

# Kick to a Target

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.2, 8.1, 8.2

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- demonstrate persistence while engaged in kicking activities that require the use of both large and small muscles
- demonstrate spatial awareness in activities that require large muscles
- demonstrate control of large muscles with equipment

## Equipment

- Large utility balls (one per child)
- 25 small pylons or floor markers
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Remind children to be cautious when moving, and to be aware of personal space. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the walls.

## Assessment Opportunity

EL-K Team observation of children's demonstrated application of persistence, spatial awareness and muscle control can be recorded on the Anecdotal Recording Chart.

## Travelling with a Ball

Give each child a ball. Children travel around the gymnasium in a variety of ways and stop on a signal. At every stop, the EL-K Team indicates to the children how to travel (e.g., move the ball with their feet, run while carrying the ball, kick the ball then chase it, stretch holding the ball overhead).

## Targets

- Set up many large targets around the walls at a variety of heights (bench turned on its side, hula hoops taped to wall near the floor, paper targets taped to the wall). Children kick their ball to a target from a distance of 2-4 metres. The children should begin from a stationary position.
- Children rotate and kick at the various targets. Children can experiment with moving or stationary balls and varying distances from target.

## Notes to EL-K Team

- Review with the children the tips for kicking to help them improve ball handling skills:
- Move to get behind the ball.
- Take a "jump step" to the ball.
- Your step should land beside the ball.
- Bend kicking leg, swing it through, point it towards the target.

- For balance, stretch your arms out to the side.
- Contact the ball using the inside wide part of the foot.
- Keep your eyes on the ball.
- Encourage children to use both feet.
- Remind children to try to stop the ball on the rebound.
- Provide additional learning opportunities to develop ball-handling skills with their feet. Children can practise kicking: while standing still; while on the move; using alternate feet; for distance, height, or direction; with a partner or a small group; by creating a kicking game.

## Connection Questions to Expand and Enhance Play

- What can you do to play fairly and show respect for your classmates?
- Why is it important to have lots of room when kicking a ball?
- What did you do to improve your kicks to your partner?