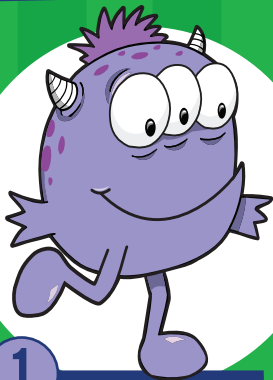


Kicking

Applying a fast, forward pushing force to an object with the foot.



1

Bend kicking leg backwards and upwards.



2

Swing foot forward leading with the toes.



3

Connect with the object and continue swinging leg forward and upward.

Get moving with **MINI MOVES**





BEAR'S Feast

The bear wants his feast. Can you kick some food into the bear's mouth?

Equipment:

Balls, goal and cones.

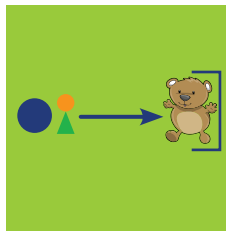
Where to play:

 Outdoors






Age:

Toddlers & Preschoolers
(2 to 5 years).

What does the game look like?



KEY:

-  Bear's mouth (goal)
-  Cone
-  Ball
-  Children kicking
-  Direction of kick



BEAR'S Feast

The bear wants his feast. Can you kick some food into the bear's mouth?

Step 1

Draw or set up a goal at one end of the playground.

Step 2

Explain to the children that the goal is a bear's mouth and the balls are his food.

Step 3

One by one, each child has a turn of kicking the ball off a cone into the bear's mouth.

Step 4

At the end, all children have a ball each and they all scream "FEAST" kicking all the balls into the bear's mouth together.



Tips:

EASIER: Make the goal wider or place the cones closer to the goal for the children to kick off.

HARDER: Add obstacles for the children to run or dribble around before they reach the area to kick from.



MONKEY in the Middle

Kick the ball to the monkey in the middle.

Equipment:

Balls (for kicking).

Where to play:

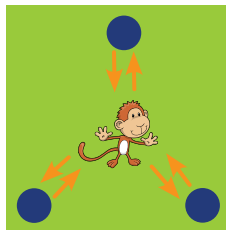
 Outdoors

Age:

Preschoolers
(3 to 5 years).



What does the game look like?



KEY:



Monkey in middle



Children in triangle



Direction of kick



MONKEY in the Middle

Kick the ball to the monkey in the middle.

Step 1

Group children into teams of four, with one ball per team.

Step 2

Children form a large triangle and one child, the monkey, stands in the middle.

Step 3

The monkey in the middle starts with the ball and kicks to each child in the triangle. Each child traps it under their foot to stop it and kicks it back. Everyone has a turn being the monkey in the middle.



Tips:

EASIER: Educator is the monkey in the middle.

HARDER: Ask children to form larger groups, with two monkeys in the middle.



Fast CARS

Zoom, Zoom, kick around the racetrack, how fast can you go?

Equipment:

Balls (one each),
cones and bean bags.

Where to play:

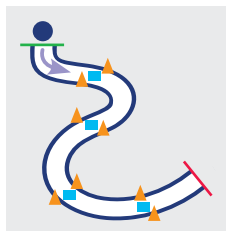
 Outdoors

Age:

Toddlers & Preschoolers
(2 to 5 years).



What does the game look like?



KEY:

-  Children with ball (car)
-  Start
-  Finish
-  Bean bags
-  Cones
-  Race track
-  Direction of kicking



Fast CARS

Zoom, Zoom, kick around the racetrack, how fast can you go?

Step 1

Set up a race track with a start and finish line.

Step 2

Place four to five pairs of cones (goals) at different points between the start and finish line.

Step 3

Place a bean bag or cone in front of each goal for children to kick off.

Step 4

All children have a ball (car) and take turns kicking it around the race track, saying "ZOOM" with each kick.

Step 5

After each kick, children collect their ball and move to the next goal until they reach the finish line.

Tips: **EASIER:** Set up one cone and goal for each child and all children kick their ball at the same time saying "ZOOM".
HARDER: Include more goal areas and/or make the race track bigger.

