

PE Curriculum for Kindergarten Age Children with 10 Top Sport Games and Activities

Motor skills

Net fishing

Game 1:

- Children are fishes and the educator or child is the fisherman who tries to catch the small fish by throwing the net over it.
- Limit the playing area according to the number of children.
- It is possible to have several fishermen depending on the size of your gym and the available equipment.

Educational objects

- Acquisition of all varieties of race.
- Work on the movement speed.

Equipment

- A fishing net about 1.5 meters long. The bigger it is, the harder it is to throw it.
- Use old baseball or tennis nets; cut it to the proper size.

Motor skills

Rodéo

Game 2:

- On a smooth floor, place a reception mat with the sliding side underneath.
- This mat is the wild bull whom kids try to ride as long as possible without falling.
- The educator moves the mat randomly from front to back.
- As soon as a child falls, the next child goes on the mat.
- Children must stand on the mat and are not allowed to run.

Educational objects

- Work on balance and concentration.
- Support foot research and impulse.
- Development of proprioception.

Equipment

- A thick reception mat 1.5 x 2 m (children).
- A 0.5 x 0.5 m carpet to kneel (educator).

Motor skills

Noodles

Game 3 – Mosquito:

- Make a loop at the end of a foam noodle with adhesive tape. Lay the loop around your head or a child's.
- The long tip of the noodle is the rostrum of the mosquito which tries to touch the other children.
- The mosquito must bite the children below the shoulders.
- Each child has 3 lives but the same child can not be stung twice in a row.

Educational objects

- Acquisition of all varieties of race.
- Work on the movement speed.

Equipment

- A foam noodle.
- 50 mm adhesive tape (packaging or gaffa tape).

Motor skills

Noodles

Game 3 – Snakes:

- 2 noodles are snakes which try to bite or touch children.
- Ideally, attach a fabric snake on each noodle to make the activity more exciting.
- Restrict the play area then try to touch children.

Educational objects

- Acquisition of all varieties of race.
- Work on the movement speed.

Equipment

- 2 foam noodles.
- Transparent tapes.
- 2 fabric snakes or snakes head.

Motor skills

Noodles

Game 3 – Dragons:

- Use the same noodles as in the Snakes game, but now swing them in the air as the dragons spit fire.
- For safety, do not swing the noodles too fast.
- The children try to dodge the dragons.

Educational objects

- Acquisition of all varieties of race.
- Work on the movement speed.

Equipment

- 2 foam noodles.
- Transparent tapes.
- 2 fabric snakes or snakes head.

Motor skills

Noodles

Game 3 – Elephant:

- Place a cup on the end of a noodle.
- Apply this noodle on your forehead and swing it in front of you like the horn of an elephant.
- Try to touch others with this horn.
- For safety, be careful not to swing it too fast.

Educational objects

- Acquisition of all varieties of race.
- Work on the movement speed.

Equipment

- 2 foam noodles.
- 1 plastic cup.

Motor skills

Poison

Game 4:

- Make groups of 3 to 4 children, if you play with older ones.
- Have them line up in front of a wall or behind a line.
- Stand about 10 meters across the playground and blow soap bubbles up in front of each group.
- Soap bubbles are poison and children must be able to run and pop them to prevent the soil from being poisoned.

Educational object

- Work on movement speed with a task to be completed at the end of the race.

Equipment

- 1 soap bubble kit..

Motor skills

The grim reaper

Game 5:

- Attach a foam ball to a string and place dozens of balls on the ground around you.
- Divide the children in a circle around you.
- Twist the string over your head so the ball rotates regularly to the ground.
- The children run towards you to take as many balls as possible to bring them back to their base.
- The goal is to never be hit by the ball or the string.
- If a child is touched, he is not allowed to return to his base and must give back the recovered balls.

Educational objects

- Work on movement speed with a task to be completed at the end of the race.
- Work on appreciation of distances.

Equipment

- 1 foam ball (volley-ball) and 2.5 m of string.
- 1 dozen of squash or tennis balls per child.
- 1 plastic or cardboard receptacle per child.

Motor skills

The crazy rocket

Game 6:

- Inflate a balloon without knot and put it in a lightweight plastic bag from below.
- The bag is the rocket whom the educator lets go in the air.
- As soon as the balloon is released, children placed a few meters away start and try to catch the rocket before it falls and explodes.
- It is best to play in groups of 3 children to avoid collisions.

Educational objects

- Work on movement speed with a task to be completed at the end of the race.
- Work on appreciation of distances.
- Dissociation of the lower and upper limbs.

Equipment

- 1 balloon.
- 1 lightweight plastic bag.

Motor skills

Fly hunter

Game 7:

- Draw a fly on the back of a plastic plate and tie it to a string.
- The educator or, at best, one of the children pulls the string around the play area and the children try to crush the fly with the noodle.
- For safety, separate children into small groups if they are tall and / or numerous.
- The faster you pull the string or the smaller the plate, the more difficult the game will be.

Educational objects

- Work on precision and on movement speed with a task to be completed during the race.
- Work on appreciation of distances.
- Dissociation of the lower and upper limbs.

Equipment

- 1 plastic plate, 1 felt pen and 1.5 m of string.
- 1 foam noodle (1 m) per child.

Motor skills

Spanking

Game 8:

- Roll a few newspaper sheets together and form a tube with tape on each end. The educator and each child have a tube.
- The educator does not behave well and deserves a spanking.
- Each child tries to hit the educator buttocks on the side, who can also do the same to the children.

Educational objects

- Work on movement speed with a task to be completed at the end of the race.
- Dissociation of the lower and upper limbs.

Equipment

- 4 to 5 magazine sheets per child and for the educator.
- Adhesive tape.

Motor skills

Crocodiles

Game 9:

- Use one or two large floorcloths as crocodiles, the more floorcloths are wider the better it is.
- Restrict the playground.
- Swipe randomly and identify children who do not want to be bitten by the crocodile (s).

Educational objects

- Work on movement speed.
- Foot-work and thrust research. Balance work.
- Concentration and reaction speed to visual stimuli.

Equipment

- 1 or 2 large floorcloths.

Motor skills

Scorpions

Game 10:

- The children line up behind a line or in front of a wall and at the signal, run to the opposite side of the playground while avoiding the scorpions (tennis balls thrown one by one by the educator) who ride through their path.
- You can roll several balls at the same time.

Educational objects

- Work on movement speed.
- Concentration and reaction speed to visual stimuli.

Equipment

- Twenty tennis balls.

Race with cones

Motor skills

Slalom

Game 1:

- Put 6 cones (or 6 stakes) in the playing area, each one meter apart.
- The floor being slippery, the child evolves into socks.
- The child goes back and forth as fast as possible in side strides.

Evolutions

- Move cones away from each other (easier) or closer (harder).
- Add a target to aim at the end of the trip.
- Combined with a work of the upper limbs (The Pancake griddle, The Scale, ...).
- In dual race or relay.

Educational objects

- Work simultaneously on movement speed and balance.
- Development of proprioception and racket control (The Pancake griddle).
- Make the child acquire independence and make him perform several tasks at once to enable him to sectorize his actions (The Scale).

Equipment

- 6 cones (or 6 stakes).
- Rackets, foam balls and goggles for each child.

Motor skills

Hurdle race

Game 2:

- Put 6 cones in the playing area, each one meter apart.
- The floor being slippery, the child evolves into socks.
- The child goes back and forth as fast as possible, always passing the same leg over each cone.

Evolutions

- Move cones away from each other (easier) or closer (harder).
- Make sure there is enough space between the cones to keep the child's rhythm.
- Combined with a work of the upper limbs (The Pancake griddle).
- In dual race or relay.

Educational objects

- Work simultaneously on movement speed and balance.
- Development of proprioception and racket control (The Pancake griddle).
- Make the child acquire independence and make him perform several tasks at once to enable him to sectorize his actions (The Pancake griddle).

Equipment

- 6 cones.
- Rackets, foam balls and goggles for each child.

Motor skills

Relay with balls

Game 3:

- Put 5 cones in the playing area, each one meter apart.
- Let 5 balls on the ground, in the nearest corner.
- The floor being slippery, the child evolves into socks.
- The child takes a ball and places it on top of the 1st cone and so on.

Evolutions

- Move cones away from each other (harder) or closer (easier).
- In dual race or relay with 2 lines of 5 cups and as many foam balls (the boiled egg combined with the Chinese hat).

Educational objects

- Development of precision and of movement speed with a task to be completed at the end of the race.
- Have the child acquire independence and make him perform several tasks at once, to enable him to sectorize his actions (the Boiled egg combined with the Chinese hat).

Equipment

- 5 cones, 5 balls, basketball or volleyball.
- 10 cups, 10 foam balls, 1 cup (Chinese hat) and goggles for each child.

Motor skills

Jumping

Game 4:

- Build a varied jump course on the playground.
- The child evolves in shoes.
- The child cross over all the obstacles by jumping, except for the balance cushion.

Evolutions

- Bounce a ball through the playing area to distract the child during his course (harder).
- Lower the height and size of the obstacles (easier).

Educational objects

- Strengthening muscle tonicity and concentration.
- Foot-work research, balance and mobility control.

Equipment

- Goggles for the child.
- Jump course: 1 noodle for the start, 3 sets of steps (different heights), 1 lying cone, 1 basketball, 1 big plastic beach ball, 1 square cushion, 2 hurdles consisting of 2 cones with a relaxed rope, 1 balance cushion, 1 noodle for the arrival.

Motor skills

The race in eight

Game 5:

- Put 2 cones each 1.5 m apart on the playground.
- The child evolves in shoes.
- The child performs loops as quickly as possible in side steps between and around the 2 cones, so as to draw an eight.

Evolutions

- Move cones away from each other (easier) or closer (harder).

Educational objects

- Strengthening muscle tonicity and concentration.
- Movements variation so the child is not limited and restrictive in his races of future player.

Equipment

- 2 cônes.

Motor skills and trajectory

Race and throw

Game 6:

- Put 3 cones each 1.5 m apart in the front wall, install a base filled with several types of balls, 4 m behind the midline or the throwing line.
- The children evolve in shoes, each one has a cone.
- The child goes back and forth as quickly as possible between the base and the midline, from where he throws each ball (from below) towards his cone.
- When balls supply is exhausted, the child whose cone is the most filled, has won.

Evolutions

- Throw with the non-preferred hand (harder). Use one type of balls (easier).

Educational objects

- Work on movement speed with a task to be completed at the end of the race.
- Arm speed dosing and accompaniment of the ball.

Equipment

- 1 cone and goggles for the child. Balls (squash, racketball, table tennis, tennis, pala, paleta, foam, etc).