

# Beginning to Bounce

## *Activity*

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.1, 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:

- participate actively in daily physical activities
- demonstrate spatial awareness
- demonstrate control of large muscles with equipment

## Equipment

- Large utility ball (one per child)
- [Early Learning Anecdotal Recording Chart](#)

## Safety

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

## Assessment Opportunity

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

## Beginning to Bounce

Children explore and experiment with bouncing a ball. Challenge the children to bounce the ball in as many ways as they can while keeping the ball in control. Children complete the following challenges:

- Sitting in a straddle position, bounce and catch ball in front, on the right and on the left.
- Kneeling, use two hands to bounce the ball in front and to the right and to the left.
- Standing, continue with the two-handed bouncing, trying not to move their feet.
- Bounce the ball with either the right or left hand, in front, to the right and to the left.
- Bounce the ball at various heights (high, medium and low).

## Notes to EL-K Team

- Reinforce safety rules such as: bounce the ball in control, keep heads up and eyes open.
- Review the skills of bouncing (lead up to dribbling).
- Begin the bounce with elbow extended and body slightly forward. Spread the fingers on top of the ball and by flexing your fingers and wrist(s) downward push the ball towards the ground.
- As the ball bounces back up, meet the ball with your fingers and wrist(s) (flexing upwards) absorbing the force.
- Push downward by flexing your fingers and wrist(s).

- Remind children when bouncing, to push the ball to the ground with fingers, leaning their body slightly forward.
- Children can bounce the ball with two hands or one.

## Connection Questions to Expand and Enhance Play

- What can you do if you are losing control of the ball?
- How many different ways can you bounce the ball?
- Why is it important hold the ball still when instructions are given?