

Flying bean bags

1 bean bag per child.

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop an efficient overarm throwing pattern. The best way to do this is to encourage children to throw hard or far. Do not use a target.

Hold the bean bag in the preferred hand, throw as far as possible. Retrieve the bean bags after the signal and repeat.

Look for and encourage children to:

- take a big step
- step on the opposite foot from throwing arm
- shoulders move parallel to target, then perpendicular, then parallel, then perpendicular opposite
- begin by taking the bean bag in a backward and downward circle



Throwing is important in many activities, provide as much practice as possible.

Fun with catching

1 bean bag, 8.5" foam ball
8.5 inch playground ball

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop catching skill. Catching progresses in the following order:

- sitting with legs spread, stop a rolled ball
- while standing, stop a rolled ball (roll the ball slowly, directly to the child)
- while standing with arms extended, palms up, capture a foam ball tossed (in an arch) directly to the hands from a distance of about 10 feet
- repeat above using a bean bag
- standing watching a spot on the floor, catch a bounced ball (toss the ball so it bounces on the spot the child is watching)
- catch a foam ball tossed in the general direction of the child (progress to bean bag)

Practice each skill, once that skill is mastered move on to the next skill.

Kicking fun

1 crushed newspaper ball
per child

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop kicking skill
Kicking progresses in the following order:

- push a newspaper-ball forward with foot
- swing leg and contact newspaper ball with foot
- take one step and kick newspaper ball with foot
- take two or more steps and kick newspaper ball with foot
- run, take a large step (which lifts child off the ground), kick newspaper ball



Practice each skill, then once that skill is mastered move on to the next skill.

Once the child has mastered 1-3 with a paper ball, use a foam ball, then a playground ball. Caution: Children may step on a real ball and fall.

Baby handball



one crushed newspaper ball
per child, several foam or
playground or beach balls
two 4x4 foot areas marked

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop striking skill, striking begins with the hand. Later children can strike with an extension (a racquet or bat). With the ball resting on the ground, hit the ball with either hand. Move the ball from one side of the area to the opposite side and back. Repeat several times.

Arrange children in a scatter formation with balls scattered on the floor. Ask the children to put the balls in one area by striking the ball(s) with the hand. When all the balls are in that area, ask them to move the balls to the other area. Repeat.

Rollie Pollie

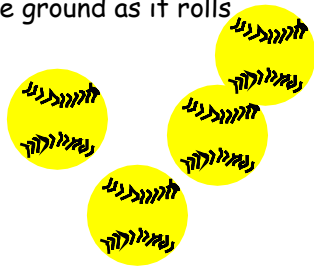
1 tennis or other small ball per child
markers for spots (polyspots, chalk).

Arrange the children in 1 long line, facing an open area.

Present the following challenges to the children:

- sit, rolling the ball forward using one or two hands to push the ball
- while standing, make the ball move on the ground sloooooowly (demonstrate)
- walk forward and roll the ball --the ball should be on the ground as it rolls
- roll the ball over a spot
- roll the ball at a spot, try to make it stop on the spot
- toss the ball up and let it bounce
- toss the ball and catch it (start with very small tosses)
- toss the ball from hand to hand
- toss the ball to a partner

As each skill is mastered, move to the next skill.



Thunderbumper
4-6 year olds

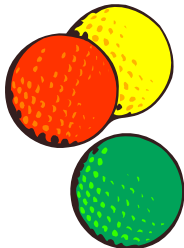
1 8.5" playground ball per child

Arrange the children in scatter formation, facing an open area.
Each child has a ball.

The objective is to practice bouncing, with the long term goal of dribbling the ball. Present the challenges in order, giving a new challenge as children master each skill:

- bounce and catch your ball with both hands
- toss your ball, let it bounce and catch it--use both hands
- bounce and catch your ball with both hands 3 times in a row
- drop your ball and bounce it with one hand
- bounce your ball with one hand, catch it with two
- drop your ball, hit it (bounce it) with one hand two times in a row
- bounce your ball as many times as you can

Encourage children to try both hands.



Ball stations

Bean bags, 8.5" foam balls
polyspots or other markers
1 cone

The objective is independent practice of manipulative skills.

Station 1. Kicking for distance

Station 2. Throwing the bean bag for distance

Station 3. Striking the ball with the hand from a cone

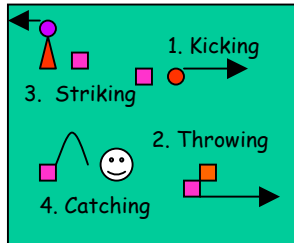
Station 4. Catching--teacher tosses to the children

Describe and demonstrate stations.

Divide children among stations.

Have children practice at a station.

Rotate children among all stations.



Streamers



1 36" ribbon, plastic or crepe paper streamer per child

Arrange children in a circle each with a streamer.

Demonstrate and have the children practice the following movements:

- Circles: to the side, in front, overhead, to the other side
- Squiggles: quickly wiggle the streamer, try it high and low
- Figure 8: connect two circles, using a smooth motion
- Snapping to the beat: moving the wrist, snap the streamer in a hammering motion

Combine the various movements, do them while you walk, follow-the-leader, or put them to music.



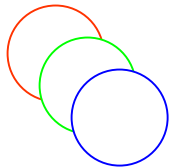
Hoops

1 hoop¹ per child (24-30")

Arrange children in scatter formation with a hoop.

Present the following challenges:

- with your hoop on the floor, walk around your hoop (repeat running, hopping, skipping)
- jump into your hoop, now out. Repeat
- balance with 1 leg in the hoop and one out of the hoop
- balance with 2 feet out and 2 hands in the hoop
- stand under your hoop, beside your hoop, in front, behind
- go through your hoop
- roll your hoop
- throw your hoop



¹ Carpet squares can be used for many of these if you don't have hoops.

Locomotor challenges

Arrange children in scatter formation.

Present the following challenges:

- walk under control, do not bump or touch anyone else
- walk forward, stop, backward, stop, backward, stop, forward, stop, backward
- walk and balance on one foot (repeat)
- hop on one foot, now the other foot
- walk (allow them to walk several steps), hop (again several steps), walk backward
- run slowly, now hop, walk backward, hop
- walk and jump
- run and jump
- walk and hop
- jump backward, then forward (repeat)
- step (walk), then hop, step-hop, step-hop



As children master a challenge, move to the next challenge. Challenges should be repeated. Use surprise to keep interest.

Partner challenges

Arrange children with a partner.



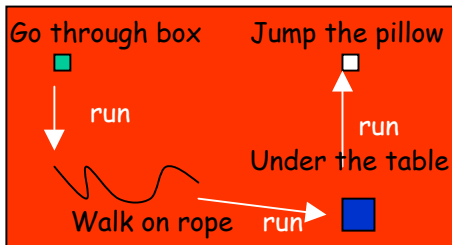
Present the following challenges:

- holding hands walk forward with your partner
- facing your partner, raise both arms up, move them to the side, make circles
- facing your partner, put hands on each others shoulders, toes touching--can you walk?
- facing your partner, make a bridge with your arms (hold hands and lift arms up)
- facing your partner, hold hands and walk in a circle
- facing your partner, clap hands together, clap your legs, then hands and so forth
- one partner stand behind the other, with hands on the partner's shoulders, walk forward follow-the-leader style
- facing your partner, hands on shoulders, slide toward me--now away.

Playland

pillow, 6 foot long rope, card table, blanket, cardboard box

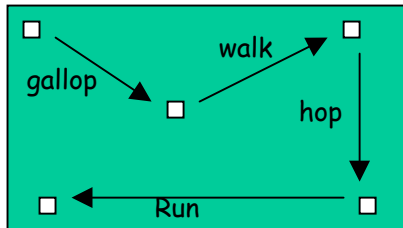
Create an "obstacle course" of items easily found. Try using: empty cardboard box (to crawl through), rope (on floor as a balance beam), card table with a blanket (to go under), pillow (to go over). Demonstrate the path and action at each item, run between items. Children will go one at a time. Repeat several times.



Going on a trip

route markers

Create a route with markers (cones, carpet squares, plastic milk bottles filled with sand or water). For each part of our "trip" we will use a different movement. One child goes at a time, so you and the other children can "cue" or coach which skill should be done on each segment of the trip. At the end, you and the children can go together forming a "train" by doing the movements in a line. You can substitute other movements.



Mulberry bush



Arrange the children in a circle with 2 feet or more between children.

For the chorus sing "Here we go around the mulberry bush, mulberry bush, mulberry bush, (repeat), so early in the morning" while walking around a in a large circle.

During each verse, stand in circle formation, and do the action.

"This is the way we _____, (repeat twice), this is the way we _____, so early in the morning." Alternate verses and the chorus.

touch our toes

jump in the air

bend our knees

hop on one foot

run in place

twist our hips

Laundry basket derby

1 large rectangular basket
per 2-3 children, 2-4 cones

Arrange the children in groups of 2-3 with a laundry basket, one group near each cone. This activity is easier on a smooth surface, for example a tile floor.

Describe and walk through the route marked by cones. One child will sit in the basket, two other children will push the basket with the child inside around the cones. This is not a race. On your signal the children will do "laundry basket upset", which means the child in the basket will get out. One of the pushers will move into the basket and the pushing will begin again. Repeat several times so all children have several turns pushing and riding.

Trucks



Arrange the children in a line shoulder to shoulder on one side of and facing an open area.

Each child is a truck. The object is to practice "slow" and "fast" movements. Talk about and demonstrate the difference between slow and fast. The trucks are waiting for the signal to move (when you say "start your engines"). The trucks must stay together walking around the area, until you say "faster", then some trucks can move quicker as long as all movement is under control. When you say "slow down, curve ahead" the trucks must walk around the outside of the area. Alternate slow and fast by using the cues "faster" and "slow down". Start over occasionally so everyone is grouped again.

Hand signals

Arrange the children in scatter formation.



You will use words and hand signals to tell them which direction to move. You can create your own signals, for example forward is thumb pointing behind you, backward is finger pointing toward the children, and so forth. Show them the signals, demonstrate and use words.

Have the children move in each direction on your visual and verbal cue. Once the children can do this, use only the verbal cues. Once they can do the verbal cues, have them move only with the visual cues. Try to "trick" them, when you do make it fun and exciting by laughing and telling them you are going to try to "trick them" again.

For younger children use walking and go slowly. For older children you can use various locomotor skills (e.g., hop, jump, gallop) in addition to walking.

Shapes

Cards with shapes

Arrange the children in scatter formation.

Explain the three words. Sharp movements are hard, with angles and force. Smooth movements are soft, flowing and gentle. Pause is a stop, holding the position, especially something fun. The activity is to make a movement (sharp or smooth) or pause, until you change the card. When you change the card the children do that activity until you change again.



Stop and point out things you like.
Find something good from each child.

*P*arachute play

Parachute or table cloth

Arrange the children around the edge of the parachute.

Begin by shaking the parachute. Place light objects (e.g., balls, jump ropes) on the parachute, have the children try to shake them off the parachute.

Walk around while holding the parachute with the inside hand. Reverse directions and hold the chute with the other hand.



Stand, holding the parachute with both hands, raise and lower the parachute. Allow it to fill with air. Repeat but everyone will move inside, and sit on the ground continuing to hold the parachute close to the ground. It should remain filled with air like a tent.

Hustle

Favorite music with moderate tempo

Arrange the children in scatter formation.

Do the following movements to music. Repeat each 8-16 times, then do a different movement.

Step and toe touch: Step backward, stand on one foot. Touch the toe of the opposite foot on the floor. As you step back swing your arms forward and upward, the downward as the toe touches.

Walk forward: On each step pull arms forcefully down to waist from a position in front of head with elbows bent.

Side swings: Swing arms in a circle in front of body while taking one step sideways (step and close).

Jog in place.

Fitness course

Four markers for each stop on the course

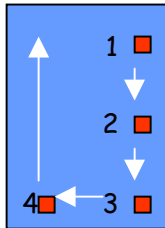
Stop 1. Bend and stretch--touch toes then stand tall and stretch with arms over head (repeat as time allows)

Stop 2. Crunches--laying on back, arms crossed on chest, roll upward until the shoulders are off the floor, slowly roll back to start (repeat)

Stop 3. Twister--standing with feet shoulder distance apart, turn upper body as far as possible in each direction, hands on waist (repeat)

Stop 4. Seal walk--support body weight with arms while legs are extended with tops of feet on floor (repeat)

Begin with all children traveling with you around fitness course. Describe and demonstrate each stop, have them practice. Jog from one stop to the next. Divide the children into 4 groups, one group begins at each stop. Groups rotate around stops on your signal.



Beanbag fun

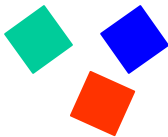
1 bean bag per child

Arrange the children in scatter formation or a circle.

Present the following bean bag challenges to the children. Repeat.

Put the bean bag on your:

- | | | |
|-----------|-------|-------|
| •arm* | elbow | leg* |
| •shoulder | back | hip |
| •knee | head* | calf |
| •foot* | hand* | waist |
| •stomach* | thigh | |



The child responds by placing or touching the appropriate body part with the bean bag. Demonstrate as necessary. *Easy enough for the younger children

Do the following with your bean bag:

- balance it on your head and walk
- put it on the floor and walk around it, jump over it
- toss it and catch it (older kids may toss it from hand to hand)