

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: *Kick Away*¹

Description: Children form a circle. One child kicks the ball across the circle, keeping the ball low. The receiving child traps the ball and kicks it quickly to another and so on. Add a second ball, then a third. Try to keep all the balls in the circle for as long as possible.

Adaptations for Wheelchair Users:

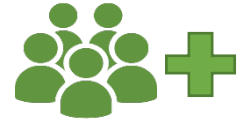
- Allow children who use wheelchairs to throw the ball or use a racquet or floor hockey stick to strike the ball during this activity.



Adapted from

<https://www.youtube.com/watch?v=tiuwLDvpMFg>

Number of participants



5 or more

Skills

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

Cognitive: visual processing, selective attention

Social: taking turns

Equipment

- Soccer ball
- Pieces of paper with numbers as targets to stick to the wall/put in the net

Goal examples:

- The child is able to accurately kick a ball 3 out of 5 times to another person in the circle.
- I can kick a ball to my friend in the circle.

My personal goal:

Next Assessment Date:

¹ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.

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FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: Kick Away¹



Wheelchair friendly?

Yes

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 environment	
<ul style="list-style-type: none">Call the child's name before kicking the ball to them to decrease cognitive demandHave the children sit in chairs or wheelchairs in a circle about 1m away to decrease physical demand	<ul style="list-style-type: none">Have the children stand in a larger circle to increase the physical and cognitive demand

¹ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.