

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: *Free Ball*¹⁰

Description: One player has the ball while other players scatter behind a line about 10 m away. Standing with the ball, the kicker faces the other players, calls another player's name and kicks the ball towards the line. The player named tries to trap the ball before it goes over the line then kicks it back to the first kicker.

Number of participants



5 or more

Video/picture coming soon:



Skills

Physical: kicking a ball, lower limb coordination, balance, eye-foot coordination

Cognitive: visual processing, selective attention

Social: knowledge of others' names

Equipment

- 1 ball per group
- Optional: tape to mark a line

Goal examples:

- I will be able to call my friend's name and kick the ball over 10m to them.
- I can kick the ball to my friend.

My personal goal:

Next Check-in Date:

¹⁰ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: Free Ball¹⁰

Modifications

To make the activity easier	To make the activity harder
Change the task	<ul style="list-style-type: none">Have the child dribble the ball between their feet before kicking at the cone to increase cognitive demand
Change the equipment	<ul style="list-style-type: none">Use a larger, lighter target (i.e., lighter pin) to decrease physical demand
Change the environment	<ul style="list-style-type: none">Have the child stand closer to the other children when kicking the ball to decrease physical demandHave the child do 5 jumping jacks before kicking the ball to increase physical demand

¹⁰ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.