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)
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


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?