

## ACTIVITY PLAN 35 – SNOW BALL CLEAN UP

### Aim

To develop the ability to release and throw a ball

### Age

3–5 years

### Equipment

Newspaper, masking tape or rope (to make the fence line) and a basket or box for the snowballs

### Area required

Outdoor space of suitable size

### Time

10 minutes

### How?

*With large numbers of children, divide them into smaller groups (of no more than five children) to ensure all children are actively involved.*

Prior to the game ask children to scrunch up paper “snowballs”. Make sure they are taped into balls.

Mark a dividing line between two groups of five children using masking tape or a rope. Have a basket of “snowballs” set up at the side of each area.

When the signal is given to start the game, children throw “snowballs” over the line. After approximately 30 seconds stop and see who has the least number of “snowballs” on their side. Swap teams and play again.

To clean up the area encourage the children to throw the “snowballs” into the baskets as a target.

### Easier

- Ask the children to throw as high as they can.
- Ask the children to stand closer to the line.

## Harder

- Have children stand further away from the line.
- Change the dividing line to several cardboard boxes to increase the height that the children now need to throw their snow ball over.

### Key points

Remember to use the cues “throw hard” and “step with the opposite foot”.

Skills involved in an overarm throw:

- Windup is initiated with a downward movement of the throwing hand/arm
- The child then rotates their hips and shoulders to a point where the non-throwing side faces the target
- The child’s weight is then transferred by stepping onto the foot opposite the throwing hand
- The throwing hand and arm then follow through beyond ball release in a diagonal movement across the body toward the non-throwing side.