

# **Motor Skill Learning for 4-5 year olds: Week 1 Child Development**

# Reaction

# The clamp

## **Action**

The educator holds a racket suspended between his two fingers by the end of the grip. The child approaches his hand a few centimeters from the shaft between the head and the grip. The instructor releases the racket and the child has to catch it before it hits the floor.

## **Evolutions**

- Try to grab the racket higher and higher, so faster and faster.
- Change hands if the child catches the racket 5 times out of 10.

## **Educational object**

Work on reaction time by trying to catch the grip as quickly as possible.

## **Equipment**

A racket.

# Orientation

# The Bubble

## **Action**

The child stands near the side wall. He blows up a balloon above him and as many times as possible.

## **Evolutions**

- Blow up the balloon with the same hand.
- Increase or decrease the balloon size, depending on the child.

## **Educational object**

Improve its orientation relative to an object in space.

## **Equipment**

Balloons.

# Coordination

# The Frog

## **Action**

The educator bounces a ball on the floor. The child should try to lock it in the cone before it has stopped bouncing.

## **Evolutions**

Bounce the ball farther and farther and higher.

## **Educational object**

Improve hand-eye coordination in relation to a moving object on the floor.

## **Equipment**

A rubber racquetball, a cone.

# Balance

# The Heron

## **Action**

The child lifts a thigh 90° and passes a ball under his leg from hand to hand while maintaining balance. the child makes a single pass and then rests his leg.

## **Evolutions**

Try to make 5 continuous ball passes. This exercise remains complicated for a 4 – 5 years old child.

## **Educational object**

Maintain balance while performing a particular gesture with the upper body.

## **Equipment**

A tennis ball.

# Orientation

# The Basket

## **Action**

The child stands behind the midline. The educator places a basket in front of him. The child has to send a ball directly into the basket. On each successful throw, the basket is moved back and slightly to the side (s).

## **Evolutions**

After 5 successful throws in a row, the child resumes the exercise with the non-preferred hand.

## **Educational object**

Well orienting its body while maintaining a good level of precision.

## **Equipment**

Tennis balls, a basket.

# Rhythm

# The samba

## **Action**

The child places his legs apart, forward and backward, on either side of the midline. He has to make as many alternating steps as possible while remaining at the base of the line and facing the front wall.

## **Evolutions**

Increase alternating steps frequency.

## **Educational object**

Assimilate rhythm concept. This exercise remains complicated for 4 - 5 years old child.

## **Equipment**

None.

# Physical activity

# The stairway

## **Action**

The child climbs one by one two steps then descends one. He performs this exercise up the stairs, at his own pace.

## **Evolutions**

- Increase climbing and descending steps frequency.
- The monitor does not count anymore, the child performs the exercise alone.

## **Educational object**

Maintaining concentration during exercise.

## **Equipment**

None.



# **Motor Skill Learning for 4-5 year olds: Week 2, Development Milestones for Children**

# Reaction

# The scarf

## **Action**

The educator, placed one to two meters from the child, hangs a piece of light fabric. As soon as the fabric is released, the child has to try to retrieve it before it completely falls to the floor.

## **Evolutions**

Increase distance between the child and the fabric dropping point.

## **Educational object**

Work on reaction time by trying to catch the fabric as quickly as possible.

## **Equipment**

Light fabric piece.

# Differentiation

# The bubble

## **Action**

The educator sends a balloon to the child who immediately tries to catch it.

## **Evolutions**

- Decrease the balloon volume.
- Child begins to move and tries to catch moving ball.

## **Educational object**

Improve its orientation relatively to an object in space.

## **Equipment**

Balloons.

# Balance

# Karate Kid

## **Action**

The educator holds a stationary racket with the head placed at the child's belly. The child has to try to touch the frame 5 times in a row with the tip of his right foot. If the child loses balance after a touch, it is not counted.

## **Evolutions**

- Present the racket grip, always at the same height.
- Perform the same exercise with the left foot.

## **Educational object**

Maintain balance while performing a particular gesture with the lower body.

## **Equipment**

A racket.

# Orientation

# The weird kangaroo

## Action

The child stands on the service box line, facing back wall. The feet normally apart, he jumps to  $-90^\circ$  so as to find himself on the service box line. He does the same jump backwards so he ends up on the midline in his starting position.

## Evolutions

After 10 chained " $-90^\circ + 90^\circ$ " jumps, perform a sequence of 10 " $+90^\circ -90^\circ$ " jumps.

## Educational object

Well orienting its body while maintaining a good level of precision.

## Equipment

None.

# Rhythm

# 1, 2, 3 Bravo!

## Action

The child places his legs slightly apart, then beats the measure once with his right foot, then once with his left foot, then claps once. A good way to assimilate the rhythm is to make the child count to 3. Start the exercise slowly.

## Evolutions

- Increase rhythm.
- Start with the left leg.
- From a moment the educator no longer counts, the child takes over.

## Educational object

Assimilate rhythm concept.

## Equipment

None.

# Coordination

# Catch Me If You Can!

## **Action**

The child pinches a balloon from below to make it jump. He has to catch it in the air, with both hands. It is better to present the ball in front of you.

## **Evolutions**

Pinch the ball with the non-preferred hand.

## **Educational object**

Improve its orientation relatively to an object in space.

## **Equipment**

Balloons.

# Physical activity

# Post-it

## **Action**

The educator holds a Post-it stuck on his finger, hanging and at a constant height so the child can touch it. The child has to try to catch the Post-it by jumping. Ensure height is sufficient so the child can catch the Post-it after 3 to 5 jumps. The child sticks each caught Post-it on his wall, like a trophy.

## **Evolutions**

The most important for the child is to understand when to join his two fingers to catch the Post-it.

## **Educational object**

Maintaining concentration during exercise.

## **Equipment**

Post-it notebook.



# **Motor Skill Learning for 4-5 year olds: Week 3, Gross Motor Skills for Children**

# Reaction

# The ripe fruit

## Action

The educator is in front of the child and holds in each hand a hanging ball at shoulder height. He drops one or the other balloon and the child has to grab it before it touches the floor. The child should not be discouraged and should be able to catch a ball after 6 or 7 attempts.

## Evolutions

- Lower the height of dropping to accelerate balloons fall.
- Reduce balloons volume. Incidentally drop these balloons higher.

## Educational object

Work on reaction time by trying to catch the ball as quickly as possible.

## Equipment

Balloons.

# Differentiation

# The door

## **Action**

The child stands in front of the T and throws a ball towards the open door. On each successful attempt, the child recovers his ball and then performs the next throw after stepping back towards the front wall. The ball has to be thrown over the shoulder.

## **Evolutions**

- The child throws the ball to a side wall and tries to aim for the door, finding the correct trajectory angle.
- The ball can be replaced by a frisbee. The child makes a backhand throw, placing himself to the side and moving further and further away from the door.

## **Educational object**

Improve its orientation relatively to an object in space.

## **Equipment**

Foam balls, foam frisbees.

# Balance

# The tightrope walker

## **Action**

The child is walking in balance along the midline. He always has to keep one foot in front of the other. The longer the child is balancing, the more successful is the exercise.

## **Evolutions**

Have the child change direction on the service box lines.

## **Educational object**

Maintain balance while performing a particular gesture with the lower body.

## **Equipment**

None.

# Orientation

# Spinning top

## **Action**

The educator, placed at a distance of one to two meters from the child, throws a piece of light fabric in the air. As soon as the fabric is released, the child, after having turned on 360 °, must try to recover it before it falls completely on the floor.

## **Evolutions**

After 5 attempts made in a clockwise direction, carry out a sequence of 5 attempts in the opposite direction.

## **Educational object**

Well orienting its body while maintaining a good level of precision.

## **Equipment**

A piece of light fabric.

# Rhythm

# The Ball jump

## **Action**

The child places his right foot on a ball. He jumps to the side so as to land on his right foot and places his left foot on the ball. The balloon should not move. The child performs the same movement on the left side and then makes a series of jumps one at a time.

## **Evolutions**

- Accelerate the pace.
- Start with your left foot on the ball.
- Chain jumps continuously.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

Straw balls, or volley balls or basket balls.

# Coordination

# The Pancake griddle

## **Action**

The child moves with a squash ball on the racket head and has not to drop it over a 10 meter course. The racket is held with one hand. If the ball falls, the child repeats the course.

## **Evolutions**

- Perform the same course with a larger foam ball.
- With the non-preferred hand.

## **Educational object**

Development of proprioception and of racket control.

## **Equipment**

Racket, squash balls and foam balls.

# Physical activity      The potato masher

## **Action**

Each child has a closed cardboard box on the floor. He jumps with both feet on so as to pass through. After each jump the child tries to restore its original appearance to the box then it jumps on it until it is completely crushed.

## **Evolutions**

None.

## **Educational object**

Maintain concentration during exercise and make the child understanding package recycling concept.

## **Equipment**

Packaging boxes.



# **Motor Skill Learning for 4-5 year olds: Week 4 for Motor Development Skills**

# Reaction      Move heaven and earth

## **Action**

The child places his feet on either side of a small plastic balloon by squeezing it. He jumps with the ball and then drops it in front of him so he can grab it with both hands. He has to make 5 attempts in a row.

## **Evolutions**

- Replace balloons with tennis balls.
- Lift the ball behind the back and try to catch it with both hands as soon as you receive from the jump.

## **Educational object**

Work on reaction time by trying to catch the ball as quickly as possible.

## **Equipment**

Straw balls, tennis balls.

# Differentiation

# Small steps

## **Action**

Place 6 contiguous hoops in a straight line on the floor. The child performs 2 steps in the first hoop then goes to the other hoop and so on. Steps are chained so as to maintain a constant rhythm.

## **Evolutions**

Accelerate steps and crossings frequency.

## **Educational object**

Search for support, balance and mobility control.

## **Equipment**

Hoops.

# Balance

# Heron's bag

## **Action**

Place a paper shopping bag in front of each child. Balanced on his left leg, the child has to bend over and grab the bag with his mouth without putting his hands on the floor. Make 5 attempts in a row.

## **Evolutions**

Perform the same exercise on the right leg.

## **Educational object**

Maintain balance while performing a particular gesture with the upper body.

## **Equipment**

Paper shopping bags.

# Orientation

# Leg passes

## **Action**

The child holds a basketball or volleyball in his hands and then releases it with outstretched arms. Before the ball bounces a second time, the child turns his leg around the ball, from inside to outside. On the next attempt, he turns his leg around the ball, from outside inwards.

## **Evolutions**

After 5 attempts with the left leg, perform a sequence of 5 attempts with the right leg.

## **Educational object**

Well orienting its body while maintaining a good level of precision.

## **Equipment**

Volley balls or basket balls.

# Rhythm

# The tumbler

## **Action**

The children sit cross-legged in a circle. In front of each of them a cup is placed upside down. Simultaneously, the children applaud 2 times, then tap 3 times on the floor in front of them with the hand palm hand (right - left - right) then applaud once again and grab the cup with the right hand to pass it to their neighbor.

## **Evolutions**

Increase rhythm frequency.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

Plastic tumblers.

# Coordination

# The leaping ball

## **Action**

The child holds a foam ball with both hands, then drops and collects it with both hands after the first bounce.

## **Evolutions**

- Use a smaller ball such as a tennis ball.
- Use a racquetball.
- Drop the ball with one hand, catch it with both hands.
- Exercise while walking.

## **Educational object**

Development of proprioception and of hand-eye coordination.

## **Equipment**

Foam balls, tennis balls, racquetballs.

# Physical activity

# The chip

## **Action**

The child climbs a staircase, jumping with his joined feet from one step to the next. Attempt to climb 10 steps in a row. If necessary, take a break during the ascent. If the exercise is too difficult, the child can lean against the wall with his hand.

## **Evolutions**

None.

## **Educational object**

Maintain concentration during effort.

## **Equipment**

None.



# **Motor Skill Learning for 4-5 year olds: Week 5 Preschool Physical Development**

# Reaction

# The sheet

## **Action**

The children stand, hands behind back, in front of the educator who holds, vertically, a paper sheet in front of them. The educator gives an audible signal. The first to grab the sheet wins.

## **Evolutions**

- Catch the sheet with your right hand only.
- Switch to the left hand.

## **Educational object**

Work on reaction time by trying to catch the sheet as quickly as possible.

## **Equipment**

A paper sheet, a bicycle horn.

# Differentiation

# The mill

## **Action**

The child makes reels with his arms, the right forward, the left back.

Start the exercise with both arms in the air then perform movements slowly.

## **Evolutions**

- Perform 10 rotations continuously.
- Change rotation direction.

## **Educational object**

Improve your orientation in space.

## **Equipment**

None.

# Balance

# The ford

## **Action**

Build a ford with means at hand. Children has to cross it without "stepping into the water", otherwise they repeat the course.

## **Evolutions**

Carry out 5 courses in a row without "falling into the water".

## **Educational object**

Keep your balance while walking with random supports.

## **Equipment**

Balance cushions, planks, plastic bricks, etc..

# Orientation

# The mysterious box

## **Action**

Blindfold the child and then rotate him / herself 3 times towards the center of the court. Place a cardboard box on the T, the child has to move in a circular fashion in order to reach the box as quickly as possible. Another child can verbally guide him.

## **Evolutions**

- Place the box in a different location.
- Use a smaller box.

## **Educational object**

Well orienting its body while maintaining a good level of precision.

## **Equipment**

A headband or hood, a cardboard box.

# Rhythm

# Double dribbling

## **Action**

The educator sets the tempo. Each child holds a basketball or volleyball in his/her hands and then bounces it 2 times in a row in front of him/her by catching it with 2 hands. At "3" each child keeps the ball for 2 seconds then starts bouncing it 2 times, and so on. The goal is to keep a constant pace, all at the same time.

## **Evolutions**

The educator stops setting the pace and the children continue alone.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

Volley balls or basket balls.

# Coordination

# Bowling

## **Action**

2 children are facing each other across the court with 2 cones placed between them. They roll a ball so it passes between the cones. The goal is to achieve the most passages in a row while maintaining a regular pace. Children can kneel or lunge to throw and catch the ball.

## **Evolutions**

Reduce space between cones and keep children away from each other.

## **Educational object**

Development of proprioception and of ball control.

## **Equipment**

Cones, foam balls.

# Physical activity

# The kangaroo

## **Action**

Build a course with orthogonal sections and with 20 to 25 cm high obstacles. The child has to cross each obstacle by jumping with both feet in front of him or to the side. The course has to be completed 3 times without touching any obstacle and remaining oriented towards the front wall all the time.

## **Evolutions**

Increase jumps frequency.

## **Educational object**

Maintain concentration during effort.

## **Equipment**

Plastic barriers or bricks.



# **Motor Skill Learning for 4-5 year olds: Week 6 Physical Development in Preschool Children**

# Reaction

# First finger

## **Action**

2 children are facing each other while holding in front of them with their first finger a racket placed vertically on the floor and on the frame. At the signal, the children quickly swap places and immediately catch up with the first finger. Perform the exercise clockwise.

## **Evolutions**

- Perform the exercise counter clockwise.
- Increase distance between rackets.

## **Educational object**

Work on reaction time by trying to catch the racket as quickly as possible.

## **Equipment**

A racket per child.

# Differentiation

# Shot at goal

## **Action**

Open the court door. The child places a soccer ball on the floor (half-court line), 5 m from the door and shoots. After 3 to 5 successful shots, the child moves the ball back 1m.

## **Evolutions**

Hit with the other foot.

## **Educational object**

Improve your orientation in space.

## **Equipment**

Plastic soccer balls.

# Balance

# Relay

## **Action**

Build 2 slalom courses. Children put on their socks and run a team relay race. Running in socks is good for balance. Make sure the floor is smooth and uneven.

## **Evolutions**

Perform 5 round trips per team without hitting any obstacle.

## **Educational object**

Keep your balance while running with random supports.

## **Equipment**

Cones, cups.

# Orientation

# Double bounce

## **Action**

Each child, in socks, holds a ball with 2 hands, then drops it vertically on the floor. The child turns on its own and has to catch the ball after 2 bounces. For an easier exercise, drop the ball higher.

## **Evolutions**

- Catch the ball after one bounce.
- Turn in opposite direction.

## **Educational object**

Well orienting its body while maintaining a good level of precision.

## **Equipment**

Volley balls or basket balls.

# Rhythm

# Double dribbling (bis)

## **Action**

The educator sets the tempo. Everyone goes online from one side wall to the other. Each child holds a basketball or volleyball in the hands and then bounces it 2 times in a row in front of him by walking and catching it with 2 hands. At "3" each child stops, keeps the ball 2 seconds and then starts bouncing it 2 times, and so on. The goal is to synchronize each step with a dribble and keep a constant rhythm, all at the same time.

## **Evolutions**

To make the exercise easier, stay put.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

Volley balls or basket balls.

# Coordination

« Djokovic »

## **Action**

The child bounces a ball on the floor with his right hand. He catches and keeps the ball after the 1st bounce, then bounces it again and so on.

## **Evolutions**

After 5 successful bounces in a row, the child changes hands.

## **Educational object**

Ball control development.

## **Equipment**

Foam balls, tennis balls.

# Physical activity      The kangaroo (bis)

## **Action**

Build a straight course with higher and higher obstacles. The child has to overcome each obstacle by jumping with both feet. The course has to be completed 3 times without touching an obstacle.

## **Evolutions**

Increase the gap between obstacles.

## **Educational object**

Maintain concentration during effort.

## **Equipment**

Barriers or stacked plastic bricks.



# **Motor Skill Learning for 4-5 year olds: Week 7**

# Reaction

# « Hale and Hearty »

## Action

The catcher turns his back to the ball thrower with his legs slightly apart. The pitcher rolls the ball between the catcher's legs. The latter, as soon as he sees the ball, puts one foot on it without moving the other foot. Make 5 consecutive stops.

## Evolutions

- Change feet.
- Roll the ball faster.
- The catcher leaves the service box and stops the ball before the half-court line in 2 steps.

## Educational object

Work on reaction time by trying to stop the ball as quickly as possible.

## Equipment

A squash ball.

# Differentiation

# 2 balls

## **Action**

The child throws a balloon in the air and with the other hand throws a foam ball to reach it. After 5 successful shots, the child changes hands to throw the balloon and the ball.

## **Evolutions**

Use smaller and smaller balloons.

## **Educational object**

Improve your orientation in space.

## **Equipment**

Balloons, foam balls.

# Balance

# The snail

## **Action**

Each child has a 2.5m rope on the floor. He puts one foot on one end and has to turn on himself so as to wrap the rope around his foot, without losing his balance during the rotations and without using the other foot.

## **Evolutions**

Make 2 "snails" with the left leg, then with the right leg.

## **Educational object**

Maintain balance with random support.

## **Equipment**

Pieces of rope (diam. 1 to 1.2 cm).

# Orientation

# Way of walking

## **Action**

Each child, in socks, jumps in alternating steps on 2 balance cushions. He stops between each jump in order to maintain balance and orientation.

## **Evolutions**

Put the cushions side by side for an easier exercise.

## **Educational object**

Well orienting its body while maintaining balance.

## **Equipment**

2 balance cushions.

# Rhythm

## « Pas de deux »

### **Action**

The educator sets the tempo. Everyone is positioned behind the midline, facing the back wall. A first jump in alternating steps with the left foot in front, then join feet behind the midline, then a jump in alternating steps with the right foot in front. And so on.

### **Evolutions**

Start and show exercise slowly and then continue jumps.

### **Educational object**

Assimilate rhythm concept.

### **Equipment**

None.

# Coordination

# Seize the chance

## **Action**

The child faces the side wall and throw a foam ball from below. He catches the ball with 2 hands after the 1<sup>st</sup> bounce.

## **Evolutions**

- Attempt 5 receptions in a row.
- Use a bigger ball for easier exercise.

## **Educational object**

Ball control development.

## **Equipment**

Foam balls.

# Physical activity

# Balloons warfare

## **Action**

Each child holds his volley ball or basket ball with 2 hands. He sends it to the floor to crush or burst his balloon. A balloon is surprisingly difficult to burst.

## **Evolutions**

None

## **Educational object**

Maintain concentration during effort and in relation to an object moving on the floor.

## **Equipment**

Balloons, volley balls, basket balls.



# **Motor Skill Learning for 4-5 year olds: Week 8**

# Reaction

# Fallen from head

## **Action**

Each child places a small object on their head. He slightly leans his head forward to drop the object and tries to catch it with both hands. Don't move your arms until you feel the object falling.

## **Evolutions**

Catch the object with one hand, with the other behind your back.

## **Educational object**

Work on reaction time by trying to catch an object as quickly as possible.

## **Equipment**

Light plastic objects.

# Differentiation

# The Ultimate

## **Action**

Place a target with a base and a shaft 2.5 m in front of the midline. Children position themselves behind the midline and try to reach the target with frisbees thrown from the side. Collect all the frisbees at the same time.

## **Evolutions**

Make a back step if the target is hit 3 times.

## **Educational object**

Improve your orientation towards a target.

## **Equipment**

Bases, shafts, foam frisbees.

# Balance

# Jelly legs

## **Action**

Put a plastic object or form on his/her foot. The child lifts his leg so he grasps the object while maintaining balance on his supporting leg. Catch the object placed on his right foot 5 times with the right hand. Then repeat the exercise with the left foot and the left hand.

## **Evolutions**

Make the exercise 5 times in a row. If the object falls, start from scratch.

## **Educational object**

Maintain balance with random support, seeking stability of the leg and bust.

## **Equipment**

Light plastic objects.

# Orientation

# The lost ball

## **Action**

The educator, placed on the side and near the front wall, sends a balloon in the air. Children, behind the midline, try to reach it with a foam ball.

## **Evolutions**

Decrease ball size.

## **Educational object**

Well orienting its body with a moving object.

## **Equipment**

Balloons, foam balls.

# Rhythm

# The Haka

## **Action**

The educator sets the tempo. The child claps his thighs with his hands, then claps his hands, and finally claps his hands flat and his arms crossed over his shoulders.

## **Evolutions**

Start and show the exercise slowly and then increase rhythm continuously.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

None.

# Coordination

# Seize the chance (bis)

## **Action**

The child stands in front of the side wall and sends a foam ball from below with the right hand. He catches the ball with his right hand after the 1<sup>st</sup> bounce.

## **Evolutions**

- Attempt 5 receptions in a row.
- Change hands.

## **Educational object**

Ball control development.

## **Equipment**

Foam balls.

# Physical activity

# Wandering Tom Thumb

## **Action**

Each child has 3 balls and 3 cones placed in a straight line in front of him between the front wall and the midline. At the signal, children start from the front wall and place a ball at the top of the first cone. They come back immediately to touch the front wall then leave to place another ball on the 2<sup>nd</sup> cone, and so on. The first who finishes, won.

## **Evolutions**

None.

## **Educational object**

Maintain your concentration during exercise, while working on motor skills.

## **Equipment**

Cones, squash balls.



# **Motor Skill Learning for 4-5 year olds: Week 9**

# Reaction

# Maradona

## **Action**

Put a plastic object or form on the foot. The child lifts his leg quickly to pop the object, then catch it while maintaining balance on his supporting leg. Catch the object placed on his right foot 5 times with the right hand. Then repeat the exercise with his left foot and his left hand.

## **Evolutions**

Catch the object with one hand, with the other behind your back.

## **Educational object**

Work on reaction time by trying to catch an object as quickly as possible.

## **Equipment**

Light plastic objects.

# Differentiation

# The table tennis player

## **Action**

Place a ball (foam, squash) on a table tennis racket. Carry out a route from point A to point B.

## **Evolutions**

Repeat the course without dropping ball. The greatest number of successful attempts indicates the winner.

## **Educational object**

Improve your skill.

## **Equipment**

Table tennis rackets, foam balls, squash balls.

# Balance

# Around the hole

## **Action**

Walk as long as possible on a hoop placed on the floor, without stepping next to it.

## **Evolutions**

Perform the exercise in back steps. The highest number of successful laps designates the winner.

## **Educational object**

Keep balance with random support, looking for stability.

## **Equipment**

Flat hoops.

# Orientation

# Laser beam

## **Action**

Build a course with site ribbons placed randomly between ping pong tables or weight machines. Children has to sneak between the strips without touching them, otherwise they "trigger an alarm ..."

## **Evolutions**

Change the route and reduce time to complete it.

## **Educational object**

Well orienting its body when facing static objects.

## **Equipment**

Tables (ping-pong), construction tape.

# Rhythm

# Bouncing steps

## **Action**

The educator sets the tempo. Take one step and then bounce a ball only once with both hands. Catch the ball with both hands and stop, then take one more step and bounce the ball only once, and so on.

## **Evolutions**

Start and show the exercise slowly and then increase rhythm continuously.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

Basket balls or volley balls.

# Coordination

# Seize the chance (3)

## **Action**

The child stands in front of the side wall and throws a foam ball from below with the right hand. He catches the ball with his right hand after the 1<sup>st</sup> bounce.

## **Evolutions**

- Attempt 5 receptions in a row.
- Change hands.

## **Educational object**

Ball control development.

## **Equipment**

Foam balls.

# Physical activity

# The nervous snake

## **Action**

A rope placed on the floor is attached to one end. The educator waves the other side of the rope as if it were a snake. Children come and go over the rope without touching it, otherwise they are "bitten by the snake".

## **Evolutions**

The educator accelerates ripples frequency and children cross the obstacle faster and faster.

## **Educational object**

Maintain concentration during effort and in relation to an object moving on the floor.

## **Equipment**

A rope (diam. 1 to 1.2 cm), an object to tie it.



# **Motor Abilities for 4-5 Year Olds: Week 10 , Healthy Development in Children**

# Reaction

# The ball thief

## **Action**

The child is 1.5 m in front of the educator and turns his back on him. The educator drops a basketball at arm's length. As soon as he hears the ball bounce, the child has to turn and then catch it with both hands before the second bounce.

## **Evolutions**

Make it easier by dropping the ball higher. Or the child can catch the ball after the 2<sup>nd</sup> bounce.

## **Educational object**

Work on reaction time by trying to catch an object as quickly as possible.

## **Equipment**

Basket balls.

# Differentiation

# Pass for two

## **Action**

2 children stand across from each other on court width with 2 cones placed between them. They roll a ball with the foot to pass it between cones. The goal is to achieve the most passages in a row while maintaining a regular pace. Children can intercept the ball with the foot.

## **Evolutions**

- Reduce space between cones and keep children away from each other.
- Change hitting foot and interception foot.

## **Educational object**

Development of proprioception and of ball control.

## **Equipment**

Cones, foam balls.

# Balance

# Around the wells

## **Action**

Place 4 to 6 contiguous hoops in a straight line on the floor. Children should walk on the edge of the hoops from S-hoop to hoop. Walk as long as possible on the hoops, without putting your foot next to it.

## **Evolutions**

Repeat the course without dropping ball. The greatest number of successful attempts indicates the winner.

## **Educational object**

Keep balance with random support, looking for stability.

## **Equipment**

Flat hoops.

# Orientation

# The carpet bazaar

## **Action**

Create a course with carpets randomly distributed on the floor. Children has to run and cross all carpets according to their own choice. They can cross each other but has not to cross the same carpet twice to complete their course. Side steps are allowed for crossing.

## **Evolutions**

None.

## **Educational object**

Well orienting its body when facing static objects.

## **Equipment**

Foam floor mats.

# Rhythm

# The Juggler

## **Action**

The educator sets the tempo. Throw a ball with your right hand towards your left hand in front of you. Chain from the left hand to the right hand, and so on. Round trips are counted out loud by each child. The greatest number of round trips without dropping the ball won.

## **Evolutions**

Start and show the exercise slowly and then increase rhythm continuously.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

Tennis balls.

# Coordination

# Flying Ball

## **Action**

Children move from one side wall to the other by hitting a balloon in the air. Hit over the shoulder preferably. Count the number of keystrokes out loud for each course; the winner is the fastest to run each width.

## **Evolutions**

- Chain back and forth.
- Change hands.

## **Educational object**

Ball control development.

## **Equipment**

Balloons.

# Physical activity The bloated kangaroo

## **Action**

Children move by jumping with feet almost joined from one side wall to the other with a balloon wedged between their thighs. The winner is the fastest to achieve a width. Each time the ball is lost, start the course over.

## **Evolutions**

- Chain back and forth.
- Do the exercise in socks.

## **Educational object**

Maintain concentration during exercise and in relation to an object placed on you.

## **Equipment**

Balloons.



# **Fine Motor Skills by Age for 4-5 Year Olds: Week 11**

# Reaction

# The clever hoop

## **Action**

The child turns a hoop on a vertical plane. As it sinks while turning, the child crosses the hoop as many times without touching it. The goal is to rotate the hoop as long as possible. The winner made the greatest number of crossings.

## **Evolutions**

None.

## **Educational object**

Work on reaction time with respect to a moving object on the floor.

## **Equipment**

Hoops.

# Differentiation

# Hit bull's eye

## Action

Place a cardboard box in the middle of the court and 2 m from the front wall. Children position themselves behind the midline and then bounce a ball on the floor so it reaches the box after the 1<sup>st</sup> bounce.

## Evolutions

- Move the box back or have the children move back.
- Change hands.

## Educational object

Development of proprioception and of ball control.

## Equipment

Cardboard box, foam balls, racquetballs, squash balls.

# Balance

# The relaxed rope

## **Action**

Place a rope on the floor so it winds for several meters. Children should walk on it as long as possible, without stepping beside.

## **Evolutions**

Perform the exercise in back steps. The highest number of successful attempts indicates the winner.

## **Educational object**

Keep balance with random support, looking for stability.

## **Equipment**

A rope (diam. 1 to 1.2 cm).

# Orientation

# The hunter

## **Action**

2 children run back and forth in a corridor along the side wall. Another child is standing on a carpet in the center of the court behind the T and he is bombing the children with foam balls. Children have "5 lives", then change hunter.

## **Evolutions**

The hunter kneels.

## **Educational object**

Well orienting its body when facing moving objects.

## **Equipment**

Foam balls.

# Rhythm

# Hurdles

## **Action**

Build a course on court length with 6 same height hurdles, separated by 1.5 m. Children take 2 steps between each hurdles.

## **Evolutions**

- Start the exercise slowly and then increase rhythm continuously.
- Change take-off foot.

## **Educational object**

Assimilate rhythm concept.

## **Equipment**

Stack of plastic bricks or hurdles.

# Coordination

# The hot-air balloon

## **Action**

Children play on a badminton court (or else set up a badminton net on the squash court) with mini rackets and fairly large balloons. They has to send the ball each other. If a child drops a ball to the floor on their field part, they lose "a life". Each child has "5 lives".

## **Evolutions**

None.

## **Educational object**

Ball control development.

## **Equipment**

Balloons, badminton net (or court).

# Physical activity    The carpet merchant

## **Action**

Build a course with carpets placed perpendicularly along the court walls. Children has to cross each mat without touching it, otherwise they start the route again. Preferably make a split step before crossing an obstacle.

## **Evolutions**

- Increase crossing rate.
- Change take-off foot.

## **Educational object**

Maintain concentration during exercise and in relation to an object placed in front of you.

## **Equipment**

Floor mats (15 to 20 units).