

# Island Bouncing

*Activity*

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.1, 8.1, 8.2, 8.3

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
- demonstrate hand-eye coordination in movement

## Equipment

- Large utility ball (one per child)
- Hula hoops (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.

## Island Bounce

Children begin by sitting on their "island" (hula hoop), holding their utility ball. Challenge children to explore bouncing their balls in a variety of ways in and out of the hoop.

- Children stand in the hula hoop and bounce the ball inside and outside the hula hoop.
- Children stand outside the hula hoop, bouncing the ball inside the hula hoop.
- Children bounce the ball around to other hula hoops, using two hands, then trying with one hand.

## Sink It

- Children work with a partner using one ball and one hoop. One partner bounces the ball as he or she approaches the hoop. The other partner holds the hula hoop low, medium or high. The partner with the ball stops, aims and tosses the ball through the hoop. Partners take turns performing this activity.
- Next, place the hoop between the partners. Children attempt to bounce the ball into the hoop toward the partner so they can receive it.

## 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) from "Beginning to Bounce" card.

- Children will need reminders to keep the equipment quiet when instructions are given. “Hugging the ball” is one way of practising this. Or, instruct children to place ball beside them, with their hands folded in their lap.
- Remind children to go slowly enough to maintain control of the ball, and to watch for other children.
- To increase the challenge, children can use a smaller ball.
- Children can bounce the ball with two hands or one.

## Connection Questions to Expand and Enhance Play

- What do you need to think about when you are bouncing a ball?
- How many ways can you bounce the ball inside and outside of the hoop?
- Why is it important to take turns with your partner?