



MIGHTY MOVES - CORE SKILLS LESSON

To develop timing and rhythm through partner, group and individual core-skill activities.

SUPPORTS: Locomotive Movement, Spatial Awareness, Dynamic Balance, Manipulative Skills

LEARNING READINESS: Listening & Comprehension, Sequential Processing, Focus & Attention

EQUIPMENT: Small Drum* / 8 Hoops** / A Ball For Each Child / 5-6 Beanbags***



MOVE TO THE BEAT

Objective: The children aim to walk to a slow beat, jog to a medium beat and run to a fast beat.

Benefits: Gross motor skills, motor planning, balance, listening skills, comprehension & execution.

Teaching Suggestions: Demonstrate the different tempos and the expected locomotive movement. Start with the children walking to a slow beat, then beat out the other rhythms to change their movement. Encourage them to listen carefully for the tempo changes to walk, jog or run. Excellent warm-up activity.

*Use a container with a lid in place of a drum.

Safety Precautions: Be sure that all the children move in the same direction to prevent crashes.



HOPSCOTCH

Objective: The children aim to jump to two feet then hop on one leg in a continuous hopscotch pattern of hoops on the floor.

Benefits: Motor planning, foot-eye coordination, core strength, bilateral movement, balance.

Teaching Suggestions: Encourage the children to hold their "free leg" in a relaxed position when they hop onto one foot. Notice their dominant side for the hop. If it is easy to achieve, have them try the non-dominant side. Use prompts such as, "Jump, two feet. Hop, one leg."

**Use tape or chalk on pavement in place of hoops.

Safety Precautions: If you have several hoop layouts for a large group, ensure that there is adequate space between them.



THROW, BOUNCE, CATCH

Objective: Children aim to throw a ball up into the air, let it bounce on the floor in front of them, then catch the ball as it bounces back up.

Benefits: Manipulative skills, timing, directional movement, hand-eye coordination, balance.

Teaching Suggestions: Ensure the hands are placed correctly under the ball before the upward throw. An adult can throw the ball upwards for a younger child so they can catch it after the bounce. To increase challenge, add in a clap before catching the ball.

Safety Precautions: Be sure there is enough space to do the activity safely.

If a child repeatedly throws the ball away from the body, place them where the ball will not hit anyone.



BEANBAG ATTACK

Objective: Children aim to duck and dodge beanbags gently thrown at them from a distance of 3 meters.

Benefits: Directionality, timing, balance, visual perception, motor planning.

Teaching Suggestions: Have the child stand in front of a wall, if possible.

With 5 or 6 beanbags ready, throw one beanbag at a time underhand. Indicate boundaries for the children to move within.

***Use safe objects such as rolled up socks or small soft toys in place of beanbags.

Safety Precautions: Make gentle, underhand throws aiming towards the torso.

Collect the beanbags after each child's turn so they do not step on them and slip.