



DEVELOPMENTAL BUILDING BLOCKS

Working towards FMS Manipulative Skills



Kicking

Beach Ball Kicking

Children kick the beach ball to you individually or as group.

Stocking Ball Kick

Place a ball in a stocking. Hold the stocking while the child kicks the ball with their foot. They may need to hold your shoulder for balance.

Goals

Set up a large goal space. The children practise kicking a ball into the goal. Use items like chairs, buckets or boxes as goals.

Kicking Shapes

Draw or stick different coloured shapes on a wall outside for the children to kick a ball at.

Overarm Throwing

Bean Bag Throwing

The children hold a bean bag to their ear before throwing it.



Target Hit

Stack some cups or any stackable item. The children overarm throw balls towards the cups.

Laundry Basket

Set up a laundry basket or a box. The children overarm throw their laundry (bean bags) into the basket or box.

Aeroplanes

Make paper planes. The children overarm throw their planes as far as they can.

Catching

Blowing Bubbles

Blow bubbles and ask the children to put their hands out ready to catch them.

Rolling Ball

Sit in a circle with the children and roll the ball to each other. This can also be done one-on-one.

Beach Ball Catch

With the children in a circle, the children throw a beach ball or a balloon around the circle.

Scarf Catching

The children throw the scarfs in the air and catch them while you play some music.



Underarm Throwing

Paper Ball Toss

Make a ball out of old paper. Ask the children to attempt an underarm throw into a bucket or box. Play the game one-on-one or as a group.

Parachute Pop

Stand around a parachute on the ground. The children underarm throw a bean bag onto the parachute. All together, pick up the parachute and make the popcorn pop.

Milk Bottles

Line up milk bottles or skittles. The children underarm throw bean bags towards the bottles.

Fruit & Veg Splat

Put up pictures of fruit and vegetables. The children underarm throw balls or bean bags at the targets.

Stationary Dribbling

Basket Bounce

Fill a basket with balls. The child bounces the ball (with two hands) towards you. Catch and place in an empty basket. Once all balls have been bounced, swap places and ask the child to repeat the activity.

Busy Bees Bouncing

Draw flowers and bees on ground. The children bounce a large ball with two hands and try to catch it. Sing the *Busy Bee* song as the children bounce their ball on the flowers and bees.

Dribbling Cross

Set up/draw a line of crosses. The children bounce the ball with two hands along the crosses.



Bounce the Ball

Play the song *Bounce the Ball*. Give children a big ball and ask them to copy you. Hold the ball in both hands, bounce it once and try to catch it. Make it harder if the children are doing well.

Striking a Stationary Ball

Sweep the Leaves

Ask the children to sweep the floor with a small broom or pretend brooms. Encourage them to rotate their body as they sweep.

Twister Disco

Put on songs about twisting. Do a twisting movement and ask the children to copy you. Use your arms as well – move them up in the air like a swaying tree.

Balloon Aim

Use a balloon or large ball. The children strike the balloon across the ground with a rolled-up newspaper or half a pool noodle.

