



LET'S PLAY BALL

TYPE OF ACTIVITY: Math

KEY CONCEPT: Be physically active



OBJECTIVES:

- › Children will use gross motor skills to throw, bounce, catch, roll, and kick balls.
- › Children will explain that being physically active makes their hearts beat faster.
- › Children will describe differences in the shapes and sizes of different types of balls

MATERIALS:

- › Variety of different balls of various sizes, shapes, and colors (e.g., footballs, basketballs, soccer balls, rubber balls, textured balls, plastic playground balls, foam balls)



PROCEDURE:

1. Review with children the idea that it is important to stay physically active. Have them find their heartbeat with their hand or fingers. Explain that as they move their bodies, their hearts will beat more quickly. Suggested phrases:
 - a. *Moving keeps our bodies healthy. Running, skipping, jumping, and playing ball all make our hearts beat faster.*
 - b. *Can you feel your heartbeat with your hand? When you play ball, your heart will start beating more quickly.*
 - c. *Today we're going to play with different balls to keep our bodies moving. You can kick, throw, roll, bounce, and catch the balls.*
2. Encourage children to choose a ball, and practice throwing, catching, kicking, bouncing, and rolling it. Remind them that they need to move their bodies quickly to get their hearts beating faster.
3. Have children name, describe, and compare the balls as they explore them. Talk about how people use balls, and encourage children to explore different ways to use them. Suggested phrases:
 - a. *That ball is so big you almost can't get your arms around it.*
 - b. *What do we call that ball? It's a football. How do you throw a football? What will happen if you try to bounce the football?*
 - c. *If we both kick them, I wonder which one will go farther.*

4. Have children find a partner and kick or throw the ball back and forth. Encourage them to move farther apart and continue kicking or throwing.
5. When children have been active for several minutes, encourage them to feel their heartbeat again and talk about how it has changed. Remind them that moving their bodies increases their heart rate and helps them stay healthy.

ADAPTATIONS/EXTENSIONS:

Thinking skills: Encourage children to list as many different kinds of balls as they can. Write down the different types on flip chart paper and count the total number. Ask each child to name a favorite activity that requires a ball. Brainstorm other objects that could be used in place of a ball (e.g., a sock filled with sand, a crumpled-up piece of paper).

