

KICKING

with Holly the Horse

for pre-schoolers 3-5 years

DESCRIPTION

Kicking is a manipulative skill that involves applying a pushing force with the foot to an object to move it forward. Kicking requires good balance and coordination.

POINTS TO REMEMBER

- U Before starting the games, take a few moments to go over the key teaching cues for kicking
- U Start with the 'Who can kick like Holly the Horse?' activity and when practicing leap or take a long step just before ball contact
- U If a child is having difficulty kicking try breaking up the action into simpler parts. Work on single components such as kicking with the shoelace area of the foot
- U In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of kicking
- U Don't forget to warm up and cool down
- U Demonstrate the skill so that everyone can see
- U Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES

- 1 Stand behind the ball ready to kick
- 2 Keep eyes on the ball
- 3 Take a step forward to place your foot next to the ball and swing the other leg behind you ready to kick
- 4 Kick the ball with your shoe laces or toe
- 5 After you kick swing your leg forwards



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WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Can you point your finger and do the twist?

WHO CAN KICK LIKE HOLLY THE HORSE?

Game Set up

Children spread out in a defined area

Who can kick?

U High

U Low

U Fast

U Slow

U Loudly

U Softly

U In a line

U While walking

U While running

Holly says "Don't forget to use the FMS lanyard to help you detect & correct!"

KICK IT OVER THE LINE

Equipment

Skipping rope, masking tape or chalk, marker cone

Game Set up

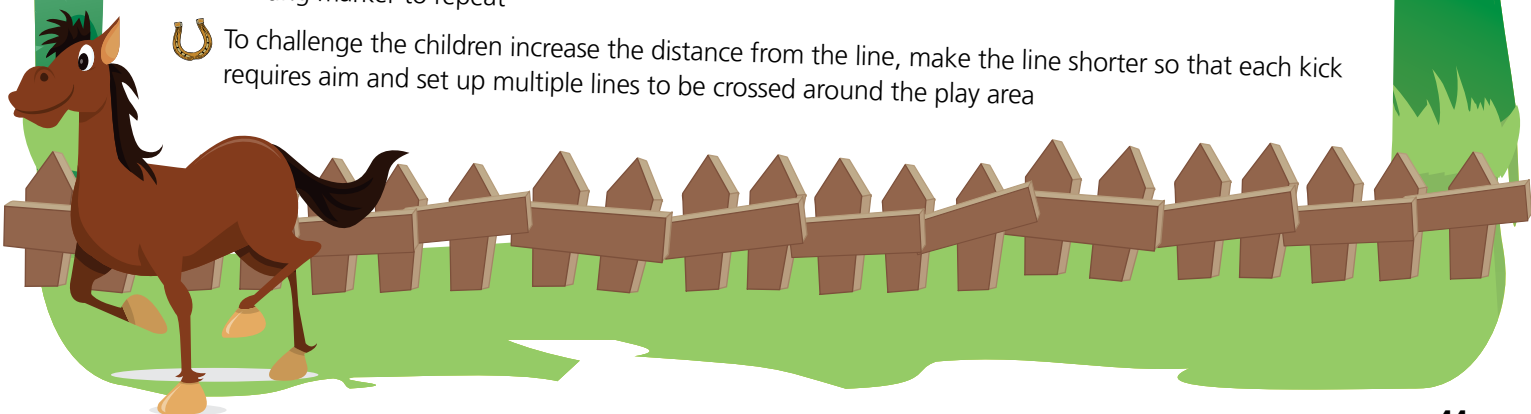
Place rope, masking tape or chalk in a line on the ground, a few metres away place the marker cone

Activity

U Have children line up next to the marker cone facing the line. From this distance, ask children to kick the ball and count how many kicks it takes to get the ball over the line

U Once each child has kicked their ball they run to the line to collect their ball and carry it back to the starting marker to repeat

U To challenge the children increase the distance from the line, make the line shorter so that each kick requires aim and set up multiple lines to be crossed around the play area



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KICKING TARGETS

Equipment

- U Large soft ball
- U Marker cone or line on the ground
- U Milk or water bottles, half filled with water or sand

Game Set Up

Arrange the milk/water bottles like bowling pins a few metres from the marker or line

Activity

- U Have children line up behind the marker or line. From this point children can kick the ball to attempt knocking over the milk/water bottles
- U Allow each child 2-3 kicks to knock over the bottles
- U To challenge the children try increasing the distance from the marker to the bottles, change the configuration that the bottles are in e.g. try straight lines, circles, squares and change the size of ball used for kicking – smaller balls will be more difficult



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TUNNEL BALL

Equipment

Soft soccer ball for each group

Activity

- U Organise children into groups of three and have them stand in lines with the two end children facing each other and the middle child standing with their legs apart to form a tunnel
- U The two children on the ends aim to kick the ball through the tunnel and if they miss then all three children do an activity e.g. 3 star jumps
- U Rotate the children so everyone has a turn at kicking and being the tunnel
- U To challenge the children make the tunnel longer by using groups of 4 or 5. When children have developed their kicking technique try a long tunnel using everyone in the room!

COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities, try:
Tree Swaying.

Ask the children to pretend to be trees and sway their branches as you sing "Some trees stand tall and point to the sky, some droop low and so do I, the gum tree spreads his branches wide, and gently sways from side to side."

