

Name/Title: Rolling a Ball to a Target

Purpose of Event: To teach young children the proper techniques for rolling a ball.

Activity cues: Push, No Bounce

Suggested Grade Level: PreK

Materials Needed: One playground ball (or other type) per student, Targets (bowling pins, soft drink bottles, pictures taped to the wall, etc.)

Description of Idea

Set up various targets around the activity area. Before moving to the targets demonstrate to children how to roll the ball--stress NO BOUNCE is present in a roll, and show them the difference. Demonstrate how to "push" the ball from a seated position then progress to standing. (This helps to eliminate the "throwing" urge). After several rolling attempts, move students to specified targets, and have them practice knocking things over, hitting pictures, etc. Have students reset targets on their own.

Adaptations for Students with Disabilities:

Students can use feet to roll rather than hands, only roll at stationary pictures, etc.

Submitted by **Kera Williams** who teaches at Fisher Elementary in Pasadena , TX . Thanks for contributing to PE Central! **Posted on PEC: 4/17/2001.**

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