

Individual Activity Lesson Plan

Date: Wednesday 29th April 2020

Activity Title: Skittles!

Learning Intention: To improve throwing accuracy and hand eye coordination.

Links to EYFS: Physical Development

Resources:

5 empty water/juice bottles

Water/ sand/ pebbles

Ball

Counters e.g. plastic coins, figurines, stickers (anything that is small for your child to count)

Activity Overview:

Make skittles using plastic bottles and then develop throwing skills by playing a game with them.

Key vocabulary:

Plastic, bottle, recycle, aim, skittle, ball, roll, aim.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

*Gather the water/juice bottles and rinse and remove any labels.

* To aid stability, ask your child to help you fill the bottles up, with water, sand or pebbles (optional). Don't fill them up too much or they may be too heavy to knock down: test them out first to see if they will work.

* Once filled, show your child how to play the game skittles, using the bottles and ball.

Main Activity:

*Identify an appropriate distance between the skittles and bowling spot with your child (consider their age and stage of development).

*Explain to your child they will have 2 turns to roll the ball and return the skittles to their places after each turn.

*Keep score by counting the number on the skittles that your child knocks down and use counters to help them identify the amount.

* After 3 turns of 2 rolls each, ask your child to add their counters up, if you are playing with them or anyone else in the house, the winner is the person with the most counters.

How many bottles did you knock down?

How many counters did you have at the end of the game?

What movement did you use to move the ball?

Challenge:

Ask your child to add more bottles to make it harder, maybe they could place them in different positions. What else could they use instead of a ball?



Additional ways to support your child:

Use a larger ball and ask your child to sit closer to the target.

Extension:

Encourage your child to sit further away from the target

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