

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: KICKING

ACTIVITY: *Three Pin Bowling*⁵

Description: Child kicks a soccer ball to knock down cones or plastic bottles from a distance.

Number of participants



From <https://youtu.be/OpkUZWSqMqQ>

Skills

Physical: kicking a ball, lower limb coordination

Cognitive: visual processing, selective attention

Social: taking turns

Equipment

- Soccer ball
- 3+ cones/plastic bottles

Goal examples:

- The child will be able to knock down three cones placed 3m away with one kick 8 out of 10 times.
- I can kick all ball at the targets.

My personal goal:

Next Check-in Date:

⁵ Special Olympics: <https://www.youtube.com/watch?v=uU93P7jU3so&t=14s>

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Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">Place the cones closer to the child to decrease physical demand	<ul style="list-style-type: none">Place the cones farther away from the child to increase physical demand
Change the equipment	
<ul style="list-style-type: none">Use a bigger ball to decrease physical and cognitive demand	

⁵ Special Olympics: <https://www.youtube.com/watch?v=uU93P7jU3so&t=14s>