



Over the River

Physical activity links Hand-eye coordination, visual skills, proprioceptive skills, vestibular integration, muscular control, motor planning, spatial awareness, visual tracking, overhand and underhand throwing

Language/literacy links Goal setting, predicting

Equipment Small ball (such as a gator ball)

Tape to mark starting line

A river, such as two skipping ropes, or a hula hoop (a black hole), or a parachute laid on the ground

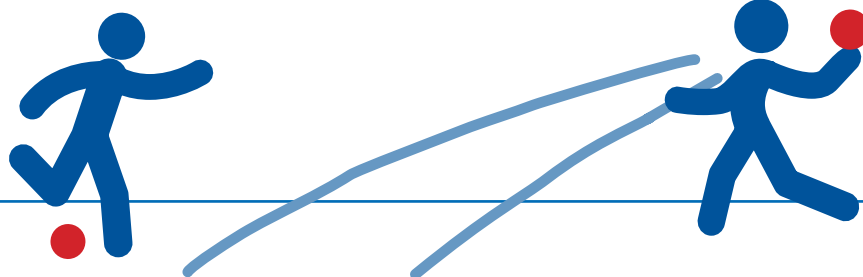
Where Outdoors or indoors

Let's play

1. Place the skipping ropes, hula-hoop or parachute on the ground. Mark a starting line about five feet away from various targets.
2. Tell the children they must launch the ball as far as they can, over the river so it stays dry. They must throw from the starting line.
3. Set up more than one river at a time, so the kids can move and try a variety of rivers.

Try this way

- If using the parachute, compensate for large differences in skill by having some kids aim for a certain colour, or try to get it over the parachute. You can also substitute a larger or more heavy ball, such as a baseball.



Adapted by Healthy Beginnings 2-5