



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

**CURRICULAR COMPETENCY & OUTCOME:**

Students develop and demonstrate movement skills in a variety of activities.

## Object Manipulation 1.2: Underhand Rolling 2

3 - 5 year olds

**TIME:** 30 minutes

**SKILLS:** Object manipulation

**EQUIPMENT:** Appropriate size foam balls, bowling pins or foam noodles/ blocks, music

### 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: Freeze Tag (4 - 5 minutes)

- In a suitably large activity area, play tag with the children.
- Tell the children that they are only permitted to run when the music is playing (you stop and start the music as needed).
- Whenever you tag a child, the child must freeze in a balance pose.
- Every minute, stop the music and show the children a new balance pose for that new round of play (e.g. wide star stance with legs and arms spread wide, tall tree stance with legs together and arms above head with hands clasped, etc.)
- “Frozen” children can rejoin the game if another child taps them on the shoulder.
- Remind children to keep their heads up when running.

### TIPS FOR INSTRUCTION

- Once children understand the game, you can choose 2 or 3 children to be the taggers.

## Activity 1: Rolling a Ball to a Partner (6 - 8 minutes)

- Ask one of the children to help you demonstrate how to roll a ball.
- Stand about 3 metres away from the child and ask the child to stand with legs apart.
- Using an appropriate size ball (ideally low-bounce), demonstrate how to roll the ball underhand towards your partner:
  - » *Look at your partner.*
  - » *Bring your arm with the ball back slowly “like an elephant trunk”.*
  - » *Step forward (opposite foot to throwing arm) as you roll your ball.*
  - » *Let go of your ball close to the ground.*
  - » *Try to roll your ball between the legs of your partner!*
- Repeat 2 -3 times, repeating the cues above as you roll your ball.
- Divide the children into pairs and give each pair a ball.
- Briefly organize the partners so they are standing across from each other.
- All partner pairs should be rolling their balls parallel to each other.
- Have children start 3 metres apart, and then increase the distance as you see their ability improve.

### TIPS FOR INSTRUCTION

- Encourage children to shout, “Goal!” if they successfully roll the ball between their partner’s legs.
- Celebrate goals—laugh, cheer, and have fun!

## Activity 2: Bowling (10 - 15 minutes)

- Organize children into pairs, and set up a simple bowling game for each pair.
- Use toy bowling pins if available, but empty plastic bottles, yogurt containers, and milk cartons work also work great. (Make sure they are clean.)
- Demonstrate how to set up the bowling pins (set of 3 to 5 pins).
- Then demonstrate how to bowl.
- Explain to partners that they must take turns and roll their balls one at a time.
- After they knock their pins down, the children set them up again.

### TIPS FOR INSTRUCTION

- Let the children play and have fun with little or no instruction.
- Consider offering a tiny amount of “coaching” if you see a child having difficulty with rolling their ball, but otherwise let them simply explore the movement.

## 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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