



Month 5: Catching, Throwing and Kicking

Preschool Activities

Circle Stride Ball

- The preschool children will be asked to stand in a circle; their feet should touch both sides.
- One child will be "it", and will stand in the center.
- This child will roll the ball from the Centre, towards the other children, trying to roll the ball through the feet of any child.
- When the child succeeds, he takes the place of the child and that child becomes "it."
- The children may only use their hands to stop the ball. Enjoy!
- A variation of this game would be to have the child in the centre attempt to kick the ball between the legs of the standing children

I'm Going to Catch a Fish

- The preschool children will sit in a circle, and one child should be placed in the middle of the circle, the "fish".
- One child sitting in the circle will hold the ball.
- The children or "fish" in the circle will say: "We're going to catch a large fish!"
- The child in the middle will shout: "Oh, no you're not!"
- The child holding the ball will roll the ball towards the "fish," trying to hit the "fish."
- When the "fish" is hit, he sits in the circle with the other children, and the child who had hit the "fish," becomes the "fish." Enjoy!

Circle Ball Game

- The preschool children will sit or stand in a circle.
- The children will attempt to keep the eight inch ball in the circle, moving the ball with their feet from one child to the next!
- They may not touch the ball with their hands.
- The children should lean back onto their hands, with their feet straight ahead, giving their feet more mobility. Enjoy!

Call Ball

- The children will stand in a circle with one child standing in the center.
- The child in the center tosses the ball above his head while calling the name of a child in the circle.

- The child who was called tries to catch the ball.
- This child then takes the place of the child in the center. Hope you are having fun!

Target Practice

1. In a fairly open safe area have a light foam ball (6-10" in diameter) approximately 2-4m away from a wall. Have the pre-schooler's line up and take turns kicking the ball at the wall. If interested, one may include some form of a target. A net, hoola hoop, etc would suffice.
2. Similar to above but have the pre-schooler's throw a smaller foam ball (3" diameter) at the wall. Having a target would inhibit the outcome so it is not recommended as it was for the kicking portion. Motivate for the child's "best and hardest throw".

STOP THIS!!

Roll a ball to the child. Ask him to trap the ball with different parts of their body e.g. knee, foot, head etc. Ask him to kick or throw the ball back.

Hot Potato (with a twist)

Ask your group of children to stand in a circle with hands held and take one step back while continuing to hold hands. Put a medium sized ball in the center of a circle along with a child chosen to be 'it'. The child who is 'it' kicks the ball with his or her feet, trying to get it out of the circle. The other children try to stop the ball with their feet. Once the ball is out, another leader is chosen. The ball is called the 'hot potato' and the children will enjoy trying to keep it in the 'oven'.

Hot Potato

Sitting in a circle pass the "potato" or ball around while music is playing. When the music stops the child has to call out the letter on the ball, the colour or the shape. A variation could be in standing and the children pass the ball with their feet.

One Kid, One Ball

These skills can be practiced with only one child, a wall, a solid floor, and a tennis ball.

- How many times can the child toss the ball into the air and catch it with both hands?
With left only? With right only?
- How many times can the child bounce the ball off the ground and catch it with both hands? With left only? With right only?
- How many times can the child bounce the ball off the wall and catch it with both hands?
With left only? With right only?

Keep Up

Standing in a group or with a partner the children try to keep the beach ball or balloon in the air. They can use their hands or their feet.

Alphabet Ball

Sitting in a circle, toss a ball back and forth (or among several children); saying the next letter of the alphabet each time you catch it. When you reach "Z", whoever has the ball gets to sing the whole alphabet song from beginning to end (with help from their friends).

Variations: Roll the ball for kids who are not able to throw the ball accurately. Or in standing kick the ball accurately to a child and the child must "trap" the ball to say the letter.

Through the Tunnel

Stand with your legs spread wide and challenge your preschooler to roll the ball through the "tunnel" that is formed. As they become better at this, stand further away and see if she can still get it through the tunnel.

Five Pin Soccer

Place teams at opposite ends of a gym or field. Place 5 2L plastic soda bottles in the centre of the field (a little gravel in the bottle helps it to stand up and creates more noise and excitement when hit). At the start signal, players kick the balls from behind their line trying to knock down a pin. The player who knocks down a pin must run out and set the pin back up.

References:

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