

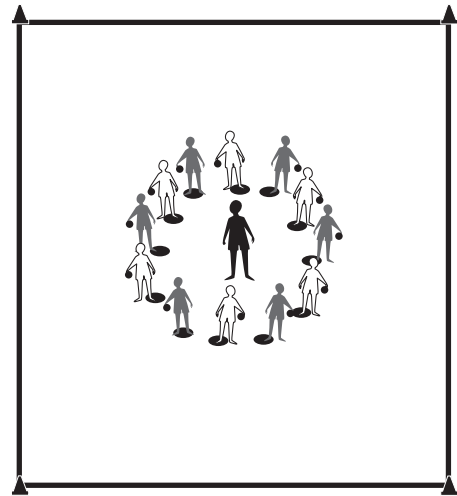


Ready

- 1 spot marker per child
- 4 cones for activity area boundaries
- 1 ball per child (7")
- 4 hoops to hold balls
- Musical ASAPs #23 and #10
- SPARK EC Music CD and player

Set

- Create activity area.
- Scatter spot markers within area.
- Place hoops outside activity area and fill with balls.
- Send children to stand on spot markers.



GO!

1. **“Boogie Down And Cruise”** (*Teach Musical ASAP #23.*)
2. **Kicking** (*Shadowing – without a ball.*)
 - How quickly can you stand behind your spot? Let’s pretend to kick a ball.
 - Shake the foot you want to kick with first. The other foot is your “stepping foot.”
 - Follow me! Step forward with your “stepping foot.” Tick! Kick with your kicking foot. Tock! Let’s practice! (*Repeat several times with each foot. Help those in need.*)
3. **Ball Selection and Exploration** (*Allow 2 minutes for exploration time.*)
 - When you hear the color of your home, **gallop** to get a ball, then **gallop** home.
 - When the music starts, play safely with your ball.
 - When it stops, hold your ball between your feet. Don’t let it roll away!
4. **Kicking for Distance** (*Create a circle with children facing out.*)
 - Hold your ball between your feet. Let’s see how far your ball goes when you kick it.
 - Use the inside of your foot to kick the ball. (*Point to the inner arch of the foot.*)
 - On “Kick!” kick your ball far in front of you and freeze.
 - Do 2 things when you hear, “Get your ball!” **Gallop** AND get your ball.
 - (*Repeat with other foot. Vary locomotor skills. When finished, have children gallop home.*)
5. **Ball Return** (*Send children to return balls by spot color and gallop home.*)
6. **“Gallop”** (*Teach Musical ASAP #10.*)
7. **Wrap It Up**
 - When you rolled the ball, you used the inside of your foot. Did you use the same part to kick it? (*Yes.*)

KICKING FOR DISTANCE

ADAPTATIONS

Limited Space

- ★ Place 2 cones 2 paces in front of an obstacle-free wall. Send children to stand between the cones to practice kicking against the wall.

Variation

- ★ Play *Color Kick*. Children stand on a boundary line between 2 cones. Children kick balls by color signal.

Inclusive Strategies

- ★ A child having difficulty timing the step-kick might be given a verbal cue or taught to self-talk the steps (i.e., “*S t e p -- Kick!*”).
- ★ A child with dyspraxia may not understand the concept of shadowing a movement. In that case, bypass the shadow practice and go directly to ball practice.



OBJECTIVES

- ✓ Kicking
- ✓ Visual tracking
- ✓ Auditory discrimination
- ✓ Balance

YOUR STATE STANDARDS



ACADEMIC

Nutrition

Read Two eggs, please. by Sarah Weeks.
Lead a discussion about the many ways to cook eggs.



FAMILY FUN



Kicking

Ask your child to teach you how to kick a ball. First, pretend to kick without a ball. When you are both ready, choose a safe, soft object, like a balloon, for indoor kicking.



TEACHER TIPS

- If indoors, use balloons, fluffballs, or beach balls to enhance safety.
- Increase the level of activity by using more vigorous locomotor skills (e.g., galloping, side-sliding, or hopping) when children retrieve their balls during *Kick for Distance*.
- Simplify and reduce language (i.e., Tick! Step. Tock! Kick).

NOTES
