

Name:

Date Assigned:

## FUNDAMENTAL MOTOR SKILL: KICKING

### ACTIVITY: *Kick and Go*<sup>3</sup>

**Description:** Each group stands in a single file line. On the start signal, the first player in line in every group kicks the ball once, straight ahead as far as possible. The player then runs and retrieves any other ball and brings it back to the start line.

Number of participants



2 or more

Video/picture coming soon:



#### Skills

**Physical:** kicking a ball, lower limb coordination, balance

**Cognitive:** visual processing, selective attention

#### Equipment

- One ball

#### Goal examples:

- The child is able to accurately kick the ball 5m away 3 out of 5 times to their partner.
- I can run and collect the balls for myself and my friends.

**My personal goal:**

Next Check-in Date:

<sup>3</sup> Brooks-Cleator, L., Dr. Giles, A & Johnson, A.M. (2018). *Fundamental Movement Skills: Active Start and FUNdamental Stages Featuring Indigenous Peoples Games. A handbook for generalists and physical education teachers, coaches, and recreation leaders, as well as others tasked with teaching motor skill development*

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**FUNDAMENTAL MOTOR SKILL: KICKING**

**ACTIVITY: Kick and Go<sup>3</sup>**

**Modifications**

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none"><li>Have the child run back to the line without retrieving the ball to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Have the child dribble the ball with their feet when returning to the line to increase <b>physical and cognitive demand</b></li></ul>
Change the equipment	
<ul style="list-style-type: none"><li>Use a larger, lighter ball (i.e., beach ball) to decrease <b>physical and cognitive demand</b></li></ul>	
Change the environment	
	<ul style="list-style-type: none"><li>Place a target for the child to kick the ball to increase <b>physical and cognitive demand</b></li></ul>

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