

# Underarm Rolling

Moving a round object along the ground through a swinging motion of the arm.



1

Hold ball behind the body with arm pointing down to the ground.



2

Bend knees and swing arm forward.



3

Release ball close to the ground off the fingertips.

Get moving with **MINI MOVES**





# WALK the Plank

Underarm roll to knock the pirate off the plank!



## Equipment:

Chalk and small balls (1 ball for every 2 children).

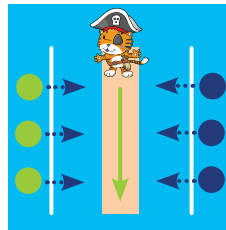
## Where to play:

 Outdoors







## Age:

Toddlers & Preschoolers  
(2 to 5 years).

## What does the game look like?



### KEY:

-  Direction of rolling
-  Plank
-  Direction of Pirate
-  Pirate (Educator)
-  Team 1 (start with ball)
-  Team 2



# WALK the Plank

Underarm roll to knock the pirate off the plank!

**Step 1** Draw two lines, ten metres apart and form children into two groups.

**Step 2** Ask each group to stand along a line, opposite each other and give a ball to each child in one of the groups.

**Step 3** Draw a plank in between the two groups, at the five metre mark, parallel to the children.

**Step 4** As the pirate (Educator), slowly walk back and forth along the plank as the children try to roll their barrel (ball) into your foot and knock you overboard.

**Step 5** Children on the opposite side collect the balls and each take it in turns to roll their barrel and try to knock the pirate overboard.

**Step 6** Continue until each child, on each team, has had five turns at rolling their barrel.

**Tips:** **EASIER:** Children in each group stand closer to the plank, or add soft toys to try to knock off the plank  
**HARDER:** Children in each group stand further away from the plank





# MAMMA'S Saucy Meatballs

Help Mamma to roll away the hot saucy meatballs.



## Equipment:

2 x cardboard boxes and small balls (for each child).

## Where to play:



Outdoors

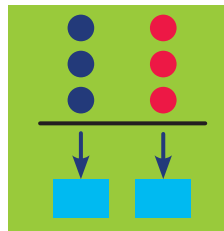


Indoors

## Age:

Toddlers & Preschoolers (2 to 5 years).

## What does the game look like?



### KEY:



Team 1



Team 2



Start line



Direction of rolling



Freezers (cardboard boxes)



# MAMMA'S Saucy Meatballs

Help Mamma to roll away the hot saucy meatballs.

## Step 1

Place two boxes (freezers) on the side, a few metres away from a start line.

## Step 2

Divide children into two even groups and line each group up opposite the boxes. All children have a ball.

## Step 3

Tell children that the balls are hot saucy meatballs and they need to be chilled by rolling them into the freezer (box).

## Step 4

On the count of three yell "Mamma's meatballs" and tell the children to take it in turns to underarm roll the meatballs into the freezers (boxes).

## Step 5

Continue until all children have had three turns.



Tips:

**EASIER:** Move the boxes closer to the children.

**HARDER:** Move the boxes further away and have each team race against each other.



# TRAP the Mouse



Underarm roll and trap the mouse.



### Equipment:

Cones, tennis balls (or similar size balls) and chalk.

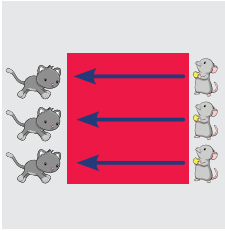
### Where to play:

 Outdoors





### Age:

Toddlers & Preschoolers (2 to 5 years).

### What does the game look like?



**KEY:**

-  Direction of rolling
-  Living room
-  Children with cones (cats)
-  Children with balls (mice)



# TRAP the Mouse



Underarm roll and trap the mouse.

**Step 1** Draw a square in the middle of a flat area about three metres by three metres. This is the living room.

**Step 2** Split children into two even groups. Cats have a cone each and mice have a ball each.

**Step 3** Cats and mice stand two metres from the living room at opposite ends.

**Step 4** Children roll the balls (mice) along the ground, when it reaches the living room the cat can enter and trap the ball with the cone.

**Step 5** Once each child has had a turn, switch characters.



Tips:

**EASIER:** Only have one child rolling at a time.

**HARDER:** Cats start behind mice and chase the ball after it is released.