

IDEES MET 'N TAFELTENNIS BALLETTJIE/IDEAS WITH A PING PONG BALL



Blaas sokker:

Lê ongeveer 50cm tot 1m teenoor jou kind op die grond (alternatiewelik kan julle aan teenoorgestelde kante van 'n tafel sit). Elke speler ontvang 'n halwe strooitjie. Die doel van die speletjie is om die balletjie verby jou opponent te blaas. Jy mag nie die balletjie met jou hand stoot of keer nie.

- Rol koerantpapier op om twee kolwe te maak (julle kan ook twee karton rolle gebruik). Gebruik die kolwe om die balletjie in jou opponent se doel (kartonboks) te slaan.
- In die swembad: elke speler kry 'n tafeltennisballetjie. Die doel van die speletjie is om die balletjie na die teenoorgestelde kant van die swembad te blaas. Jy mag nie die balletjie met jou hand beweeg nie.

Scoop bal:

Sny die bodem van 'n 2 liter plastiek melkbottel af (maak een scoop vir elke speler). Hou die bottels aan die handvatsel vas en gebruik hulle om die balletjie vir mekaar te gooi en te vang.

- Gradeer die speletjie deur aanvanklik naby aan mekaar te staan, maar elke keer as 'n speler die balletjie raak vang 'n tree terug te gee.
- Maak dit moeiliker deur op een been te staan of op 'n bal te sit terwyl julle die balletjie vir mekaar gooi.

Teiken gooi:

Sit 'n emmer skuins neer (gebruik 'n baksteen om die emmer te posisioneer) sodat die opening na jou kind wys. Laat jou kind sy/haar balletjies in die emmer gooi.

- Hang 'n hoola-hoop in die boom of aan die wasgoedlyn. Laat jou kind sy/haar balletjies deur die hoepel gooi.
- Maak dit moeiliker deur die emmer agter die hoola-hoop op die grond te sit. Laat jou kind nou die balletjie deur die hoepel in die emmer gooi.
- Spin die hoepel sodat dit in die rondte draai. Laat jou kind nou probeer om sy/haar balletjies deur die hoepel te gooi.
- Gebruik 'n Stanley mes om verskillende groottes gate uit 'n kartonboks te sny. Nommer elke gat en laat jou kind probeer om sy/haar balletjie in 'n gat te gooi.
- Om jou kind se getalkonsepte te verbeter kan jy die gate van 1 tot 10 nommer en jou kind vra om sy/haar balletjie in 'n spesifieke gat te gooi, bv. hy/sy moet eers nommer een raak gooi voor hy/sy na nommer twee kan gaan ens, jy kan jou kind vra om die balletjie in die nommer tussen nommer ses en agt te gooi ens.
- Rangskik 'n gooi golfbaan in die tuin. Sit die houers uit en plaas 'n hoepel/tou voor elkeen sodat elke speler

Blow soccer:

Lie opposite your child on the floor approximately 50cm to 1m apart from each other (alternatively you can sit at opposite ends of the table). Each player receives half a straw. The aim of the game is to blow the ping pong ball past your opponent to score a goal. You are not allowed to touch the ball with your hand.

- Roll up newspapers to make two bats (or use two cardboard tubes) and use them to hit the ping pong ball into a cardboard box (goal).
- In the swimming pool: each player gets a ping pong ball. The aim is to blow the ping pong ball to the opposite end of the swimming pool (you are not allowed to touch the ball with your hands).

Scoop ball:

Use a pair of scissors to cut the bottom off a 2 litre plastic milk bottle (make one scoop for each player). Hold the scoops by the handles and use them to catch and throw the ping pong ball to each other.

- Grade the game by standing close to each other to start with, giving one step back each time you successfully catch the ball.
- Make this more difficult by standing on one leg or sitting on a ball while catching.

Target practice:

Place a bucket on the ground (at an angle), propped up by a brick, so the bucket is tipped towards your child. Let your child throw his/her ping pong balls in the bucket.

- Hang a hoola-hoop in a tree or on the clothes line. Let your child throw his/her ping pong balls through the hoola-hoop.
- Make this more difficult by placing the bucket behind the hoola-hoop. Your child now has to throw the ping pong ball through the hoola-hoop and into the bucket.
- Spin the hoola-hoop so that it is turning and let your child throw his/her ping pong balls through the hoola-hoop.
- Use a Stanley knife to cut different sized holes out of a cardboard box. Number each hole and let your child try to throw his/her ping pong ball through the holes, scoring the number of points allocated to that hole.
- To improve number concept you can number the holes 1-10 and ask your child to throw the ball through a specific number, e.g. your child has to throw the ball through number one before moving on to number two; or you can ask your child to throw the ball through the number between four and six etc.
- Arrange a throwing golf course around the backyard. Put out the containers and place a hoop/rope in front of each one so

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van dieselfde afstand af gooi. Elke speler moet probeer om sy/haar balletjie met die minste gooie in die "gaatjies" te kry. Gee vir elke kind 'n kaartjie sodat hy/sy self telling kan hou.

Boomerang:

Laat jou kind sy/haar balletjie met die duim, wys- en middelvinger vashou en vinnig laat los. Kyk hoe die balletjie rol en weer terugrol na jou kind toe.

- Laat jou kind 1.5m van die trap af staan. Laat hom/haar die balletjie na die trappe gooi sodat dit terug hom en jou kind die balletjie kan vang.

Hop die balletjie op 'n raket. Kyk hoeveel keer jou kind die balletjie in die lug in op kan slaan sonder dat die balletjie op die vloer val.

- Hop die balletjie vir mekaar. Sit of kniel 50cm tot 1m uitmekaar. Die idee is om twee balletjies gelyktydig te gooi en te vang.
 - Hop jou balletjie vir en vang die ander balletjie met beide hande.
 - Hop jou balletjie en vang die ander balletjie met jou regterhand, palm op.
 - Hop jou balletjie en vang die ander balletjie met jou linkerhand, palm op.
 - Hop jou balletjie en vang die ander balletjie met jou regterhand, palm af.
 - Hop jou balletjie en vang die ander balletjie met jou linkerhand, palm af.
 - Hop jou balletjie en klap jou hande voor jy die ander balletjie vang.
 - Gebruik net een balletjie: oefen om die balletjie vir mekaar te hop sonder om die balletjie te vang. Kyk hoeveel keer julle dit kan regkry sonder om te stop.
- Laat jou kind sy/haar balletjie op die tafel hop sodat dit in 'n gaatjie van 'n kolwyntjiepan land. Die idee is om drie balletjies in 'n ry te kry. Gebruik verskillende kleure balletjies om 'n variasie van "kringetjies en kruisies" te speel – die eerste speler om drie balletjies in 'n ry te kry (horisontaal, vertikaal of diagonal) wen.

Lepelresies:

Elke speler kry 'n dessert lepel. Plaas die balletjie in die lepel. Een hand moet healtyd agter jou rug gehou word. Die doel van die speletjie is om so vinnig as moontlik na die wenpaal te loop of te hardloop. As jou balletjie val, moet jy weer by die wegspringplek begin.

Tafeltennisballetjie verf:

Sit 'n vel papier binne in 'n bakplaat en gooi bietjie verf in klein houers. Laat jou kind 'n balletjie in elke bakkie verf sit en die balletjie met verf bedek. Skep twee balletjies in die bakplaat en tilt die bakplaat sodat die balletjies rondrol, die verf meng en interressante patrone vorm. As jy primêre kleure gebruik kan jy jou kind leer hoe nuwe kleure gevorm word.

the players are all throwing from the same distance. Each player as a ping pong ball (have fun "decorating" your ball before the game to tell them apart) and tries to throw it in each hole in the least number of throws. Give each player a card so that they can keep their own score.

Boomerang:

Put three fingers (thumb, index and middle fingers) on the ping pong ball. Let your child pull his/her fingers away quickly and see how the ball spin and return to him/her.

- Let your child stand at least 1.5m from the staircase. Let him/her throw the ball at one of the stairs, trying to bounce it back so that s/he can catch it.

Bounce the ping pong ball on a table tennis/plastic racket. See how many times you can hit the ping pong ball up into the air without the ball falling on the ground.

- Bounce with a partner: Sit/kneel approximately 50cm to 1m opposite your child. The idea is to throw and catch using the two balls at the same time.
 - Bounce the ball to your partner and catch their ball with both hands.
 - Bounce the ball to your partner and catch it in your right hand with the palm up.
 - Bounce the ball to your partner and catch it in your left hand with the palm up.
 - Bounce the ball to your partner and catch it in your right hand with the palm down.
 - Bounce the ball to your partner and catch it in your left hand with the palm down.
 - Bounce the ball to your partner and clap before you catch their ball.
 - Discard one ball and practise bouncing the ball to your partner who bounces it back without catching it. See how many times you can do this without stopping.
- Let your child bounce his/her ping pong ball on the table, aiming to let it land in the hole of a muffin pan. The aim of the game is to get three balls in a row. Using different coloured balls you and your child can play a variation of "noughts and crosses" – the first player to get three balls in a row (horizontally, vertically or diagonally) wins.

Spoon race:

Each player gets a dessert spoon. Place the ping pong ball on the spoon. One hand must be held behind your back at all times. The aim of the game is to walk/run as quickly as possible to the finishing line while still holding the ball on the spoon. If a player drops his/her ball s/he must go back to the starting line.

Ping pong ball painting:

Lay a sheet of paper inside a baking dish and spoon a little bit of paint into small containers. Let your child put a ping pong ball into each paint container and use a spoon to cover the balls with paint. Lift out a couple of balls into the baking dish and tilt it from side to side so that the balls roll around, mixing the paints, making new colours and spreading them into interesting shapes and patterns. If you use primary colours this will help teach your child how new colours are made.