

## **At a glance: Object Manipulation 3 - 5 years**

3-5 year olds

**TIME:** 38 minutes

**SKILL:** Object Manipulation

**EQUIPMENT:** bean bags, bowling pins, foam blocks

**Introduction** (1 - 2 minutes)

**Game: Follow my throw** (10 minutes)

**Game: Copy cat** (8 minutes)

**Game: Fruit basket** (10 minutes)

**Game: Circle bowling** (10 minutes)

**Wrap-up** (2 minutes)

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**DATE:** 2014-10-25T01:55:11.751Z

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

### Notes:

#### Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*Does anyone know what part of the foot you use to pass a soccer ball?*

#### Follow my throw (10 minutes)

- Children stand together with the leader to form a circle.
- Everyone has a beanbag.
- Leader demonstrates an underhand throw and an overhand throw.
- The leader throws his/her beanbag into the middle of the circle.
- The children take turns throwing their beanbags and trying to get close to the leader's beanbag.
- Cheer for the child who makes the closest throw.
- Clap for every child who throws their beanbag well.
- After everyone has made their throw, pick up the beanbags and repeat again.
- Practice throwing with alternate hands (dominant and non-dominant).

#### Tips

- Encourage children to wait their turn.
- Every child receives praise for trying.

#### Cues

- *Point and throw*
- *Stand sideways to target (but don't insist)*

#### Copy cat (8 minutes)

- Children spread out around activity space facing the leader.
- Leader is the "cat" that all children will copy.
  - *When I do something, I want you to copy exactly what I do.*

- Begin with basic stationary movements (marching on the spot, clapping, swinging arms, on toes reaching way up, etc.).
- Once children are successfully copying leader, the leader starts moving around the activity space using different movements.

### **Tips**

- Once children understand the concept of “copy cat”, choose a child to be the “cat”.
- Switch the “cat” every 60 seconds.

## **Fruit basket (10 minutes)**

- Leader sets up 2 or 3 hoops around the outside of the activity space.
  - *Let's pretend these are baskets for fruit.*
- Leader distributes many coloured bean bags around the activity space.
  - *These bean bags are fruit that have fallen out of the baskets.*
- Leader demonstrates an underhand throw (face target, step with opposite foot towards target, swing throwing arm).
- Leader explains that when the music starts, they must jog around activity space.
  - *To be safe, do not step on the hoops or the bean bags.*
- When the music stops, leader shouts “fruit basket!”
- Children pick up one bean bag and move towards a hoop (fruit basket).
- Children underhand throw their bean bag into the hoop.
- Repeat activity with different locomotion movements:
  - *walk*
  - *run*
  - *jump*
  - *hop*
  - *gallop*
  - *skip*

### **Tips**

- Praise children for their efforts.
- Don't correct technique too much. Preschool children need time to develop mature throwing patterns.

### **Cues**

- *Look where you are going*
- *Step when you throw*
- *\_ Swing your arm\_*

## Circle bowling (10 minutes)

- Children stand in a large circle and each child has a bean bag.
- Leader sets up bowling pins or foam blocks in centre of circle.
- Children take turns trying to knock down the pins by throwing underhand.
- Once all the pins are down, the leader sets them up again.
- For the next rounds, the leader calls out a bean bag colour.
- Children with bean bags of that colour try to knock down the pins.
- Children should not collect their bean bag until all pins are down and leader says it is safe to collect.
- To create more challenge, have the children take a step back each time. (Larger circle and throwing distance.)

### Tips

- Praise children for their efforts.
- Don't correct technique too much. Preschool children need time to develop mature throwing patterns.

### Cues

- *Step when you throw*
- *Swing your arm*

## Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

When you shoot, why do you need airplane wings?

*What part of your foot do you use to pass a soccer ball?*