

# LEAPS

learning eating active play sleep



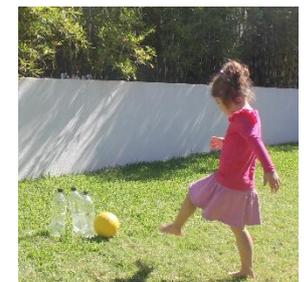
## Manipulative Fundamental Movement Skills in Small Spaces

In some Early Childhood Education and Care settings, family homes and apartments, outside space is very limited, making active play and physical activity seem difficult. However, even in these small spaces there are many ways to be active, whether they are inside or outside.

Here are some ideas for practicing manipulative skills in small spaces:

### Rolling, Throwing and Kicking

- Try kicking or rolling soft balls to another child/educator. This is ideal to do in a hallway or other narrow confined space, with one person at each end. Sing “Bee bee bumble bee can you roll the ball to me?”
- Encourage children to try different ways of stopping the ball: with one hand, the other hand, placing one foot on top of the ball, then the other.
- Create a tunnel, using children in a line with wide legs, an educator standing with legs apart, or make one yourself with a row of chairs, small tables, boxes etc. Have children roll or kick the ball through and run to the other end to collect.
- Create a goal or target using an empty box, a hoop, markers on the ground, two chairs, a play tent, a laundry basket and encourage children to roll or kick, or bounce or throw bean bags, small soft toys, large balls, small balls into the target. Vary the height of the target - on the floor, a chair, a table.
- Roll balls to knock down skittles, these can be made out of empty bottles with a little bit of sand or rice in the bottom of them.
- Practice bouncing balls of various sizes to each other, you could use a hoop, or box marked on the floor with chalk or tape between each child to help them control the bounce and provide opportunity for target practice.
- Use paper or soft material/wool in a stocking to make balls.
- Place paper or soft material into the end of a stocking and hang up for children to practice hitting – with their hands, or small racket. Mark out a space around it to keep other children away from the hitting practice area.
- One Potato Two Potato - Sit a small group of children in a circle and pass around four balls. As the balls are being passed repeat the rhyme “One potato, two potato, three potato, four. Pass it on and don’t get caught with three potato more”. When the rhyme finishes see who is caught with the ball.



### References:

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Kids Sports. (2010). Physical Activity in Early Childhood Settings. Australian Council for Health, Physical Education and Recreation, SA