

Red Rover, Kick it Over

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 low impact balls or beanbags (one per child)
- [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.

Carry It/Kick It

Children move around the play area, each with their own ball. When the EL-K Team calls out "carry it," the children pick up their balls and keep moving. When the EL-K Team calls out "kick it," the children move the balls with their feet. Children freeze when a stop signal is given.

Red Rover, Kick It Over

- Divide the class into two teams, holding hands on opposite sides of the gymnasium. Team 1 sings "Red Rover, Red Rover, we want (a child's name) to kick it over." The children named will kick the beanbag or ball over to Team 1. Team 1 must continue to hold hands, while trying to trap the ball with their feet. Team 2 now sings the song to Team 1. Continue with the game to allow all children a turn to kick the beanbag/ball.
- After children have learned the game, divide the class into smaller groups so more children will have an opportunity to kick the ball.

Notes to EL-K Team

- Review with the children the skills of dribbling, kicking and stopping a ball using the inside of their foot.
- Be sure there is enough space between teams in Red Rover, Kick It Over, so that children are not kicking directly at their classmates.

- When stopping/trapping the ball with their foot, children should be instructed to: get behind the ball, place the side of their foot beside the ball and to move their foot back to cushion the ball. Instruct children not to place their foot on top of the ball.
- To increase success, children can move closer to the other team before kicking the beanbag/ball.

Connection Questions to Expand and Enhance Play

- What could someone do who wasn't successful at kicking the ball on the first try?
- Why is it important to have lots of room when kicking a ball?
- What did you do to improve your chances of success when kicking towards the other team?