

Name:

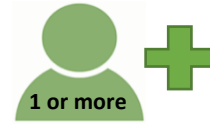
Date Assigned:

FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: *Kicking Exploration*¹

Description: Children kick the ball with different parts of their foot and in different ways (i.e., kick the ball with instep, inside of foot, outside of foot; at a target on the wall, between 2 cones, different directions, stationary, rolling toward you, rolling away from you, to a stationary partner, to a moving partner, kick the ball high, as hard as possible, at a moving target).

Number of participants



Adaptations for Wheelchair Users:

- To allow for increased independence in retrieving the ball, use balls that are attached to a tether with one end attached to their wheelchair or walker for children who use wheelchairs, crutches, or walkers. This is also an option for children with visual impairments where the tether is attached to the child's ankle.



Adapted from <https://www.youtube.com/watch?v=ICbt65ZwKjs>

Skills

Physical: kicking a ball, lower limb coordination, balance

Cognitive: visual processing, selective attention

Equipment

- One ball per child, range of target making equipment (e.g., cones, hoops, wooden pins)

SMARTIE goal example:

- In two weeks, the child will be able to kick the ball in 5 different ways.

SMART goal example:

- I can kick the ball in several different ways.

My personal goal:

² Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNdamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.

Name:

Date Assigned:

Next Check-in Date:

FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: Kicking Exploration² 

Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">Do not require children to aim at targets to decrease physical and cognitive demand	
Change the equipment	
<ul style="list-style-type: none">Use a larger, lighter ball (i.e., beach ball) to decrease physical demand	
Change the environment	
<ul style="list-style-type: none">Have the child kick in a small, enclosed space to decrease the physical demand of retrieving the ball	<ul style="list-style-type: none">Have the child keep the ball in a marked space to increase the physical and cognitive demand of controlling the ball

² Lloyd, M., & Legg, D. (2009). *Fundamental movement skills: Active start and FUNdamentals stages: For children with physical disabilities*. Ottawa: PHE Canada.