

Outdoor Learning Experience (4 to 6 years old)

Learning Experience: Passing an Object with Your Foot	Shared by: Miriam Lee, Lim Tong Hai
Environment: Open grass area, under the void deck (cement flooring), other surfaces such as sand.	Estimated time: 30 minutes (over 2 sessions)
Children’s prior knowledge: NA	
What children will experience (NEL Learning Areas): Motor Skills Development (Gross Motor Skills): <ul style="list-style-type: none"> • Children will learn to control an object with their foot. They will also learn to pass an object to a partner. 	Suitable for: <ul style="list-style-type: none"> • 4 to 6 years old
What you will need: <ul style="list-style-type: none"> • Cones • Balls • Crushed newspaper balls (Crush newspaper into a ball and use masking tape to secure it) • Other objects such as drink cans, plastic bottles, small cardboard boxes, beverage cartons, shoeboxes may also be used for the activity 	Benefit-Risk Assessment: <u>Benefit:</u> <ul style="list-style-type: none"> • Children will become more confident in controlling an object with their foot. <u>Risk:</u> <ul style="list-style-type: none"> • If children are not able to control the object, it may roll to unsafe areas such as the car park or road • Uneven ground/pot holes, especially in the grass areas <u>Management:</u> <ul style="list-style-type: none"> • Mark out a play area which children must stay within throughout the activity. If the object rolls to unsafe areas, it should only be picked up by an adult. • Prior to activity, comb through the area to identify spots with uneven ground/pots hole that may lead to falls. Highlight these spots to the children at the start of the activity and get them to stay away from uneven areas. For pot holes, use a cone or get an

adult to stand in those areas to minimise risk of falls/injury.

How to make it happen:

- Mark out the play area using cones

Part 1:

1. Get each child to pick an object or make their own crushed newspaper ball
2. Individually, each child to use the inside of the foot to tap an object lightly, passing the object between the left and right foot. This is to familiarise children with controlling an object with their feet.
3. Next, pair children up.
4. Get children to pass the object/crushed newspaper ball to their partner using the inside of their foot (bigger contact area, better accuracy)
5. Partner passes the object back.
6. Ask children to explore passing the object/crushed newspaper ball using both their right and left foot.

Part 2:

1. Once children are comfortable with manipulating an object with their foot, introduce the ball (*this can be done on a separate session depending on the progress of the children*)
2. In pairs, get children to pass the ball to their partner using the inside of their foot. Partner stops the ball with the foot, and passes the ball back.
3. Continue to pass the ball to and fro using the right foot, then the left foot.
4. Carry out activity on different outdoor surfaces such as grass, cement flooring and sand.

Key Pointers:

- Imagine the ball has a face (eyes, nose, mouth & chin)
- Try to hit the ball in the mouth so that it will roll on the ground
- If you hit the ball in the chin, the ball will go above the ground

Key Verbal Cues:

- “Non-Kicking Foot Beside Ball”, “Feet in L-shape”
- “Pull Kicking Foot Backward” (Swing arms opposite to leg)
- “Kick with Inside of Foot” (for accuracy)
- “Follow Through” (avoid stopping abruptly after hitting the ball for momentum)