

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: *Goccer (golf/soccer)*⁶

Description: Use existing obstacles, cones, and hoops to design a modified golf course for children to play “goccer”. Holes may be set up to involve hitting a target (i.e., a cone), kicking the ball through a hoop or hitting an existing object (i.e., goal post). Score the game like you would for golf. Children use number of kicks to get their ball to a target in order to complete each hole.

Number of participants



Pairs



Adapted from <https://www.youtube.com/watch?v=pQnFfQfQDkg>

Skills

Physical: kicking a ball, lower limb coordination, balance, reaction time

Cognitive: visual processing, selective attention

Social: taking turns

Equipment

- Soccer ball
- A number of cones and hoops

Goal examples:

- The child is able to kick their ball to a target with one less kick than the prescribed number of kicks for 4 holes.
- I can kick the ball into the target.

My personal goal:

Next Check-in Date:

⁶ Legg, D. & Lloyd, M. (2009). *Fundamental Movement Skills: Active Start and FUNdamental Stages – For Children with Physical Disabilities. A handbook for generalists and physical education teachers, as well as others tasked with teaching motor skill development to children with physical disabilities.*

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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	<ul style="list-style-type: none">Use a smaller target to increase the physical and cognitive demand
Change the environment	
<ul style="list-style-type: none">Draw a line at which all children need to stand behind when it is not their turn to decrease social demand	<ul style="list-style-type: none">Decrease the number of kicks required to score par for a hole to increase the physical and cognitive demand

⁶ Legg, D. & Lloyd, M (2009). *Fundamental Movement Skills: Active Start and FUNDamental Stages – For Children with Physical Disabilities. A handbook for generalists and physical education teachers, as well as others tasked with teaching motor skill development to children with physical disabilities.*