

Name:

Date Assigned:

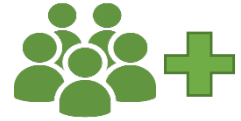


FUNDAMENTAL MOTOR SKILL: THROWING

ACTIVITY: Protect the Castle¹

Description: Set up 4 cones with a ball on top in the middle of the room. Four children stand in front of the cones to “protect the castle”. All other children throw balls to try to knock the balls off of the cones.

Number of participants



Groups



Adapted from

https://www.youtube.com/watch?v=oldq3qL5Yxo&ab_channel=FlagHouseActivityChannel

Skills

Physical: under-hand tossing technique, upper limb coordination, hand-eye coordination

Cognitive: selective attention, visual processing

Social: teamwork

Equipment

- 4 large cones
- 4 balls of one colour, several other balls

Goal examples:

- I will be able to accurately underhand throw the ball to knock down a ball off a cone placed 2m away 2 out of 3 times.
- I can knock away balls that are thrown to protect the castle.

My personal goal:

Next Assessment Date:

¹ Flaghouse Activity Channel https://www.youtube.com/watch?v=oldq3qL5Yxo&ab_channel=FlagHouseActivityChannel

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FUNDAMENTAL MOTOR SKILL: THROWING

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Wheelchair friendly?

Yes

Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">Have the child aim at a specific cone/ball to decrease cognitive demand	<ul style="list-style-type: none">Increase the distance between child who is throwing at the ball and cone to increase physical and cognitive demand
Change the equipment	
<ul style="list-style-type: none">Use a bigger lighter ball on top of the cones to decrease physical demand	<ul style="list-style-type: none">Decrease the number of balls a child can throw at a cone to increase physical demand

¹ Flaghouse Activity Channel https://www.youtube.com/watch?v=oldq3qL5Yxo&ab_channel=FlagHouseActivityChannel