

ACTIVITY PLAN 37 – SKITTLES

Aim

To develop underarm rolling skills

Age

3–5 years

Equipment

Markers (e.g. mats or ice-cream container lids), hoops (or short ropes in circles), skittles (or empty water bottles), medium-sized light-weight balls (or beach balls)

Area required

Indoor or outdoor space of suitable size

Time

10 minutes

How?

With large numbers of children, divide them into smaller groups (of no more than five children) to ensure all children are actively involved.

Place a hoop on the ground with skittles or empty bottles standing upright inside.

Make a larger circle (approximately 5 metres wide) around the hoop using 5 markers as stations - one for each child to stand at.

Provide each child with a ball and when you count to 3 they all roll their ball underarm at the same time, attempting to knock down as many skittles as possible. Once all children have thrown their ball they may run and retrieve it and return to their starting position. The game continues until all the skittles are knocked down. Re-set the skittles and the activity can be repeated.

Easier

- Bring the markers in closer.
- Have the child use two hands to roll the ball at the skittles.



Harder

- Have the child use a smaller ball to roll.
- Move the markers further back to increase the distance.
- Add other smaller items to the group of skittles.

Key points

Skills involved in underarm roll:

- Swing the rolling hand back and down reaching behind the trunk while the chest and head face forward
- Step forward with opposing foot to the rolling hand
- Bend the knees to lower the body
- Release the ball close to the floor so it rolls along the floor.