

ACTIVITY PLAN 22 – KICKING FUN

Aim

To develop coordination and the ability to kick a ball

Age

24–35 months

Equipment

One beach or foam ball per child, masking tape to mark out a line

Area required

Outdoor space of suitable size

Time

Five minutes

How?

For this activity place the children in groups of three with one educator per group.

Mark a line on the ground using the masking tape and place one ball per child on the line, evenly spaced out. One educator demonstrates how to kick the ball. Make sure the non-kicking foot is placed even with or slightly behind the ball.

Kick the ball with the shoelace area or the toe and ask the child to kick as hard as they can.

The children can initially kick their ball by walking up to the ball and then kicking as hard as they can into open space. Once they have mastered this element they can attempt to kick a stationary ball towards a target or an educator. You may need to demonstrate this.

Easier

Tie a piece of wool to a balloon and suspend it from a tree so it is just touching the ground. Have the child practise kicking the balloon.

Harder

Use smaller balls. Stand one metre away from the child and ask the child to kick the stationary ball to you.

Key points

Skills involved in kicking:

- Move quickly towards the ball
- Take a long step or leap just before ball contact
- Kick the ball with the shoelace area or the toe and kick as hard as possible.