

# Individual Activity Lesson Plan

<b>Date:</b> Wednesday 29 <sup>th</sup> April 2020	
<b>Activity Title:</b> Throw the ball into the laundry basket	
<b>Learning Intention:</b> <ul style="list-style-type: none"> <li>Understands simple sentences.</li> </ul>	<b>Activity Overview:</b> Your child will practise their throwing skills by throwing balls into a laundry basket.
<b>Links to EYFS :</b> <ul style="list-style-type: none"> <li>Communication and language -Understanding – 16-26 months</li> </ul>	
<b>Resources:</b> <ul style="list-style-type: none"> <li>Laundry basket /tub</li> <li>Balls/ bean bags/ socks/ scrunched up newspaper balls</li> </ul>	<b>Key vocabulary:</b> Colours, throw, look, count the balls, ready, steady, go, arm, focus, straight, bent, aim, bend your knees, soft, hard, bounce.

## ACTIVITY IMPLEMENTATION (including key questions)

### Introduction:

- \*Talk your child through the activity.
- \*Demonstrate what they are going to do and show them the resources you will be using.

### Main Activity:

- \*This activity can be completed indoors or outdoors.
- \* Place a laundry basket /tub/ plastic box in a large space.
- \* Take two large adult steps away from your chosen laundry basket and put down an item you would like to use as a marker. This could be a t-shirt, a rug, or a piece of string for your child to stand behind.
- \*Tell your child to stand on the marker and next to them put balls/bean bags/socks/scrunched up newspaper balls.
- \* If your child is throwing with their right hand, hold out their left arm straight as a guide and tell them to point at the basket using their left hand.
- \*Next, encourage your child to slightly bend their knees, focus on where they are throwing the ball and tell them not to take their eyes off of the basket.
- \*Throw the ball with their right hand.
- \***Remember:** It doesn't matter if your child misses the target, the more they practise the better they will become. Positive praise is important.
- \*Well done ..... I like the way you tried to throw the ball into the basket."



### Activity review:

Count how many balls your child got into the basket.  
You can repeat this activity as many times as you would like. Record how many balls your child threw into the basket and see if they can improve each time, they play this game.

### **Additional ways to support your child:**

- Allow your child to stand closer to the laundry basket to make it easier for them.
- If they are still finding this challenging, stand you child just behind a rug or mat and see if they can drop the ball onto the rug/mat.

### **Extension:**

- Move the basket further away from where your child is standing to make it more difficult for them.
- Encourage your child to count how many balls they managed to throw into their target.