



hop

Bounce it

Physical activity links: Developing movement skills (bouncing, eye-hand coordination); participating with the children

Language/literacy links: Vocabulary (speed and height words: e.g. high, medium, low; fast, slow); chanting; counting; writing numbers

Equipment: 1 medium sized ball; 1 tennis ball; 1 beach bucket per child

Where: Outdoors or large indoor space

Book links: *Bouncing* by Shirley Hughes; *Bouncing on the Bed* by Jackie French Koller; *Bouncing Time* by Patricia Hubbell

Let's play

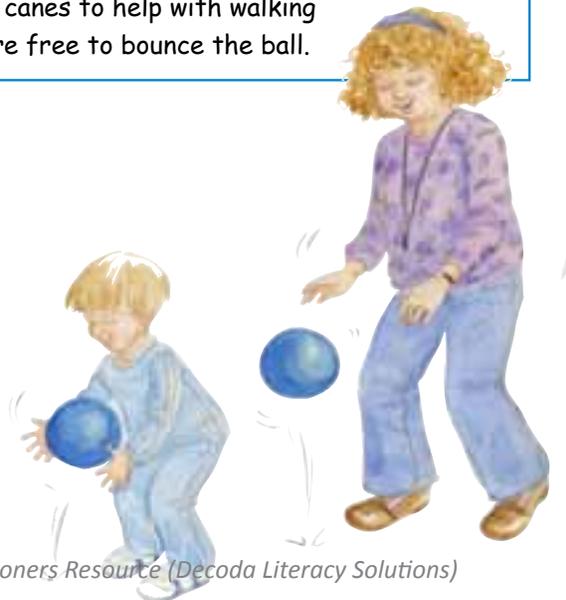
- ❖ Show the children how to drop and catch a medium-sized ball while standing.
- ❖ Encourage them to drop and catch as many times as possible in a row. Count the number of bounces and try to match or beat that number the next time. Help them write down the highest number reached.
- ❖ Keep count by chanting:

One, two, three, ball bouncing,
Four, five, six, still bouncing,
Seven, eight, nine, keep going...
Get to ten... begin again.
- ❖ Share the poem "Big" with the children. Invite discussion of new things they can do now they are BIG.
- ❖ Children who use a walking frame, crutches, or canes to help with walking will benefit from sitting down so their hands are free to bounce the ball.

BIG

*Now I can catch and throw a ball
And spell
Cat. Dog.
And Pig.
I have finished being small
And started
Being Big.*

- Dorothy Aldis



Excerpt from the HOP Early Learning Practitioners Resource (Decoda Literacy Solutions)



Try this way

- ❖ Try bouncing and moving (e.g. follow a line, play follow-the-leader).
- ❖ Change the rebound height by bouncing hard and soft. "Bounce low, tummy high, and reach for the sky."
- ❖ Older children might like to try bouncing a medium-sized ball with one hand (like basketball).
- ❖ Count and bounce on every second or third number (e.g. one, **two**, three, **four**; 1,2,**3**,4,5,6...).
- ❖ Bounce a tennis ball with one hand, holding a beach bucket or plastic container in the other hand. Catch the ball in the bucket.
 - As you do this, recite "Five Little Monkeys"... and bounce and catch the ball with the bucket each time the phrase "and bumped his head" comes around.
- ❖ Read any one of the books about bouncing with the children.

FIVE LITTLE MONKEYS

Five little monkeys

Jumping on the bed

One fell off and bumped his head, [bounce and catch the ball in the bucket]

Momma called the doctor and the doctor said [retrieve the ball from bucket]

"No more monkeys jumping on the bed!" [wag finger at the bucket]

Four little monkeys... etc.

- Anonymous

