



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Object Manipulation 1.2: Underhand rolling 2

3 - 5 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Appropriate sized balls, bowling pins or foam noodles/blocks, music source

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 rolling a ball!

Activity 1: Animal freeze tag (5 minutes)

- In a suitably large activity area, children run around and the leader tries to tag them.
- Children can only run when music is playing (leader controls a music source).
- When children are tagged, they must freeze in an animal pose.
- Leader demonstrates what an animal pose might look like.
- Children can rejoin the game when a friend taps them on the shoulder.
- To begin the game, leader asks children to spread out around activity space.
- Leader reminds children to keep their heads up when running.

TIPS FOR INSTRUCTION

- Once children understand the game of “animal freeze tag”, leader can choose 2 or 3 children to be the taggers.

Activity 2: Rolling a ball to a partner (5 - 8 minutes)

- Leader asks for a child to help to demonstrate rolling a ball to a partner.
- Leader and child stand about 2 metres apart.
- Using an appropriate sized ball, leader demonstrates an underhand roll to partner:
 - » *Look at your partner.*
 - » *Step forward with the foot opposite to your throwing arm.*
 - » *Swing throwing arm back gently “like an elephant trunk”.*
 - » *Then swing arm forward gently.*
 - » *Let go of the ball close to the ground.*
- Repeat 2 -3 times, verbalizing what your body is doing as you roll the ball.
- Example: *“I step forward with my foot”*
- Leader divides children into pairs and gives each pair a ball.
- Leader designates two lines (e.g. lines on floor, or use tape or cones to mark lines if needed).
- Partners stand across from each other so that all balls are being rolled in the same direction.
- Have children start fairly close to each other, and increase distance if a greater challenge is needed.

Activity 3: Bowling (10 - 15 minutes)

- Leader sets up bowling pins ahead of time (if space permits).
- Leader explains that because the children did such a good job rolling the ball to a partner, they are now going to play a game called “bowling”.
- Leader organizes children into groups of 3 and designates a playing area for them.
- Leader demonstrates how to set up bowling pins (foam blocks, noodles).
- Leader then demonstrates how to bowl.
- Leader explains that one person bowls/rolls their ball at a time.
- Once all the pins are down, everyone helps to set them up again.
- It will take time and practice for the children to understand the game fully.

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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