

# Individual Activity Lesson Plan (Body Parts/ Music and Movement)

**Date:** Friday 1<sup>st</sup> May 2020

**Activity Title:** Kicking Balls

**Learning Intention:** To try and kick different sized balls. (PD)

**Activity Overview:** The child is going to kick different sizes of balls in order to build his/her gross motor skills.

**Links to EYFS:**

- Can kick a large ball (PD-MH-22-36months)
- Begins to use language of size (M-SSM-16-26 months)

**Resources:**

- Small ball e.g. Tennis ball
- Medium sized ball e.g. Small football
- Large ball e.g. Large football

**Key vocabulary:**  
Kick, small, medium, large, big, feet, leg, bounce, roll, slow, fast, tennis ball, football, ping pong ball, bouncy ball, swing, foot, forwards, backwards.

**ACTIVITY IMPLEMENTATION (including key question)**

**Introduction:**

- ❖ Choose three different sized balls. Don't worry if you only have two different sizes, it will still work!
- ❖ This activity is best done outdoors.
- ❖ Line up your chosen different sized balls and call your child over.
- ❖ Ask them questions such as:

- \*What do we have here?
- \*Is that a big or a small ball?
- \*Can you show me the biggest ball?

**Main Activity:**

- ❖ Role model an example of how to kick a ball.
- ❖ Start off by kicking the large ball, then the medium ball and finally the small ball.
- ❖ Your child will find this easier to start off with standing on the spot and kicking the ball rather than running up to it.
- ❖ Once your child has had a few practise turns, encourage them to kick the balls around the garden.
- ❖ Set up a little target or goal for your child to aim at. You could use shoes or t-shirts as goal posts.

- \*Can you kick the ball in between the trainers?
- \*What size is this ball?
- \*What part of your body do you use to kick the ball?
- \*Can you show me the smallest ball?



**Activity review:**

\*Put some objects around the garden. Test to see if your child can kick the balls and knock the objects over.

**Additional ways to support your child:**  
Assist your child by showing them how to kick the ball. You can use your hands to pick up the child's kicking leg whilst standing up, and swing it to kick the ball to role model the motion. Using the large football makes it easier.

**Extension:**  
You can give your child something to hold in their hand whilst kicking the ball. Do they have good coordination skills?  
Using the smaller ball makes it trickier.