



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

Object Manipulation 1.1: Underhand Rolling 1

3 - 5 year olds

TIME: 30 minutes

SKILLS: Jump, strike, throw

EQUIPMENT: Inflated balloons, small foam balls (low bounce)

Introduction (2 - 3 minutes)

Gather the children in the activity area and sit down in a circle.

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

Explain any special safety rules for the session.

Warm-up: Balloon Keep Up (4 - 5 minutes)

- With an inflated balloon, demonstrate how to keep it up by striking it lightly with your fingertips, the palms of your hands, and the backs of your hands.
- Ask the children spread out so that each child has some space.
- Give each child an inflated balloon, and then ask them to keep their balloons up.
- After they have played for 1-2 minutes using their hands, ask the children to explore different ways of keeping their balloons up—with elbows, with head, with shoulders.

Activity 1: Seated Ball Rolling (8 - 10 minutes)

- Place children in pairs and have them sit on the floor about 2 metres apart.
- Ensure each child has a foam ball.
- Sit down with a ball and show the children how to explore rolling the ball on the ground around their own bodies—left to right, right to left, front and back.
- Ask the children to explore rolling their own ball around themselves.
- After 2 or 3 minutes, show the children how they can roll their ball along the floor to their partner.
- Ask the child to spread their legs apart while seated and roll one ball back and forth with their partner.
- Partners practice “catching” the ball with both hands.

TIPS FOR INSTRUCTION

- Tell children not to bounce the ball.
- The ball should roll along the floor smoothly.

Activity 2: Underhand Ball Rolling (8 - 10 minutes)

- Place an empty cardboard box or basket on its side on the floor against a wall with the opening facing you.
- Stand 3 metres away and underhand roll your foam ball along the floor into the box or basket.
- Show the children the mechanics of rolling a ball underhand:
 - » *Look at where you are rolling your ball (target).*
 - » *Slowly swing your throwing arm back “like an elephant trunk”.*
 - » *Then step forward (opposite foot to throwing arm) when you swing your arm to let go of your ball.*
 - » *Let go of your ball close to the ground.*
- Set up a box or basket for each child in the group and ensure each child has a foam ball.
- Ask the children to explore rolling their ball underhand at their target.
- Have the children start 3 metres away, and then increase the distance to 4 and 5 metres for individual children as you see them starting to master each distance.

TIPS FOR INSTRUCTION

- Provide positive comments to the children by cheering when they successfully hit their target or when they roll their ball well.

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- *Swing your arm gently like an “elephant trunk”.*
- *Step forward as you roll your ball.*

Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

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