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# Fundamental Movement Skills Game Cards

## Preschoolers

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## Acknowledgements

The games in these cards are from the Munch and Move Resource Manual<sup>4</sup>, developed by NSW Health and Yulunga – Traditional Indigenous Games<sup>39</sup> and Indigenous Traditional Games – child version<sup>40</sup>, developed by the Australian Sports Commission Indigenous Sports Program. Both organisations have kindly granted permission to reproduce parts of these resources. *Good for Kids* would like to thank and acknowledge the work of these authors.

## Introduction

The Fundamental Movement Skills Game Cards for Preschoolers have been designed to make it as easy as possible for staff to facilitate games that develop children's locomotor and manipulative skills. Use the game cards as part of fundamental movement skills learning experiences with a skill-specific warm up and cool down, each five minutes in duration.



See The Physical Activity Handbook – Preschoolers (page P.15) for more information and ideas for warm ups.



See The Physical Activity Handbook – Preschoolers (page P.20) for more information and ideas for cool downs.

Adapt the ideas to suit the needs and interests of the children at your service. For example the songs, props and themes used in the learning experiences can be modified to suit children's current and emerging interests, while still supporting the development of the fundamental movement skill(s).



# Birray

**(a traditional Aboriginal game of tag)**

Young children in the Bloomfield area of North Queensland played the game of birray (march-fly). This is a game where a chaser (birray) tries to tag other children. The name of the game and the word for march-fly is taken from the Wik-MungKan language of North Queensland.

**Locomotor skills in this game**

- Running

**Equipment**

- Traffic cones or other markers



### How to play

- Set out a rectangular area with traffic cones
- Practice running technique by asking the children to run in a straight line from one side of the activity area to the other side, and back again
- Ask the children to spread out in the activity area. Choose one child to take the part of the birray (march-fly). The birray shuts their eyes or is blindfolded and runs around trying to tag or touch another player in the group. When a player is caught, they become the new birray and the game continues

### Look out for

- Make sure the children are spread out in the activity area
- Check children are not running 'flat footed'. If so, demonstrate running to children using exaggerated leg movements
- Remind the children to use their arms when they are running

### Making this game easier

- Ask the children to jog slowly back and forth along a straight line and check their technique. Repeat this and get children to slowly increase speed with each turn
- Ask the children to copy you running (in slow motion) in a straight line completing the knee lift, correct arm action and leg bend behind the body. Emphasise holding your head up and looking forwards when running

### Making this game harder

- Place the markers on the ground about two metres apart and have the children zig-zag between them to improve their agility
- Set out an obstacle course for the children to run around
- Play "What's the time Mr Wolf"

### More ideas

- The birray attempts to tag or touch as many of the other players as possible in a set time e.g. counting to ten. Players are not eliminated from the game if they are touched
- The birray imitates the buzz of a birray or march-fly during the game. This can be while chasing the other players or only when they catch another player

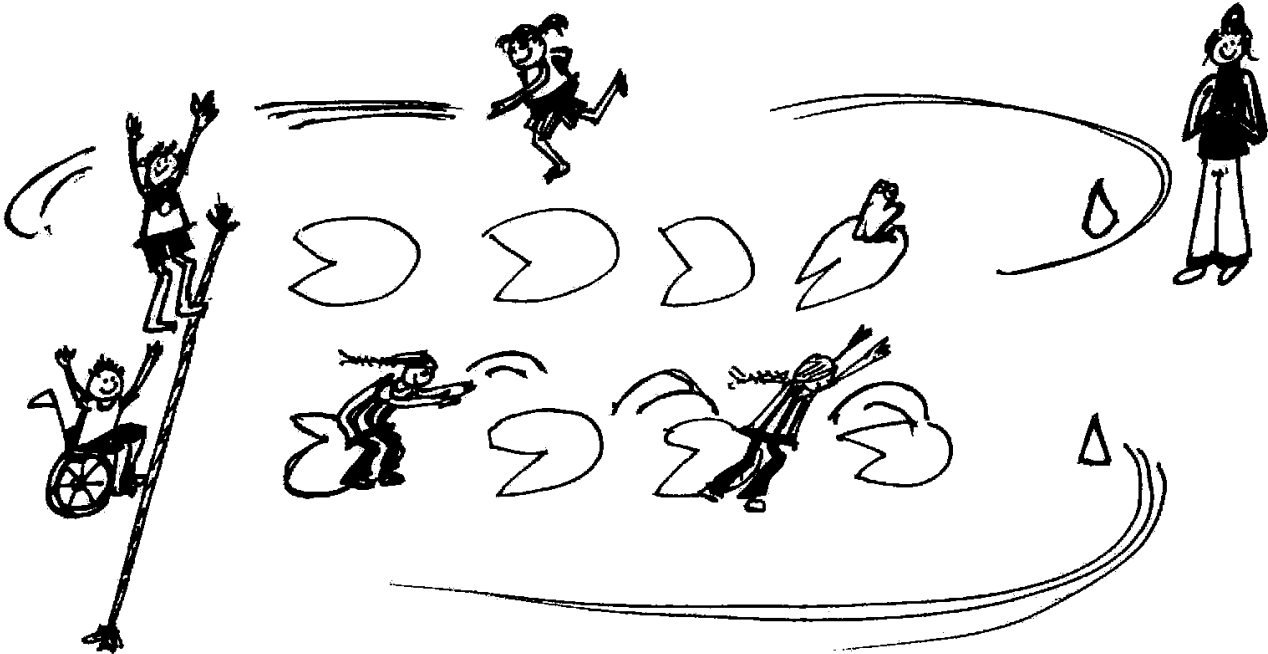
# Frog Jumping

*Locomotor skills in this game*

- Running
- Jumping

*Equipment*

- Coloured chalk
- Markers
- Masking tape



### How to play

- On a soft-fall or grassed area, make a start line. Use chalk, masking tape or carpet squares to make four 'lily pads' in a straight row as shown in the diagram. Repeat this row of lily pads four or five times and place a marker about ten metres away
- Start the activity with all children in a group facing you. Sing the "Da Glump" song (change the words "Da Glump" to "A Jump") while children practice jumping
- Demonstrate to children how to jump like a frog on each lily pad in their row and then run around the marker and back to the start. Ask children to copy you
- Demonstrate how to run, emphasising the leg and arm movements

### Look out for

- Remind the children to look forward and "reach for the stars and pull them down" as they jump

### Making this game easier

- Hang a streamer long enough for children to reach when they jump. Ask children to jump up and tap the streamer and land on two feet
- Ask the children to copy you running in slow motion in a straight line, check their technique and ensure they complete the knee lift, forward arm lift (with arms bent opposite arm to leg) and leg lift behind the body. Emphasise that the head should be up and children looking forwards

### Making this game harder

- Ask the children to jump in different directions: forwards, backwards and sideways
- Roll up a towel and ask children to jump across the river. Make the towel a little wider, then wider again to increase the distance they have to jump
- Set out an obstacle course for running and jumping

### More ideas

Give it an Australian feel by singing "A jump went the kangaroo last night etc"



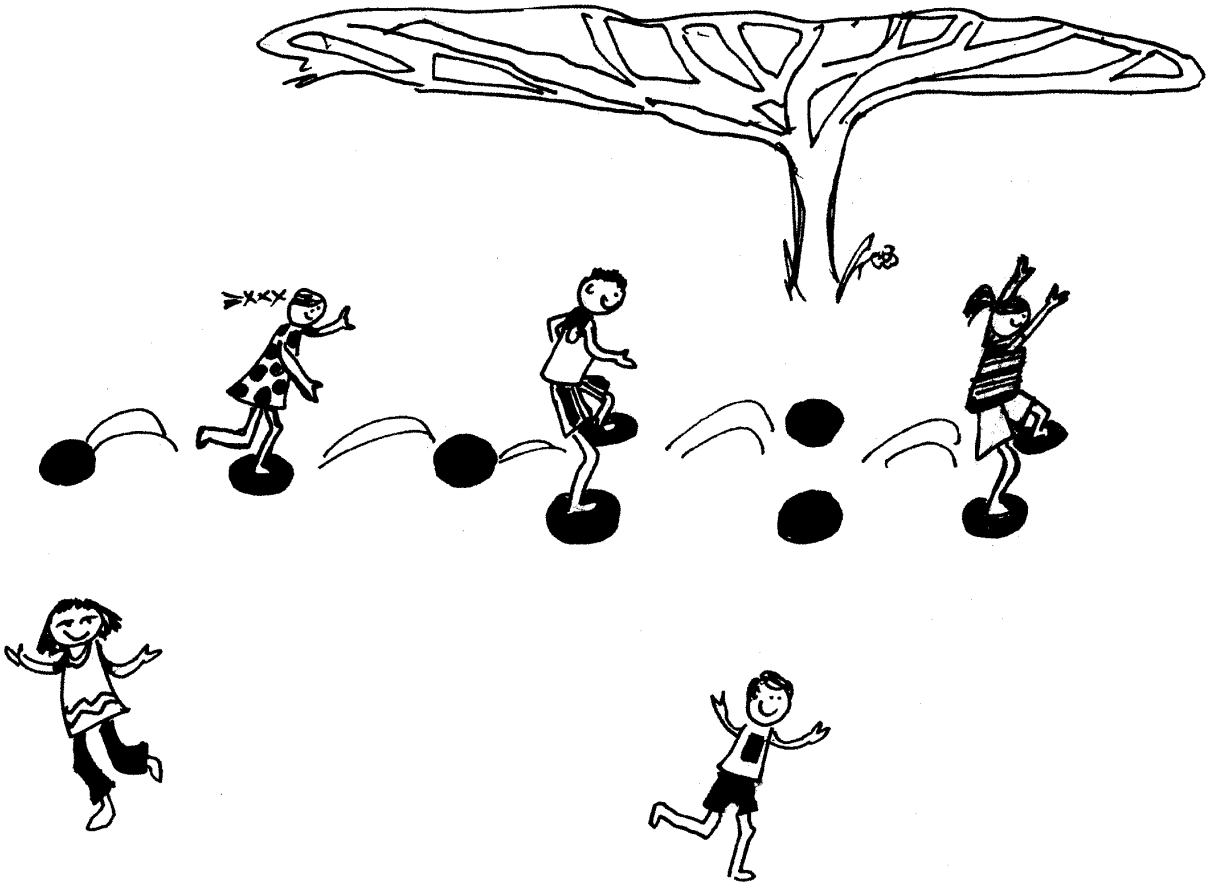
# Hopping Fun

*Locomotor skills in this game*

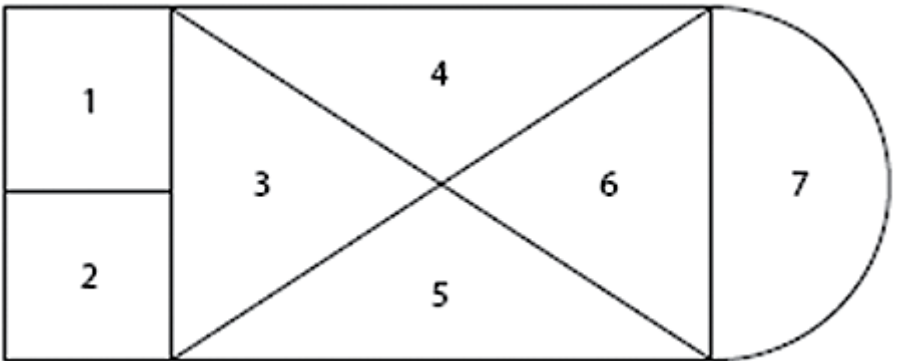
- Hopping

*Equipment*

- Circle templates



Use this hopscotch grid for a harder version of the game. Draw it on the ground in chalk.



### How to play

- Set-out the circle templates as shown in picture
- Ask children “Can you hold one leg off the floor and hop up and down?” Demonstrate to the children and ask them to practice hopping. Make sure the children change legs to the non-dominant side
- Sing ‘Hop, hop, hop if you feel you want to, Hop, hop, hop if you feel you can.’
- Demonstrate to the children and ask them to take turns hopping through the circle templates. Make sure they change their hopping leg after each row

### Look out for

- When children are hopping ask “Can you hold one leg off the ground and hop up and down on the other leg?”
- When the children are hopping make sure they keep their non-support leg behind their body

### Making this game easier

- Ask the children to hop on the spot with you holding their hands or while they hold the back of a chair
- Ask the children to hop hand in hand with another child from one marker to the other

### Making this game harder

- Play a game of simplified hopscotch
- Draw hopscotch grid markings on cement area with chalk. Without using a throwing stone ask the children to jump with one foot in both squares one and two, then hop on one foot in triangle three. Then jump (one foot in each triangle) on four and five, hop into six then jump into seven. Turn around 180 degrees (landing on both feet again) in seven and then follow the same pattern back to start. There is no marker throwing in this game

### More ideas

- Leave the hopscotch grid set-up for the children to use during free active play
- Adapt this activity to practice jumping. Check to see if the children take off and land on two feet when they are jumping. Substitute “jump” for “hop” in the song. To make jumping easier, ask the children to jump from two feet and land on one foot

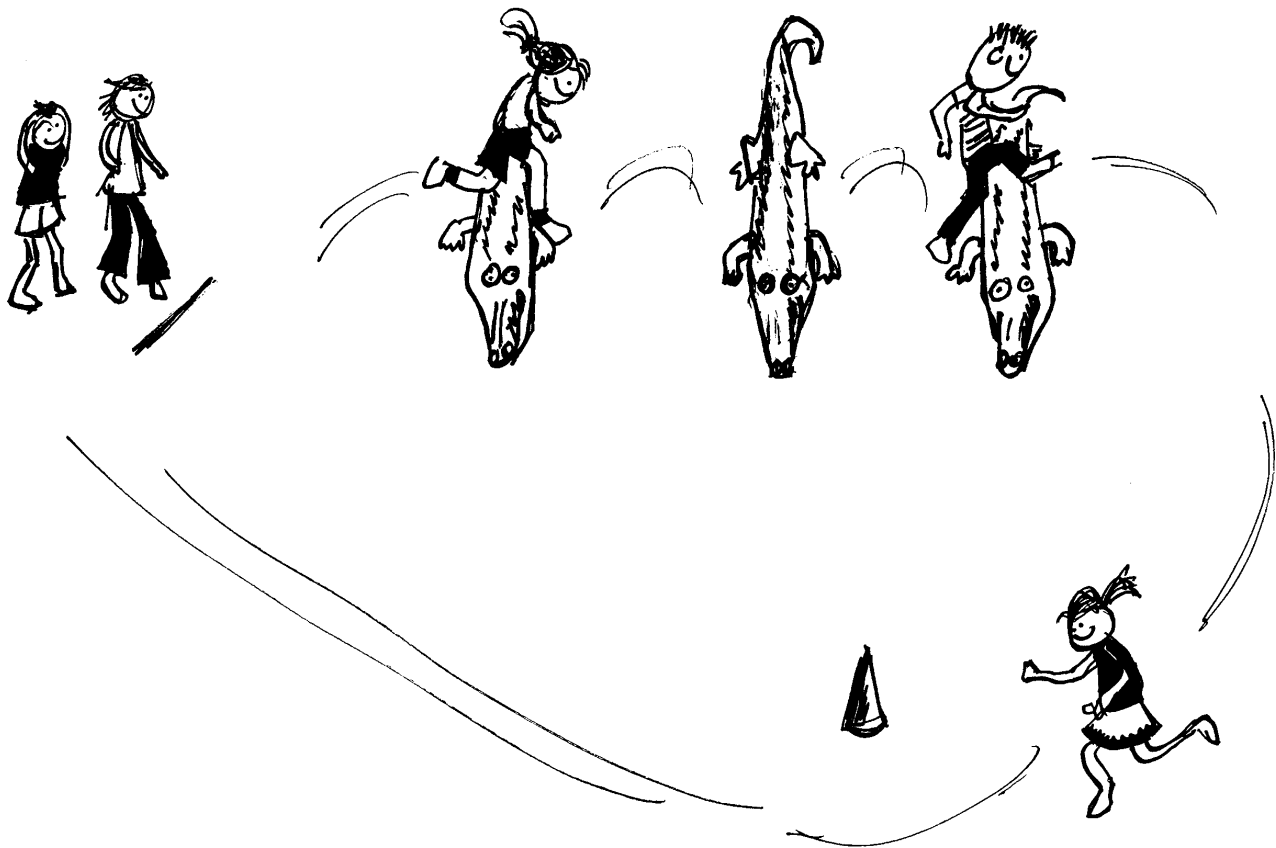
# Crocodile Leaping

## Locomotor skills in this game

- Leaping
- Running

## Equipment

- Six crocodile figures or small soft animals
- Two markers



### How to play

- Make a start line. Set out three 'crocodiles' or small soft animals (approximately five metres apart, if you can) in a row. Place marker about ten metres away as shown in the diagram. Repeat the pattern if you have a large group of children
- Demonstrate running and leaping across the crocodiles, run around a marker and then run back to start. Ask the children to copy you

### Look out for

- Ask the children to do really big leaps and use their arms
- Check to see the arm opposite the lead foot is reaching forward when leaping
- Ask the children to run fast and look for bent arms moving in the opposition to their legs

### Making this game easier

- Crocodile leap – set two long ropes at an angle to each other (about one metre at the narrow end and three metres at the wide end). Starting at the narrow end, ask the children to attempt to leap across the "river" which is full of crocodiles. With each successful leap, encourage the child to leap over the wider parts

### Making this game harder

- Game: ask the children to say "Crocodile, crocodile, can we cross the river?" Then call out a colour. The children with that colour on their clothing then have to run and leap across the crocodiles then run to the other side of a marked out area
- Using a long rope with a bean bag tied to the end, swing the rope around gently and low to the ground. Ask the children to leap over the rope as it swings around

### More ideas

- If you have limited outdoor space decrease the distance between the crocodiles and/or the distance to the marker. Keep in mind that a certain amount of distance is required for the short run needed to be able to leap

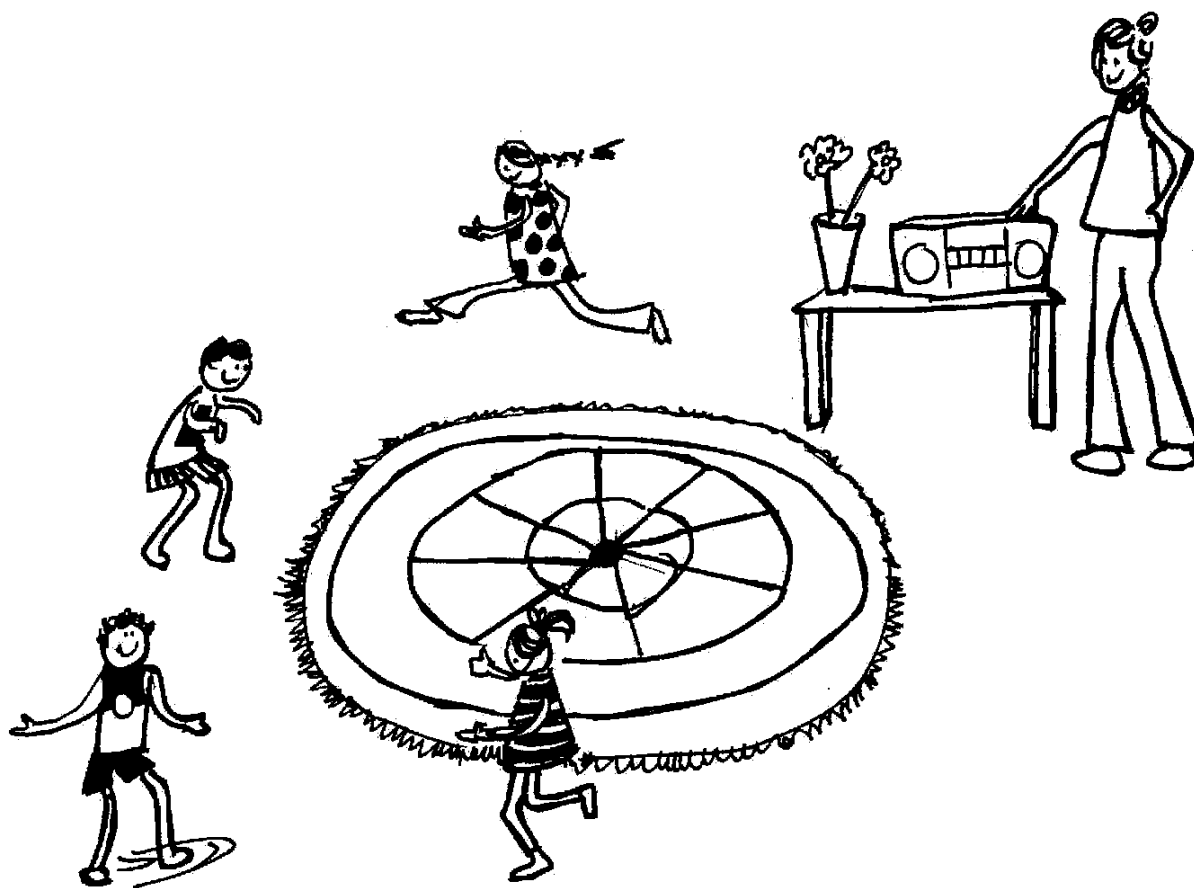
# Musical Statues

## *Locomotor skills in this game*

- Jumping
- Hopping
- Leaping
- Side-sliding
- Galloping

## *Equipment*

- Musical CD
- CD player



### How to play

- Set-up a free space either inside or outside. Demonstrate and practice the movements – jumping, hopping, leaping, side stepping and galloping.
- Ask the children to move around to music, performing a skill that you call out. When the music stops, the children must freeze on the spot. Make this activity non-competitive so that all children remain in the game
- When the music stops, ask the children to make a statue until the music starts again
- Ask each child, in turn, to pick the movements that the other children should copy

### Look out for

- Do the children demonstrate the correct skill technique for each of the fundamental movement skills used in this game, i.e. jumping, hopping, leaping, side-sliding and galloping?

### Making this game easier

- Use music with a slower beat
- Ask the children to do the actions slowly

### Making this game harder

- Combine some locomotor skills together e.g. jump then hop
- Ask the children to change direction when doing the locomotor skills e.g. jumping forwards, then sideways etc

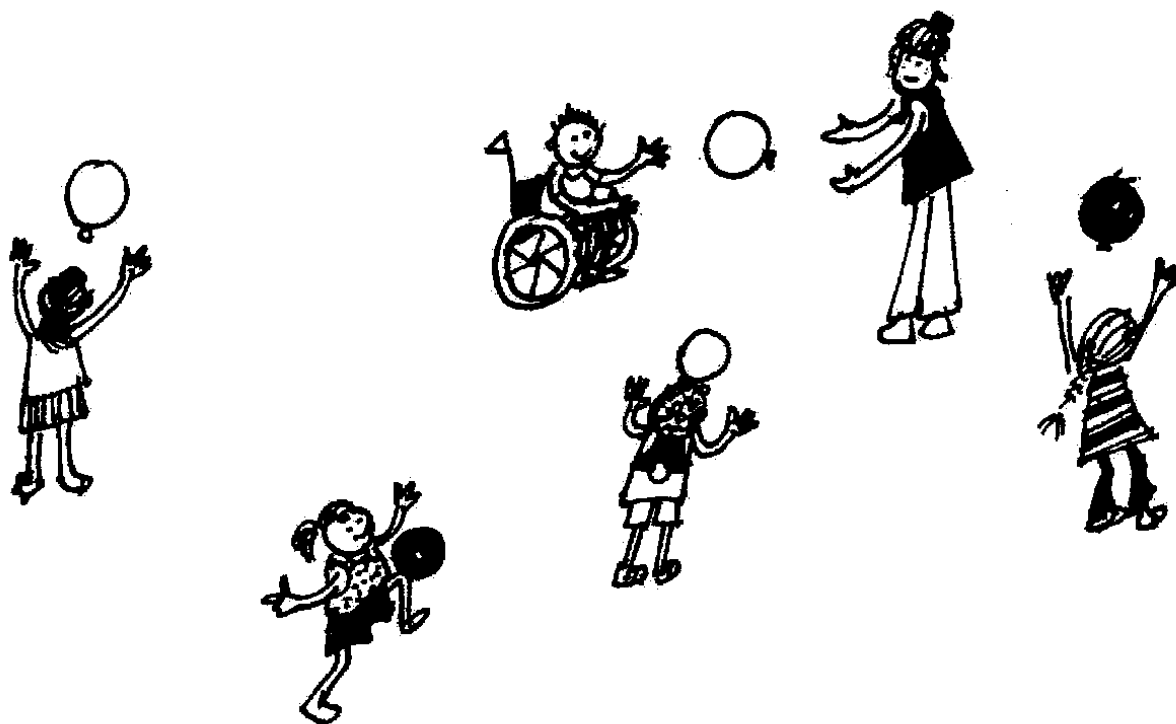
# Balloon catching

## *Manipulative skills in this game*

- Catching

## *Equipment*

- Balloons, one per child
- One medium-sized light-weight or bouncy ball
- Chalk
- Masking tape
- Rope (to mark a line)



### How to play

- Ask the children to pretend they are jugglers who must keep their balloon up in the air using their hands
- Ask the children to balance their balloon on different body parts (e.g. hand, arm, knee, foot) and then catch it
- Ask the children to throw their balloon up in the air above their head and then catch it
- Ask the children to put their balloon away. Keep one balloon out
- Make a line for the children to stand on and throw the balloon to each child. Encourage the children to catch the balloon and throw it back. Sing the "Roo, Roo, Kangaroo" rhyme as you throw the balloon to each child (Roo, Roo, Kangaroo; Roo, Roo, Kangaroo, Can I sing your name to you, Your name is .....)
- Introduce the medium-sized light-weight or bouncy ball for catching. Repeat the last activity using the ball

### Look out for

- Remind the children to watch the balloon or ball and to keep their mouth closed
- Ask children to get ready by softly bending their elbows and stretching their fingers out wide. Say "Hands ready, fingers wide" so they are in position to catch the balloon
- See if children reach for the balloon or ball as it approaches to catch it before it reaches their face

### Making this game easier

- Have a smaller circle
- Stand closer to the children when you throw the ball to them
- Use a bean bag instead of a balloon or a ball

### Making this game harder

- Use a beach ball
- Stand back further from the children when throwing the ball to them
- Throw the ball higher
- Balance balloons on more difficult parts of the body such as the elbow, wrist or ankle

### More ideas

- Children play catch across a waist level net. Secure some netting or stretchy pliable fabric from two secure and stable points e.g. chairs or use a line of tables to separate the two 'sides'



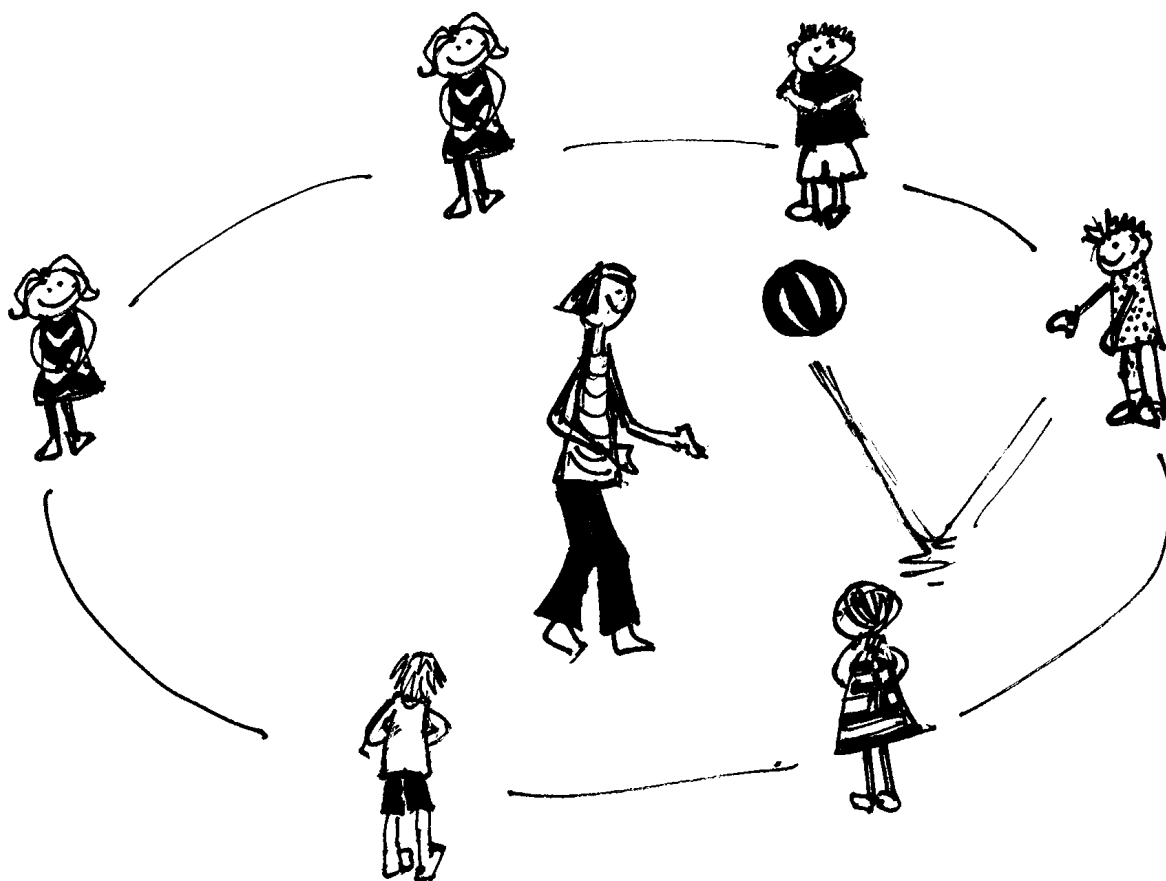
# Catchy Rounders

## *Manipulative skills in this game*

- Catching

## *Equipment*

- One large bouncy ball
- One medium-sized light-weight bouncy ball
- Circle templates
- Chalk or masking tape



### How to play

- Mark out a circle with chalk (you could use masking tape or chalk on carpet if inside). Children stand in a circle with you in the centre
- Bounce the ball to each child in the circle; the child catches and bounces the ball back to you
- The children who are not catching clap on the bounce and reach high on the catch
- Swap the large bouncy ball to the medium sized ball. Throw the ball to each child in the circle. Sing the song to the tune of "Frere Jacques"

I am catching, I am catching,  
Yes I am, Yes I am,  
See me catch the ball, See me catch the ball,  
Clever I am, Clever I am!

### Look out for

- Remind the children to watch the balloon or ball
- Ask them to get ready by softly bending their elbows and stretching their fingers out wide. Say "Hands ready, fingers wide" so they are in a catching position
- See if they reach for the ball or balloon as it approaches

### Making this game easier

- Make the circle smaller
- Use balloons or bean bags instead of balls
- Use beach balls or make balls using scrunched paper made into a ball shape

### Making this game harder

- Make the circle larger
- Change ball sizes
- Throw the ball against the wall, let it bounce once and then catch it

### More ideas

- Bounce the big ball down and catch it again
- Bounce the big ball down hard and see how high it will bounce
- Throw the big ball up in the air above your head and catch it
- Throw the big ball up in the air above your head and catch it after it bounces once
- To finish, exchange the large ball for a medium-sized ball and throw it to each child in the circle/line without a bounce and ask them to catch it

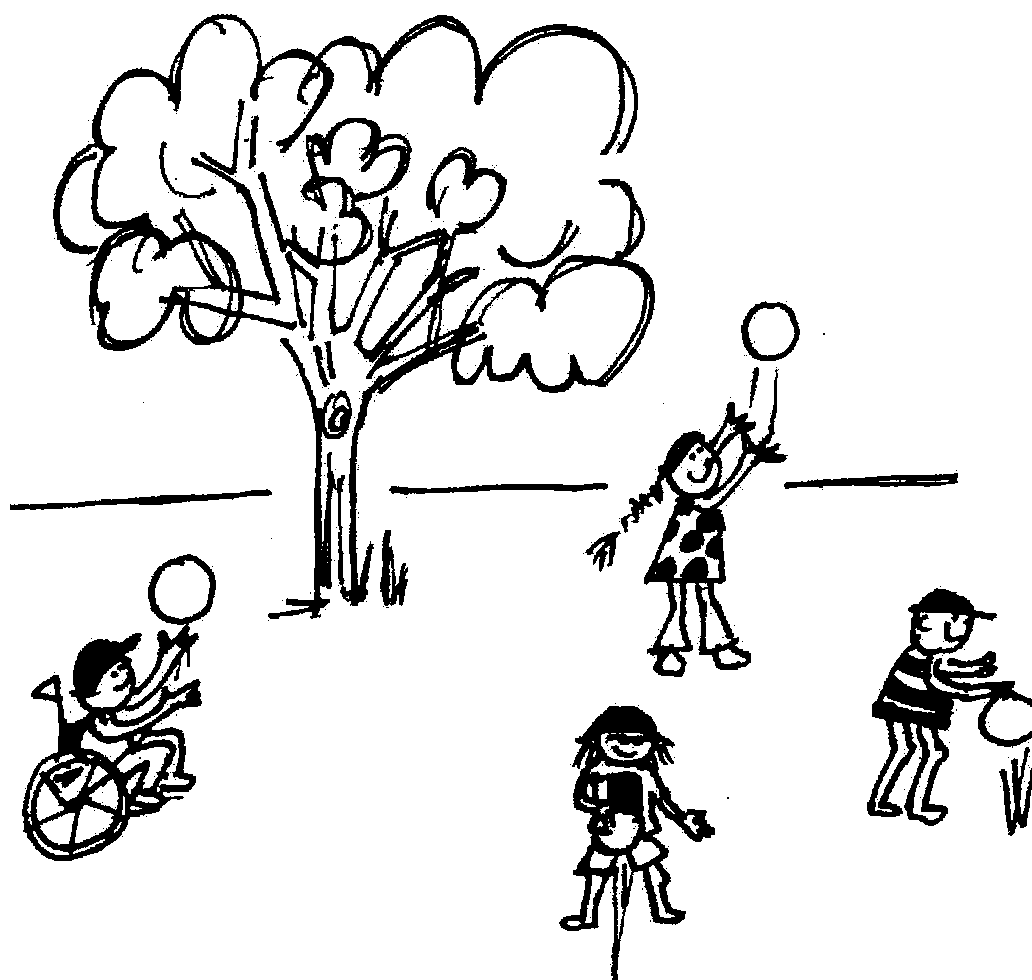
# Bouncing Balls 1

## *Manipulative skills in this game*

- Dribbling a stationary ball

## *Equipment*

- One large bouncy ball for each child



### How to play

- Use a free space outside to bounce balls
- Ensure each child gets a ball and stands in an area where they can't bump into each other. Demonstrate each activity and encourage the children to follow
- Ask the children to throw the ball up in the air, not too high, and catch it. Repeat this several times. Remember the cue "Hands ready, fingers stretched wide"
- Ask the children to throw the ball up in the air and let the ball bounce once and then catch it. Repeat this several times
- Ask the children to hold the ball at waist height, push the ball down (say "soft fingers") and catch it as it bounces back
- Ask the children to bounce the ball on the ground twice or more and then catch it. Emphasise to use "soft fingers and push down on the ball with fingertips" when bouncing the ball

### Look out for

- Remind the children to watch the balloon or ball
- Ask them to get ready by softly bending their elbows and stretching their fingers out wide. Say "Hands ready, fingers wide" so they are in a catching position
- See if they reach for the ball or balloon as it approaches

### Making this game easier

- Bounce and catch with two hands

### Making this game harder

- Ask children to bounce the ball with one hand
- Ask children to dribble the ball with one hand without moving their feet
- Ask children to try and bounce the ball with one hand and then with the other
- Use smaller sized balls

# Bouncing Balls 2

## *Manipulative skills in this game*

- Dribbling a stationary ball

## *Equipment*

- One large bouncy ball for each child
- Coloured chalk



### How to play

- Use chalk to draw big, different coloured circles across an area. Ask the children to choose a circle and a ball
- Introduce bouncing by demonstrating the skill components
- Ask the children to bounce the ball. The children catch the ball and freeze when you say stop
- Sing: Bounce, bounce, bounce the ball; Bounce the ball then catch it
- Ask the children to move to another coloured circle when the song finishes
- Repeat the activity

### Look out for

- Remind the children to watch the balloon or ball
- Ask the children to get ready by softly bending their elbows and stretching their fingers out wide. Say "Hands ready, fingers wide" so they are in a catching position
- See if they reach for the ball or balloon as it approaches

### Making this game easier

- Ask the children to bounce the ball once and then catch it. Repeat until the music stops and ask the children to freeze
- In a kneeling position ask the children to bounce the ball with their favourite hand and freeze when the music stops

### Making this game harder

- Ask the children to try to do four bounces or more without having to move their feet to retrieve the ball
- Ask the children to bounce the ball in and out of a marked area. When the music stops, they freeze
- Ask the children to bounce the ball and touch something with their other hand e.g. their elbow, shoulder or head
- Call out a body part for the children to touch with the ball when the music stops

### More ideas

- Draw different coloured flowers and bees on the ground, at least one bee and one flower per child. Leave plenty of space between each drawing
- Ask the children to bounce and catch the ball on a flower or a bee while you sing the "Busy Bee" song (Busy Bee Bee, bee, busy bee, Can you bounce your ball like me?)
- When you stop singing, the children have to run and stand on a different flower or bee with their ball. Ask children to buzz when they run to their flower/bee

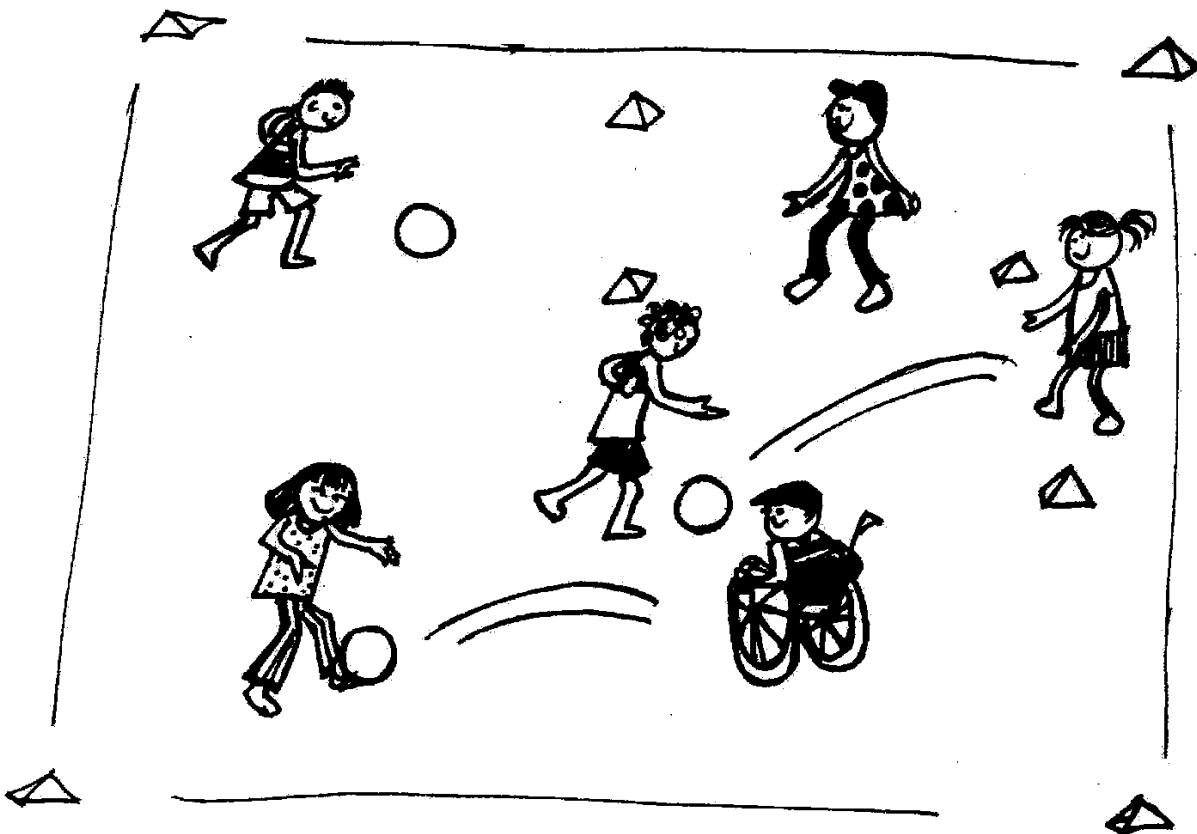
# Kicking

## *Manipulative skills in this game*

- Kicking

## *Equipment*

- Cones or any type of markers (eg. ice-cream containers) to use as the goals
- One large bouncy ball per child



### How to play

- Set-up cones or markers as goals in a large area
- Ask the children to run around the area. If possible, lead the group and demonstrate the correct running style
- Ask the children to sit together whilst you demonstrate how to run up and kick a ball
- Ask each child to practice kicking into the goal
- In pairs ask the children to kick the ball to each other

### Look out for

- Ask the child "Can you run and kick the ball without stopping?"
- Explain to the children that you want them to kick the ball with their shoelaces

### Making this game easier

- Ask the children to stand closer together when kicking to each other
- Ask the children to move closer to the goal
- Make the goals wider
- Ask the children to stand and kick the ball before progressing to running up and kicking the ball

### Making this game harder

- Ask the children to move further away from the goal or their partner
- Ask the children to dribble the ball up to the goal and shoot for goal
- Make the goal smaller



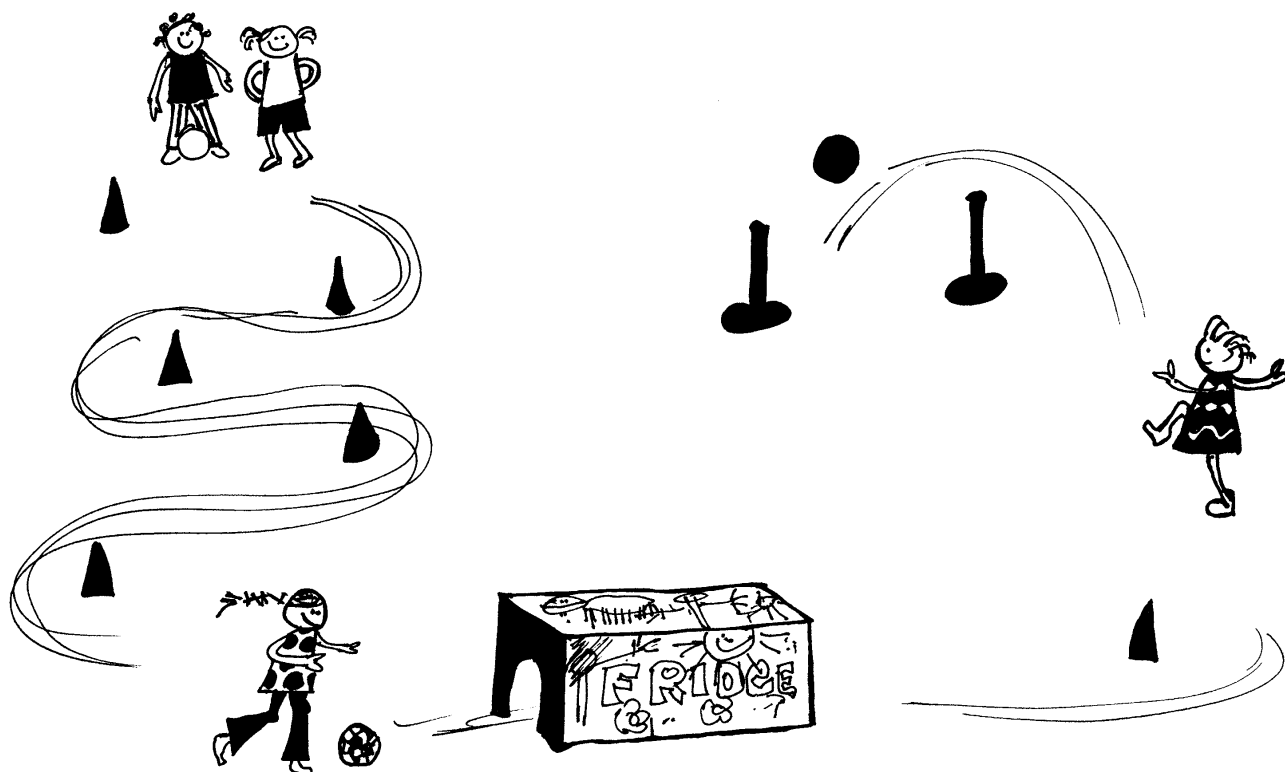
# Dribble Kicking

## Manipulative skills in this game

- Kicking

## Equipment

- Cones/markers
- Two markers for the goals
- Tunnel made from cardboard or other equipment
- One large bouncy ball per child



### How to play

- In a large free area outside, set up an obstacle course to dribble and kick balls around. Have a goal set-up at the end of the obstacle course
- Demonstrate and ask the children to kick their ball up to a set of cones and dribble in and out of the cones in a zig-zag pattern. Ask the children to run up to a tunnel and kick the ball through and then dribble the ball up to a set of goals and kick it into the goal. Then ask the children to go back to the start of the course and begin again

### Look out for

- Ask the children to practise kicking by standing and swinging their kicking leg
- Ask the children to kick the ball really hard when kicking a goal and softly when dribbling it

### Making this game easier

- Set-up two markers leading up to a goal area. Ask the children to dribble the ball from one marker to the next and kick the ball into the goal
- Ask the children just to run up and kick a ball into the goal

### Making this game harder

- Set-out more obstacles as part of the obstacle course and perhaps include ramps

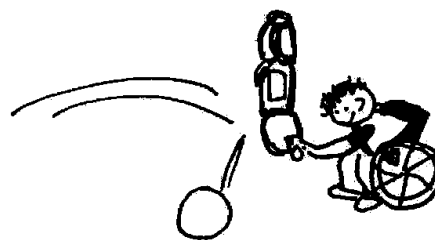
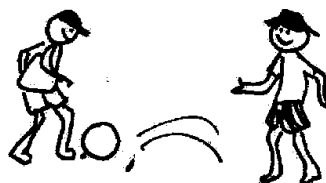
# Soccer Skiffles

## *Manipulative skills in this game*

- Kicking

## *Equipment*

- 15 plastic milk bottles for skiffles. Fill these with a cup of sand for stability
- Skipping ropes
- Five large bouncy balls



### How to play

- Set-up a station with a row of three plastic milk bottles (skittles) and a start line (rope) about five metres back. Create five stations in different areas in the playground
- Demonstrate this activity and ask the children to work in pairs
- The children should start this activity by practicing their kicking to each other
- Each pair of children then moves to a skittle station. One child starts as the kicker while the other helps to reset the skittles. Children then swap places and take turns
- Ask the children to run up and kick the ball as hard as they can and see how many skittles they can knock over

### Look out for

- Ask the children, “Can you run and kick the ball without stopping?”
- Explain to the children that you want them to kick the ball with their shoelaces

### Making this game easier

- Have the children stand closer together when kicking to each other
- Place rope closer to the skittles
- Ask the children to stand and kick the ball before getting children to run up and kick

### Making this game harder

- Ask the children to move further away from skittles
- Ask the children to dribble the ball up to a line before kicking at the skittles

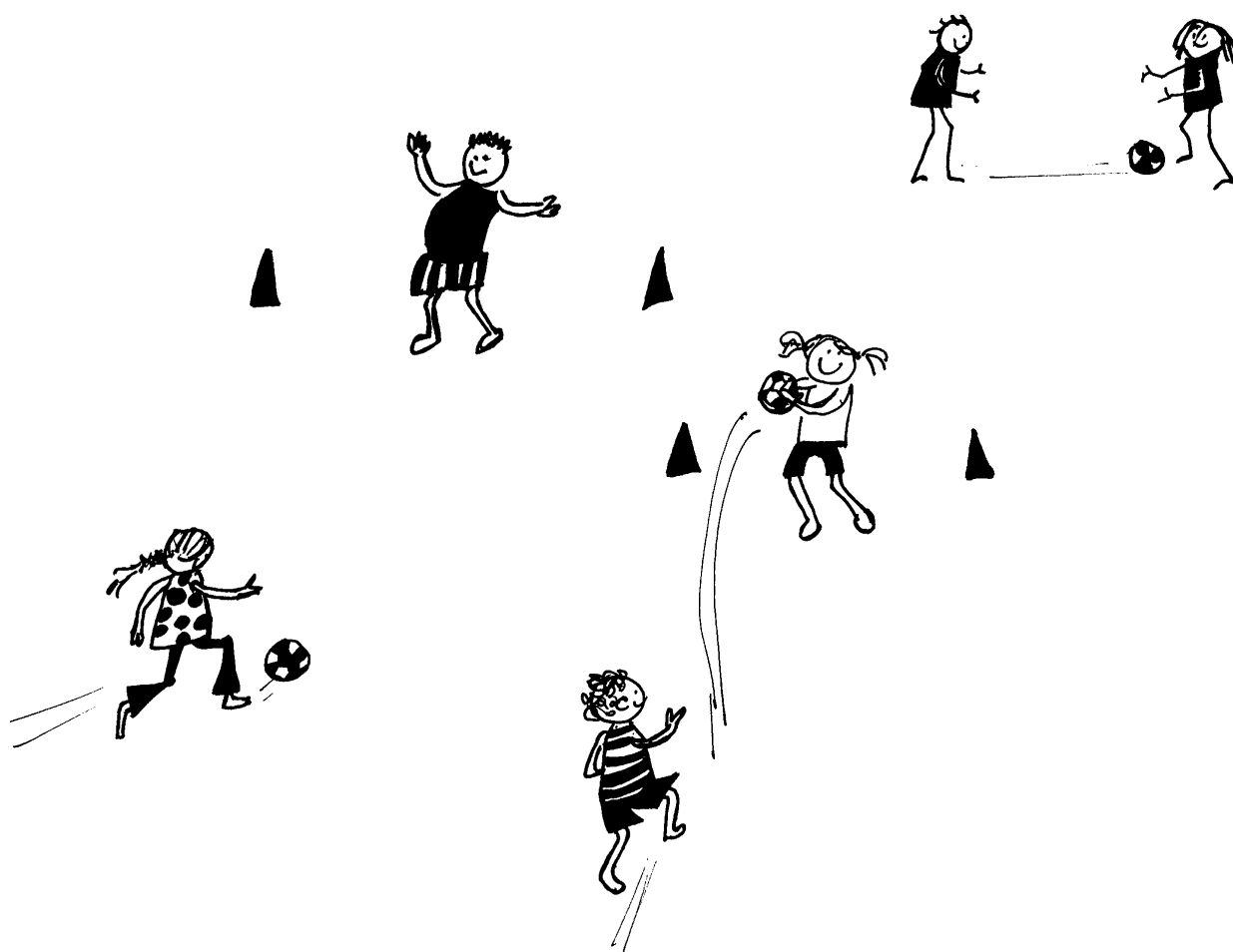
# Soccer Practice

## *Manipulative skills in this game*

- Kicking

## *Equipment*

- Cones or any type of markers
- One large bouncy ball for each pair of children



### How to play

- Set-up a number of soccer goals (cones) outside with room between each set of goals (for safety)
- Ask the children to begin the activity by kicking the ball to each other
- Each pair of children move to their own goal area. Ask one child to run up and kick a ball towards the goal. Have a partner stand between the cones to stop the ball going through. Demonstrate and ask each child to have a few turns before swapping positions so that the “goalie” has a turn at kicking
- Ask the children to run up and kick the ball hard and see how many skittles they can knock over

### Look out for

- Ask the children “Can you run and kick the ball without stopping?”
- Explain to the children that you want them to kick the ball with their shoelaces

### Making this game easier

- Have the children stand closer together when kicking to each other
- Have the children move closer to the goal
- Make the goal wider
- Ask the children to stand and kick the ball before trying to run up and kick the ball

### Making this game harder

- Ask the children to move further away from the goal or their partner
- Ask the children to dribble the ball up to the goal and shoot for goal
- Make the goal smaller

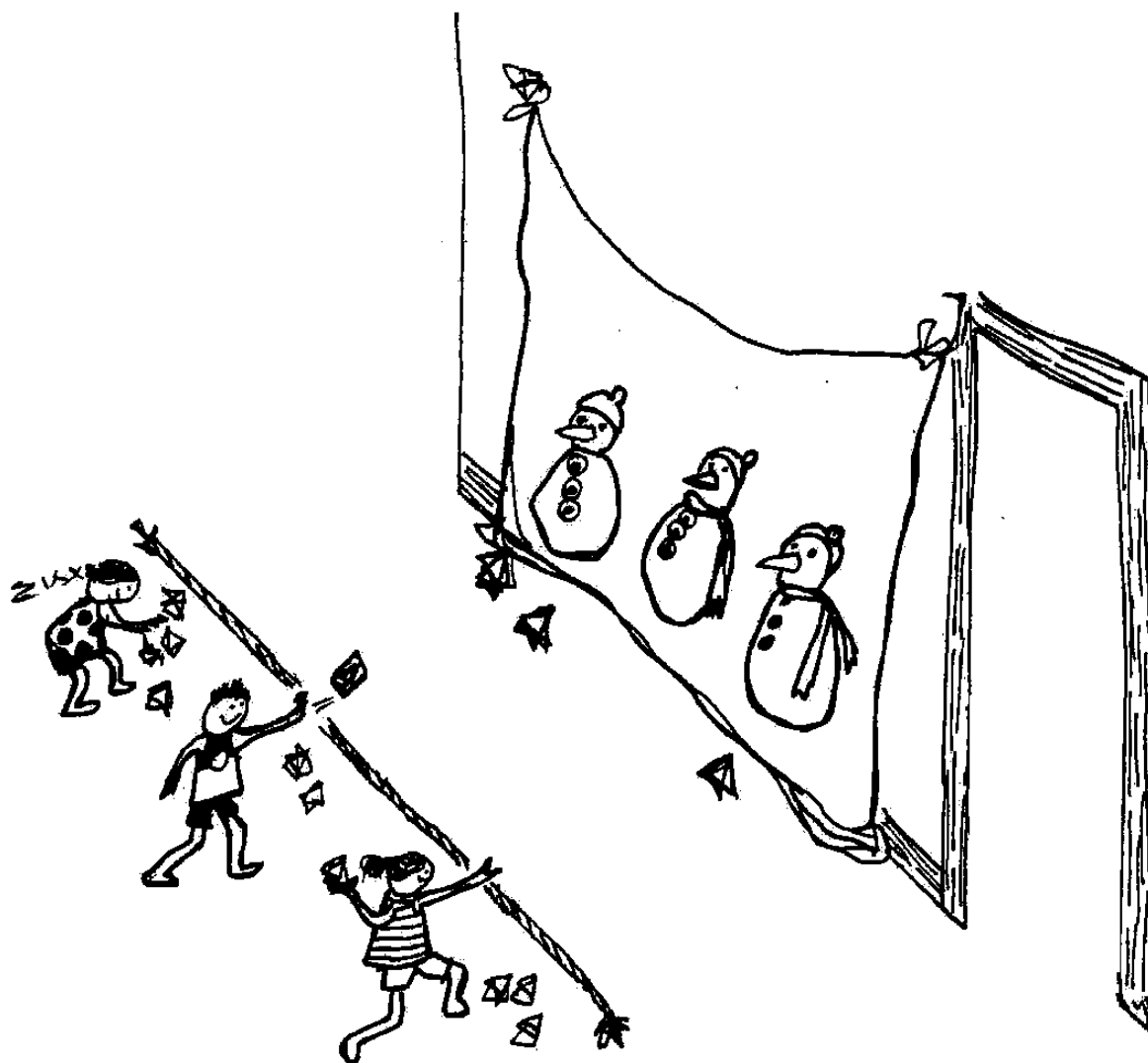
# Throwing Snowballs

## *Manipulative skills in this game*

- Overarm throwing

## *Equipment*

- Sheet with three or four snowpeople painted on it
- Three or four "snowballs" (paper bag balls) for each child



### How to play

- Secure a sheet to a wall and draw some snowpeople on it
- Make a start line with masking tape or a skipping rope about three metres back from the wall
- Make three or four "snowballs" for each child by scrunching up sheets of paper or paper bags and taping them into a ball or use bean bags instead
- Demonstrate throwing the "snowballs" at the snowpeople. Ask the children to throw the "snowballs" at the snowpeople to see if they can hit different parts of the snowpeople. The "snowballs" should fall softly on the ground and roll back towards the children

### Look out for

- Remember to stress cues "step with opposite foot" and following through with the throwing arm

### Making this game easier

- Make the starting line closer to the wall

### Making this game harder

- Mark the starting line further away from the wall
- Draw smaller targets on the sheet or ask children to aim for the snowperson's buttons



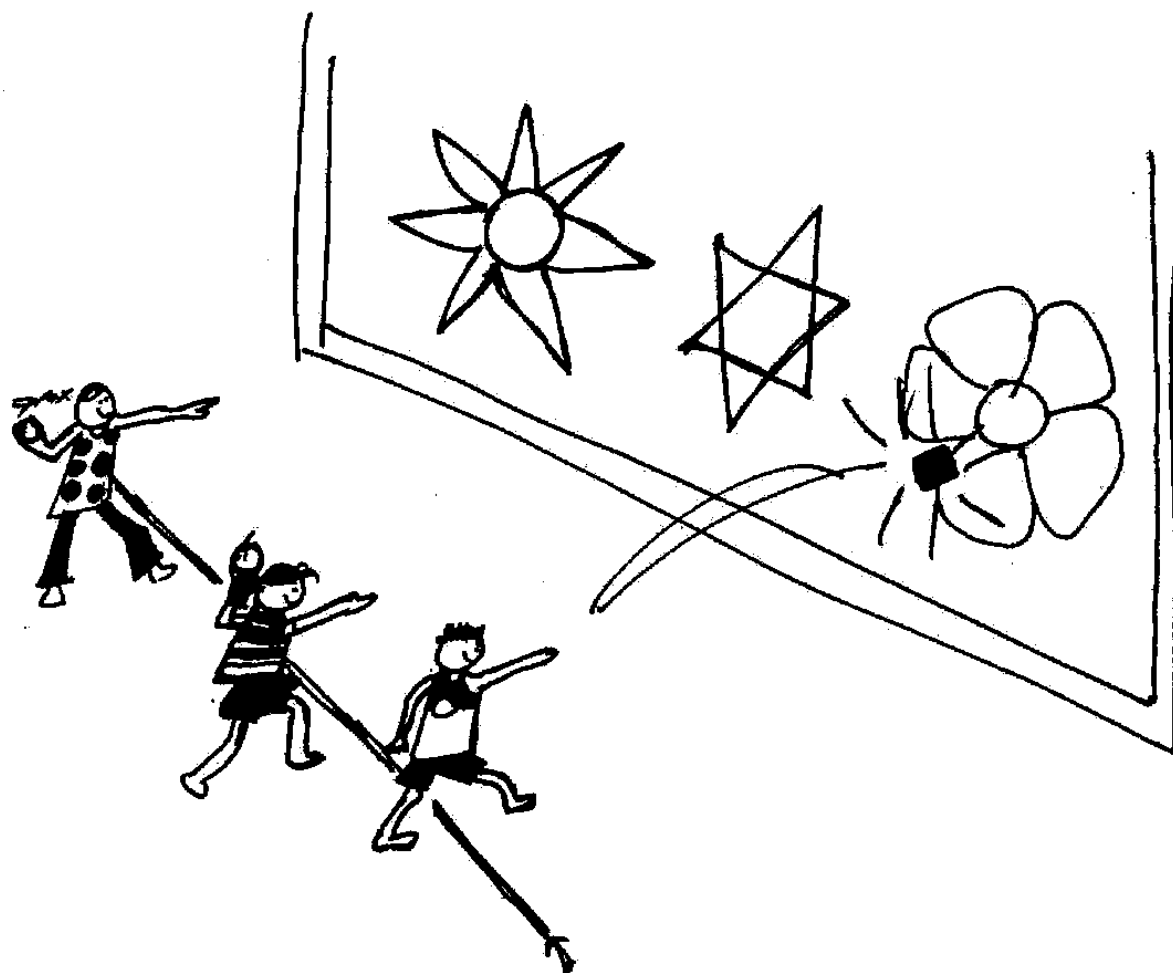
# Splat! Target Throwing

## *Manipulative skills in this game*

- Overarm throwing

## *Equipment*

- Medium-sized soft, spongy balls or bean bags
- Target posters
- Chalk



### How to play

- Use chalk to draw five different shaped targets onto posters and tape them to the wall. Make a throw line about three metres back from the target using a rope or masking tape
- Demonstrate and ask the children to line up on the throw line and throw a beanbag or a soft ball at each target using an overarm throw
- Ask the children to stand sideways with one foot straddling each side of the rope. Make sure the foot opposite the throwing arm is in front of the rope and pointed at the target
- Have the non-throwing hand point to the target while the throwing hand prepares to reach back and throw the beanbag or soft ball overarm
- Remember to stress the cues “throw over the head hard” and “step with the opposite foot”

### Look out for

- Remember to stress cues “step with opposite foot” and follow through with the throwing arm

### Making this game easier

- Draw the throw line closer to the targets
- Ask children to use their non-dominant hand to point to the target as they throw with their dominant hand

### Making this game harder

- Draw the throw line further away from the targets
- Try throwing with the non-dominant hand
- Make targets smaller

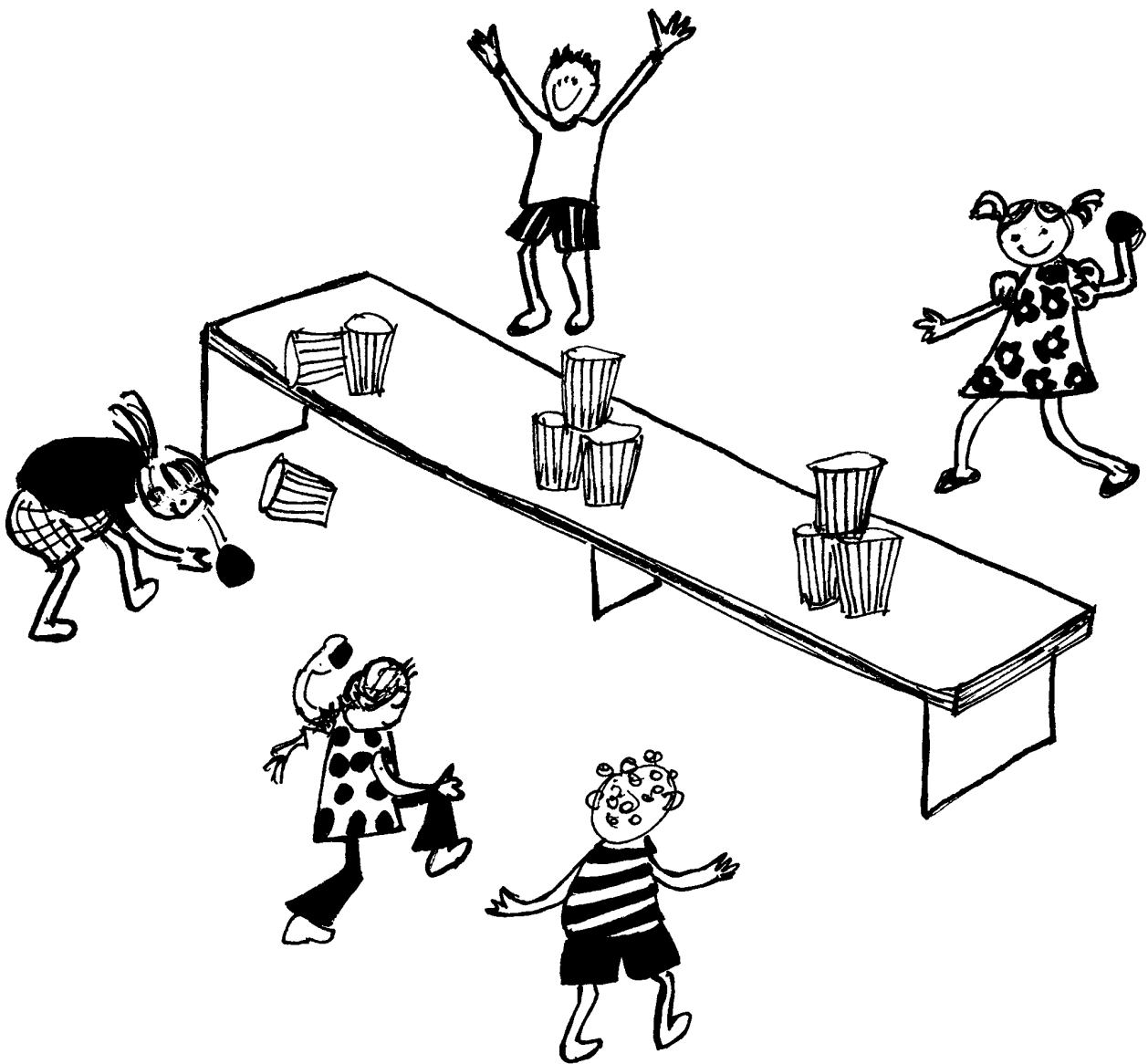
# Target Hit

## Manipulative skills in this game

- Overarm throwing

## Equipment

- Plastic cups
- Paper balls (scrunched up paper, taped into a ball shape)



### How to play

- Place three plastic cups (or other safe objects you can stack) in a pyramid shape on a bench or a ledge against a wall. Repeat this pattern five times (safely spaced) so that several children can be doing the activity at the same time
- Ask children to work in pairs and stand on either side of stacked objects. Give each pair three balls. Ask the children to throw overarm at the target to see how many cups they can knock over. The child on the other side retrieves the ball and then they have a turn at throwing at the target

### Look out for

- Remind children to bring their throwing arm up and over their shoulder
- Check that children are not throwing underarm or sidearm
- Check that children step forward with the opposite foot to their throwing arm

### Making this game easier

- Ask the children to stand closer to the targets
- Make the targets bigger
- Hang up an old sheet or large piece of paper with targets painted or drawn on it. When the children throw the balls at the target, they will roll down the sheet or paper and be easier to retrieve

### Making this game harder

- Ask the children to stand further away from the targets
- Have fewer targets
- Use smaller targets
- Use the sheet target as described in the “make it easier” section, but draw targets up high and down low. Ask the children to aim for the targets in different positions on the sheet

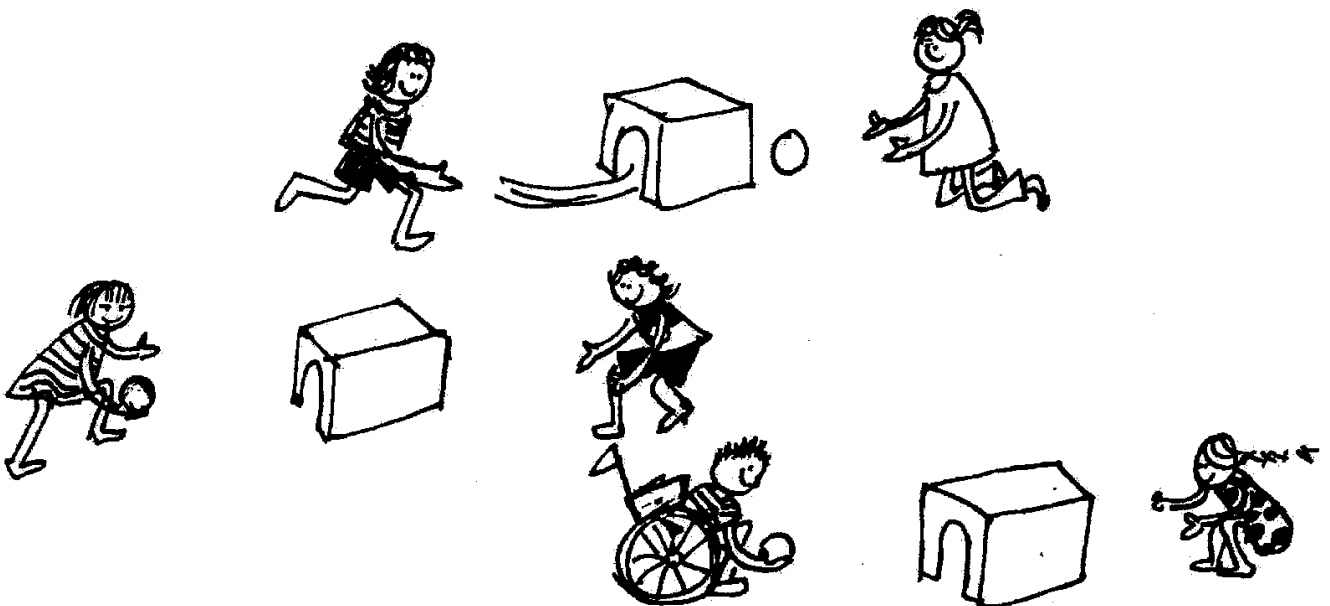
# Tunnel Bowls

## *Manipulative skills in this game*

- Underarm rolling

## *Equipment*

- Five small bouncy balls
- Four or five tunnels made from cut out cardboard boxes. The children may wish to decorate or paint the 'tunnels' they create from boxes



### How to play

- Set-up four or five tunnels made from cardboard boxes or from your own equipment
- Demonstrate underarm rolling and ask the children to form pairs and stand on either side of the tunnel. The children start by kneeling and rolling the ball through the tunnel to their partner. The partner rolls the ball back
- Emphasise bringing the arm back, swinging and rolling gently and low so that the ball doesn't bounce. Once children can do the kneeled rolling, progress the activity by asking them to stand and roll the ball underarm through the tunnel
- Remember to emphasise to step, bend down low, swing the arm from the back to the front (close to body) and release the ball

### Look out for

- Remind the children to bend their knees so the ball is close to the ground when they let it go
- Ask the children to make their ball roll along the ground (rather than bouncing)
- Make sure the children step with the opposite foot to the rolling hand

### Making this game easier

- Kneel or sit to roll the ball
- Roll the ball at large targets with no tunnel
- Stand closer to the target when rolling the ball

### Making this game harder

- Ask the children to stand further away from the tunnel as they roll the ball
- Roll the ball through smaller tunnels
- Roll different sized balls through tunnels of various sizes

# Koolchee

## (a traditional Aboriginal game)

This ball-throwing and hitting game was played by the Diyari people from the Lake Eyre district of South Australia. The balls used were made of gypsum, sandstone or mud that was worked into a round ball about 8–10cm in diameter. The balls were called koolchees. Two teams would line up opposite each other and roll the koolchees with the aim of breaking their opponent's koolchee.

### *Manipulative skills in this game*

- Underarm rolling

### *Equipment*

- Masking tape
- 15 plastic cups (or empty plastic milk bottles) for skittles
- Five small bouncy balls



### How to play

- Set-up three sets of five plastic cups or empty plastic milk bottles (skittles), preferably with a wall behind them. Make a starting line by placing masking tape about five steps back from skittles
- Ask the children to find a partner. One will start as the "roller" while the other helps to reset the skittles when they are knocked over. Demonstrate and emphasise the step, bend down low, swing arm back to front (close to body) and release the ball gently so it doesn't bounce
- Ask the children to roll the ball towards the skittles from the starting line, aiming to knock over as many skittles as possible. The children have three turns each before swapping places

### Look out for

- Remind the children to bend their knees so the ball is close to the ground when they let it go
- Ask the children to make their ball roll along the ground (rather than bouncing)
- Make sure the children step with the opposite foot to the rolling hand

### Making this game easier

- Ask the children to kneel or sit down to roll
- Have larger targets
- Ask the children to stand closer to the target to roll the ball
- Roll larger balls at larger targets e.g. another player's koolchee

### Making this game harder

- Stand further away from target
- Roll the ball at a smaller sized target
- Roll smaller balls at smaller targets e.g. another player's koolchee

### More ideas

- Gather the children in a circle and put all the skittles in the middle. One child bowls the ball to knock over as many skittles as possible. Once the ball is bowled someone on the other side will stop it and bowl it back



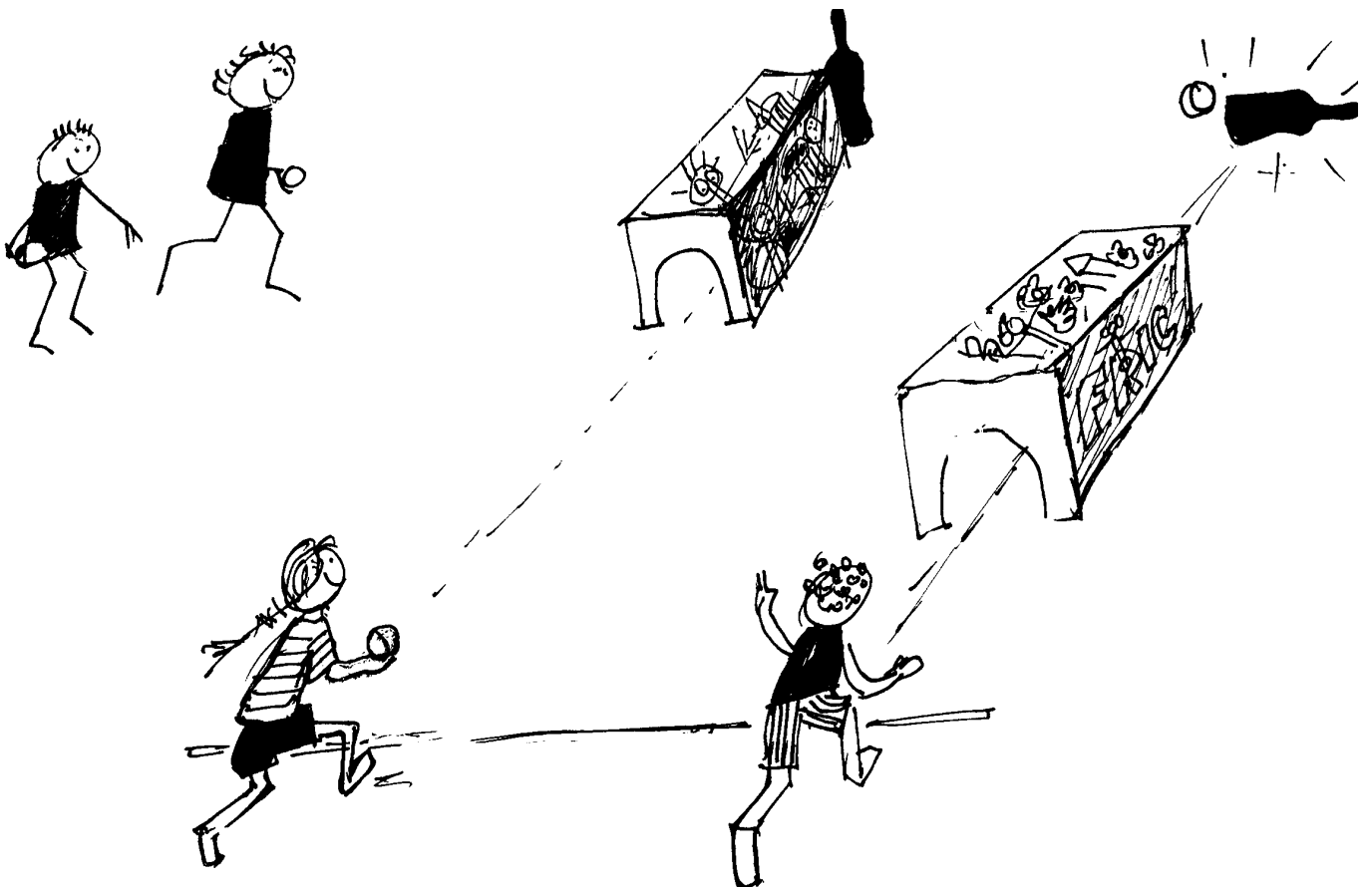
# Rolly-Poly Tunnel Ball

## *Manipulative skills in this game*

- Underarm rolling

## *Equipment*

- Small bouncy balls
- Tunnels (these could be made from cardboard boxes such as a large fridge box). Children could decorate and paint these
- Masking tape



### How to play

- Set-up a series of tunnels, with increasing lengths, in the following pattern:
  - Row one – make a start line using the masking tape. Place a box tunnel about two steps in front of the start line. Place a skittle directly behind the tunnel
  - Row two – repeat the row above, but position the box tunnel four steps in front of the start line
- Practice the underarm roll with the children. Remind them to step forward with the opposite foot to the rolling hand. Remind them to bend their knees so the ball is close to the ground when they release it
- Ask the children to stand on the start line facing their tunnel and skittle row. Children roll the ball through the tunnel to knock the skittle over. Ask the children to retrieve the ball and move on to the next tunnel and skittle row

### Look out for

- As children bowl the balls, say “Step, bend and swing through”
- Check that the ball doesn't bounce and remind children to bend low so the balls roll smoothly

### Making this game easier

- Ask children to roll the ball to each other in pairs
- Put a tunnel in the middle between two children and ask children to bowl the ball to each other through the tunnel

### Making this game harder

- Leave the tunnels set-up in the playground but have a range of different sized balls available for children to play this game with during unstructured active play
- Add extra tunnels to the row
- Add extra skittles at the end of the tunnel for the children to bowl over

# Kai

## (a traditional Torres Strait Island game)

In this game from the Torres Strait Island, a number of players stood in a circle and sang the kai wed (ball song) as they hit a ball up in the air with the palm of their hands. The ball was the thick, oval, deep red fruit of the kai tree which is quite light when dry.

### *Manipulative skills in this game*

- Striking

### *Equipment*

- Small beach balls or soft, sponge balls (1 per group)



### How to play

- Ask the children to stand in an area with enough space between each child to swing and hit the ball safely without hitting any other children
- Before the activity, explain what striking a ball with your palm is. Demonstrate and practice these steps with the children
- Ask the children to take a front-on stance with one leg slightly in front of the other and shift their weight from the front foot to the back foot and back again
- Repeat the first step but ask the children to swing both hands up at the same time as shifting their weight onto the front foot
- Ask the children to throw the ball straight up, wait for it fall back to elbow height then strike the ball with their palms

### Look out for

- Check the children have a front-on stance and they shift their weight from the front foot to the back foot
- Make sure they are waiting to strike the ball with their arms bent and hands out

### Making this game easier

- Ask the children to strike the ball then catch it before striking it again

### Making this game harder

- Ask the children to stand in a circle, about a metre apart from each other
- One player hits or throws a small beach ball or soft sponge ball into the air and the players take turns hitting the ball upwards with the palm of either hand (usually with an underhand action)
- Allow players to make one or two contacts with the ball

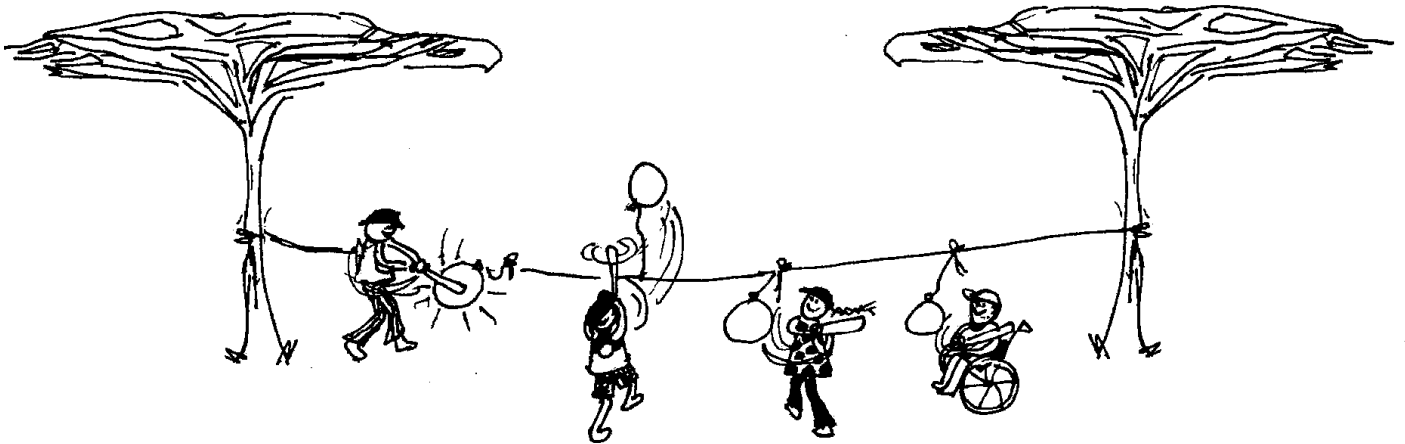
# Striking a ball with a bat

## *Manipulative skills in this game*

- Striking

## *Equipment*

- String or wool
- Balloons
- Rolled up newspaper (taped together), or the inside tubes of kitchen towel or cling wrap
- Instead of newspaper bats, try "stocking bats". Bend a wire hanger (bind tape over any edges so that there are no protruding hooks or sharp corners) into a diamond shape, then place it into a stocking. Tie the end of the stocking tight
- To make a 'balloon ball', inflate small balloons and pour a little rice inside. Place the balloon filled with rice into hanging stockings



### How to play

- Hang a line of string from one stable post (or fixture) to another. Make sure that the line is well above the height of the children to ensure safety
- Blow up several balloons and tie a piece of string to the end of each balloon. Hang the balloons along the suspended line of string. Make sure they hang so they are at each child's waist level
- Ensure that there is enough space between each balloon for each child to swing and hit the balloon safely without hitting any other children
- Before the activity, explain what striking a ball is. Demonstrate and practice these steps with the children
- Ask the children to take a side-on stance and shift their weight from the front foot to the back foot and back again
- Repeat the first step but ask the children to pretend they have a bat in their hands
- Make the swing through action rhythmical by counting aloud "one", "and", "two". The "one" is the back swing; the "and" is the pause at the top; and the "two" is the swing through when the child's weight has been transferred onto the front foot
- Ask the children to practice striking at the balloons with rolled up newspaper for bats

### Look out for

- Check that the dominant hand is above the non-dominant hand when holding the bat
- Check the children have a side-on stance and they shift their weight from the front foot to the back foot
- Practice the striking rhythm by saying aloud "one and two"

### Making this game easier

- Use the stocking bats. Ask the children to strike the ball with the stocking bat, when the ball has stopped swinging

### Making this game harder

- Reduce the size of the balls in the stockings when using the newspaper bats

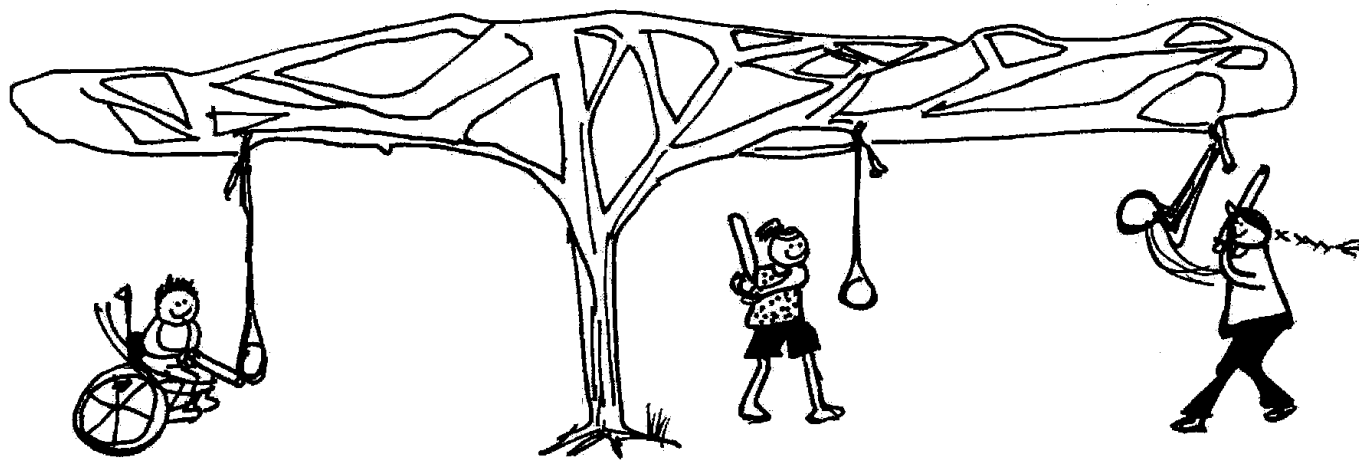
# Batting Practice

## *Manipulative skills in this game*

- Striking

## *Equipment*

- Small and medium sized bouncy balls
- Stockings
- Rolled (and taped up) newspaper "bats", or inside tubes of kitchen towel or cling wrap



### How to play

- Hang up several stockings (with small or medium-sized soft balls squeezed into the ends of them) from a stable tree, rafters or other stable fixture
- Make sure there is enough room for each child to swing and hit the ball safely and not hit any other children
- Review striking technique using “one and two” rhythm learnt in the first “striking” activity
- Ask the children to practice striking a ball with rolled up newspaper “bats” or the inside tube of kitchen towel or cling wrap

### Look out for

- Check that the dominant hand is above the non-dominant hand when holding the bat
- Check the children have a side-on stance and they shift their weight from the front foot to the back foot
- Remind the children to make the swing through action rhythmical by counting aloud “one”, “and”, “two”. The “one” is the back swing; the “and” is the pause at the top; and the “two” is the swing through when the child’s weight has been transferred onto the front foot

### Making this game easier

- Instead of newspaper bats, try “stocking bats”. Bend a wire hanger (bind tape over any edges so that there are no protruding hooks or sharp corners) into a diamond shape, then put it into a stocking and tie the stocking tight
- To make a ‘balloon ball’, inflate small balloons and pour a little rice inside. Insert the balloon with rice into hanging stockings
- Use the stocking bats
- Ask the children to strike the ball with the stocking bat, when the ball has stopped swinging

### Making this game harder

- Reduce the size of the balls in the stockings when using the newspaper bats
- Introduce children to a t-ball stand and bat. Initially, use a medium sized soft ball to strike and ensure there is plenty of room to safely swing the t-ball bat