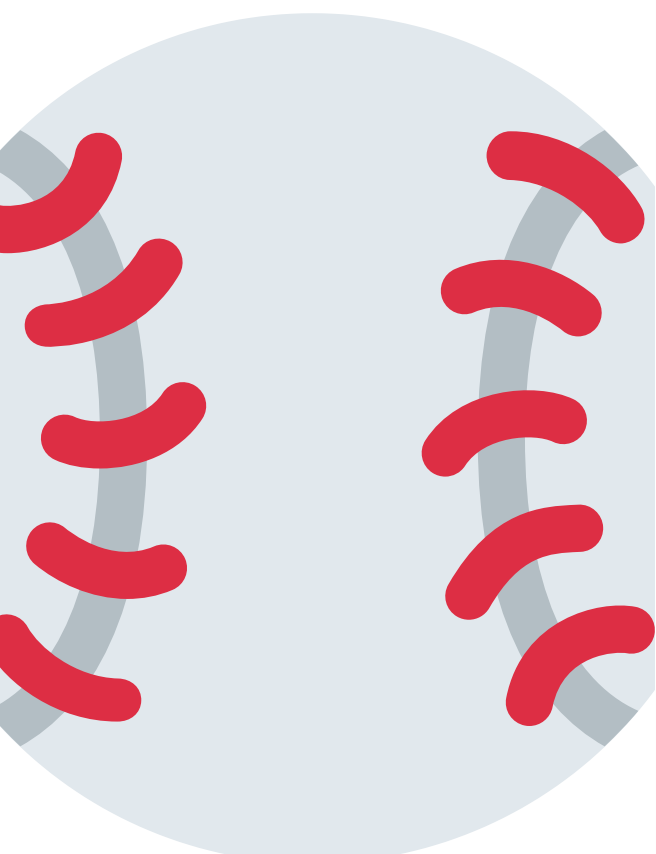
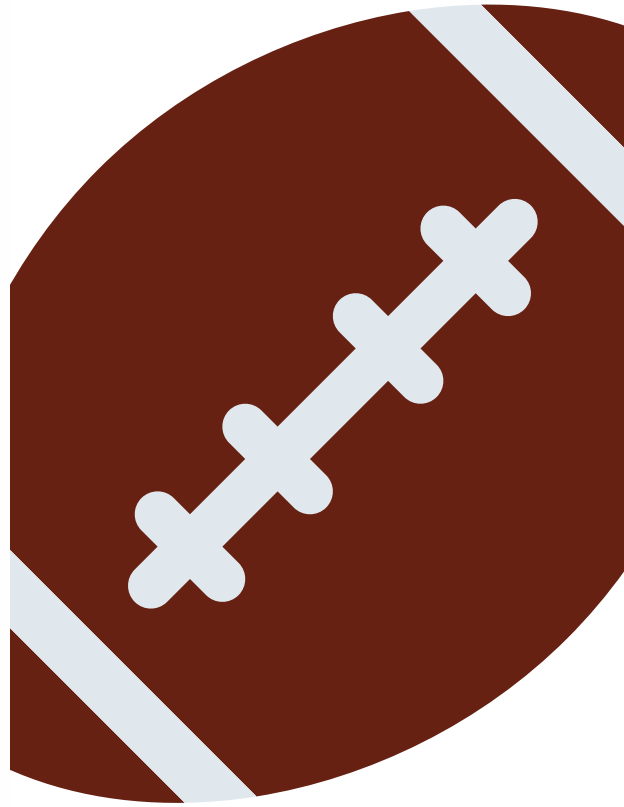


Baseball With True North (Ages 4-7)

Warm Up: Roll The Dice

Equipment: A Dice

Description: Take turns rolling the die, then doing the movement that matches the number you rolled. Each movement should be done for 20 seconds before rolling again.

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- (1) Run in place
 - (2) Frog Jumps
 - (3) Arm circles
 - (4) Balance on 1 leg
 - (5) Jumping Jacks
 - (6) Dance Party

Activity: Diving Catches



Equipment: A mattress or cushions, a ball and a glove

Description: Set up cushions or a mattress for your child to land on to practice their diving catches. Toss the ball underhand leading them so they can dive onto the mattress. To add style points, rate each catch out of 10.



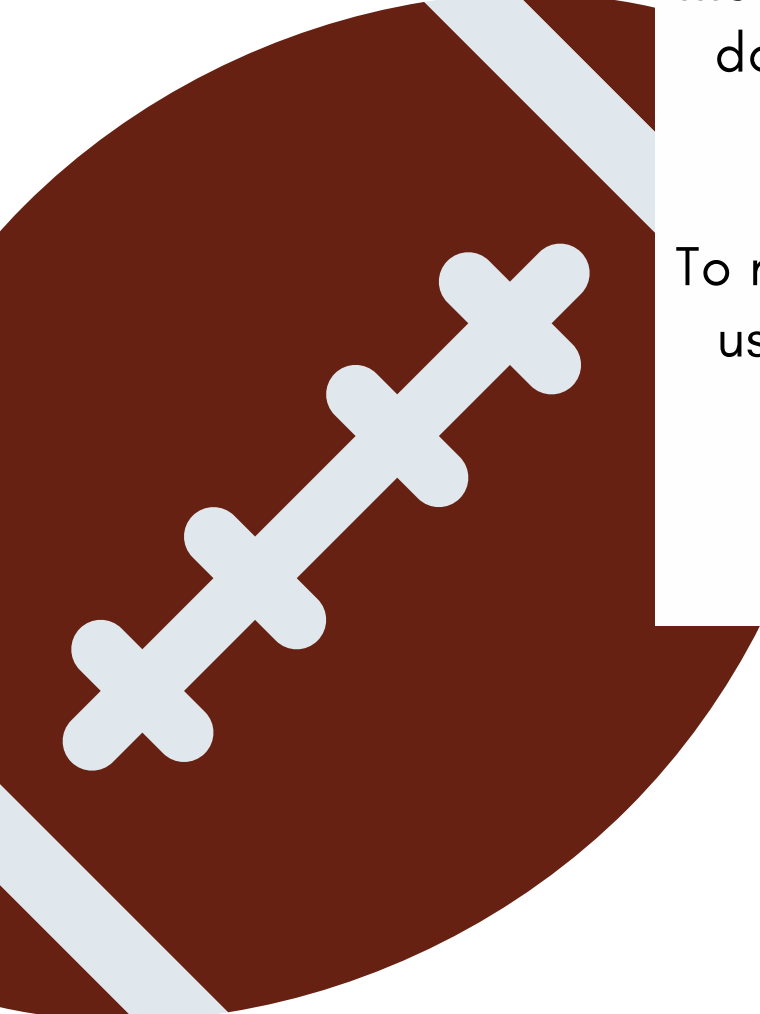
Need some inspiration click [here!](#)

Activity: Teddy Bear Knockdown

Equipment: 3 stuffed animals, a table or a couch, and 3 soft balls.



Description: Set up 3 stuffed animals on a table or couch. Ensure there is nothing breakable behind the table or directly above the couch. These stuffed animals will be your child's target. Gather 3 soft balls and choose a spot to throw from, about 3 meters from the table. Using an overhand throw, encourage your child to try to "knock down" the stuffed animals by throwing their ball at the animals. Focus on accuracy over power. See how many stuffed animals your child can knock down!



To make the game more difficult, have your child start farther away from the target or use smaller objects as your target. To make it easier, use larger stuffed animals as their target.