

ACTIVITY PLAN 36 –TUNNEL BALLS

Aim

To develop underarm rolling skills

Age

3–5 years

Equipment

Five small bouncy balls and four or five tunnels made from cardboard boxes (the children may wish to decorate or paint the “tunnels” they create)

Area required

Indoor or outdoor space of suitable size

Time

10 minutes

How?

Set up several tunnels made from cardboard boxes.

Demonstrate underarm rolling and ask the children to form pairs and stand on either side of the tunnel. The children start by kneeling and rolling the ball through the tunnel to their partner. The partner rolls the balls back.

Emphasise bringing the arm back, swinging and rolling gently and low so the ball doesn't bounce. When children can do the kneeled rolling, progress the activity by asking them to stand and roll the ball underarm through the tunnel.

Remember to emphasise to step, bend down low, swing the arm from the back to the front (close to body) and release the ball.

Easier

- Kneel or sit to roll the ball.
- Roll the ball at large targets with no tunnel.
- Stand closer to the target when rolling the ball.

Harder

- Ask the children to stand further away from the tunnel as they roll the ball.
- Roll the ball through smaller tunnels.
- Roll different sized balls through different sized tunnels.



Key points

Skills involved in underarm roll:

- Swing the rolling hand back and down reaching behind the trunk while the chest and head faces forward
- Bend the knees to lower the body
- Release the ball close to the floor so it rolls and does not bounce.