



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Object Manipulation 1.1: Underhand rolling 1

3 - 5 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Soft foam balls,
beanbags, hula hoops

Introduction (1 - 2 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Explain in 20-30 seconds what you will be doing today.

Today we will have fun tossing beanbags and rolling a ball!

Activity 1: Fruit salad (5 minutes)

- Leader designates each corner of the activity space as a fruit (e.g. green apple, banana, purple grapes, oranges).
- Place one beanbag per child in a hula hoop at each corner.
- Leader divides children into four fruit groups.
- Leader asks children to go to the corner of the activity space that is designated for their specific fruit (e.g. *oranges go to the orange corner*).
- Leader explains that when children are at their fruit corner, they must toss and catch a beanbag to themselves until their fruit is called.
- Leader then calls out a specific fruit, and all children in that corner drop their beanbag and then run to the centre of the activity space and complete a specific skill that the leader demonstrates (e.g. balance on one leg for 5 seconds, run on the spot for 10 seconds etc.).
- Children then return to their “fruit corner” and continue to toss and catch their beanbag.
- Repeat calling out different fruit or combinations of fruit and different skills.
- When leader calls “*fruit salad*” all children run to the centre of the activity space and complete the skill that the leader is demonstrating.

TIPS FOR INSTRUCTION

- Leader can post pictures of fruit in each corner to remind children which corner is theirs.

Activity 2: Learning to roll a ball (10 minutes)

- Children spread out around activity space and sit cross-legged on the floor.
- Each child has a foam ball.
- Children explore rolling the ball along the ground around their own bodies.
- Leader places children into pairs.
- Partners sit facing each other with legs apart.
- Partners roll the ball to each other and catching it with both hands.

TIPS FOR INSTRUCTION

- Remind children that the ball should roll along the floor without bouncing.
- Encourage children to catch the ball by receiving it with both hands.

Activity 3: Underwater waves (10 minutes)

- Leader demonstrates what an underhand roll looks like:
 - » *Look at where you are rolling your ball (target).*
 - » *Step forward (opposite foot to throwing arm).*
 - » *Swing your throwing arm back gently “like an elephant trunk”.*
 - » *Then swing your arm forward and let go of your ball.*
 - » *Let go of your ball close to ground.*
- Leader then divides children up into two groups.
- The first group, the “seaweed”, spreads out on one side of the activity space.
- Leader shows the children that the seaweed is growing from the ocean floor, so it cannot move, but it can sway back and forth.
- The second group are the “sea creatures”.
- Sea creatures stand behind a designated line on the other half of the activity space.
- Sea creatures each have a soft foam ball.
- Sea creatures must roll the balls to try to hit the feet of the seaweed.
- If a ball hits the feet of the seaweed, the seaweed must lie down for 5 seconds, then stand up and become seaweed again.
- Leader should have the children switch roles after a few minutes.

CUES

- *Look where you want to roll your ball.*
- *Step forward with your opposite foot.*
- *Swing your arm gently like an “elephant trunk”.*
- *Let go of your ball.*

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

“Fruit Salad” and “Underwater Waves” courtesy of Mount Royal University’s “A Hop, Skip, and a Jump” resource, 2011.

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