

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: KICKING

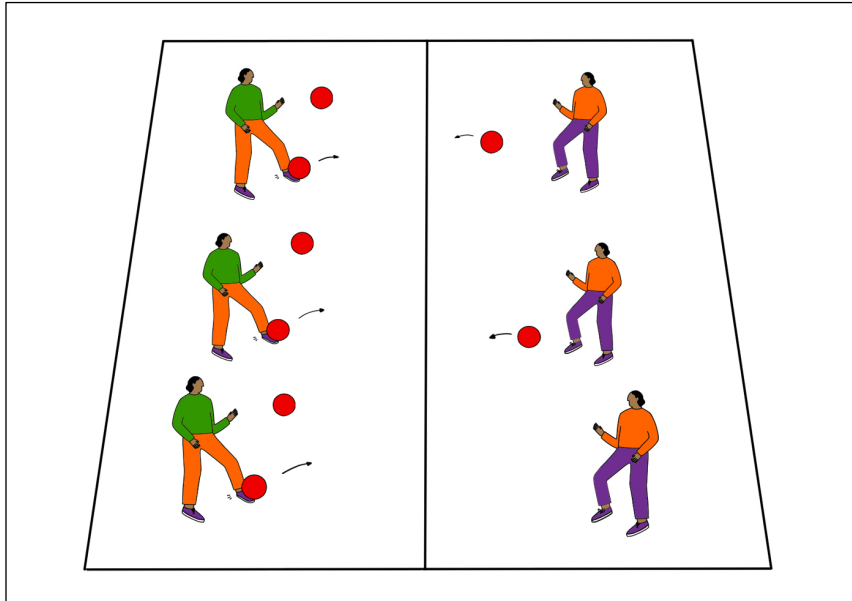
ACTIVITY: *Ball Race*⁷

Description: Two teams are divided by a line in the middle, all balls start on one team's side of the field. When the instructor gives a signal, that team starts kicking the balls to the other side as quickly as possible over the line. The receiving team tries to retrieve and kick to return the balls as quickly as possible.

Number of participants



Groups of 8-12



Skills

Physical: kicking a ball, lower limb coordination, balance

Cognitive: visual processing, selective attention, auditory processing

Social: taking turns

Equipment

- 6+ medium-sized balls

Goal examples:

- The child is able to kick 10 balls over the center line in one minute.
- I can kick the balls.

My personal goal:

Next Check-in Date:

Name:

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ACTIVITY: *Ball Race*⁷

Modifications

To make the activity easier	To make the activity harder
Change the equipment	
<ul style="list-style-type: none">Use a larger, lighter ball (i.e., beach ball) to decrease physical and cognitive demand	
Change the task	
<ul style="list-style-type: none">Have the child stop the ball with their foot before kicking it to decrease physical and cognitive demand	<ul style="list-style-type: none">Have the child run and kick the ball to increase physical demand

⁷ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.