



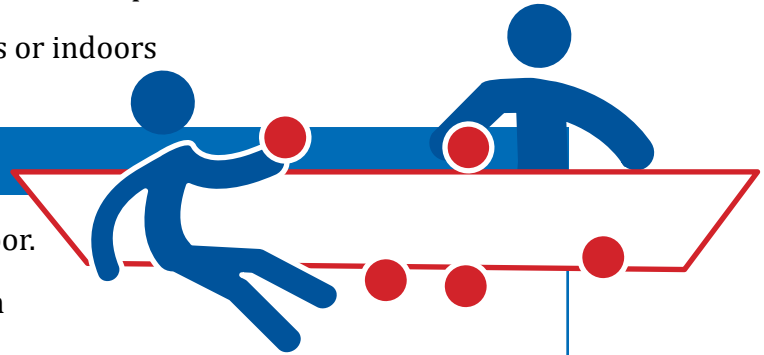
Boat Bailing

Physical activity links Muscular control, motor planning, spatial awareness, throwing, physical fitness and endurance, ball skills

Language/literacy links Predicting, co-operation

Equipment A wall (boxes, chairs, foam blocks, etc.)
Two to three balls per child

Where Outdoors or indoors



Let's play

1. Place wall in the middle of the floor.
2. Break group into two teams, with half on each side of the wall.
3. Distribute balls evenly on each side of the wall.
4. Students throw balls over the wall, and the other students throw the balls back over, trying to get the balls over more quickly than they can build up (as if you are bailing the water out of your boat before it fills up).

Try this way

- If the wall is a cause of stress for the children, you can use hockey sticks laid flat on the ground to mark the wall instead.
- Use different shapes and sizes of balls, such as stuffed animals or small gator balls. Do not use hard balls such as soccer, baseball or tennis balls.

Adapted by Healthy Beginnings 2-5