

MINI MOVERS-WEEK TEN

Clap Bounce Strike

Use of skills

Remember that when you planning around the 3 skills, it helps:

- you focus on observing and assessing these specific skills.
- you identify skills where children require additional support.
- you to develop new activities on a regular basis.
- children develop more and develop a wider variety of skills.

Using this Resource

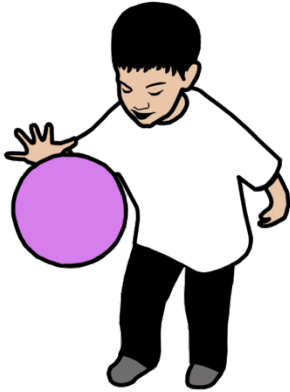
1. Learn about each skill on page 2.
2. Print off flashcards on page 3 and 4 for the activities and to place around your setting. Use Mini Moves cards if you have them.
3. Plan activities based on the skills for your PE lessons, for daily activities and to send ideas home.

Activity Ideas

Suggestions when planning activities with the skills:

- Active stories – create your own or add to existing stories
- Dancing/movement to music
- Obstacle courses
- Games
- Combining two or all three moves to create new activities.
- Add skills to existing activities.
- Place the words or images of children doing the skills around your indoor and outdoor areas so that your children can try them in their own time (after you have shown them what the skills look and feel like).
- Share your weekly skills with parents, giving children more opportunity to develop the skills in different environments.

WEEK TEN SKILLS



Bounce

Bounce can refer to bouncing your body or bouncing a ball.

Methods

Body: Up and down movement of the body (bending knees) without jumping off the ground.

Object: A young child needs to learn how to drop a ball and catch it once it bounces. Learning to bounce a ball on the ground in a controlled manner in order for them to be able to catch it can take a fair bit of practice.

Things to Try

- Start by bouncing a large ball to a child.
- Next they can learn to bounce and catch a ball on their own.
- Finally they can learn to bounce a ball to and from other children.



Clap

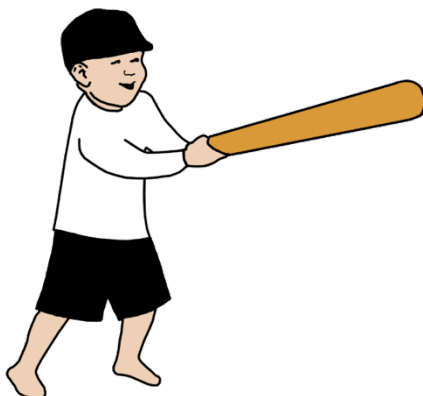
Bilateral co-ordination and hand-eye co-ordination is required to clap hands and objects together.

Clapping can support:

- The development of rhythm when used during singing and movement to music
- Understanding of how words can be broken into syllables
- Learning mathematical concepts such as patterns.

Things to Try

- Action songs that include clapping.
- Movement to music that include a clap move.
- Active stories where the character needs to clap, such as, the magician claps 3 times for the trick to work, etc.



Strike

Striking is similar to hitting, however striking is the movement and hitting relates more to the impact.

Method

Using a long, wide movement of the arm or instrument, e.g. bat, to make contact with an object, e.g. a ball, in a sharp manner.

Things to Try

- Simple rounders, with large soft balls
- Bowling with either purchased or hand made pins (e.g. decorated plastic bottles) to knock over
- Bats and beanbags games
- Striking crumpled up paper/tinfoil with hands.

Bounce



Clap



Strike



Bounce

Clap

Strike