

# Baby TALK Preschool Activity

## PHYSICAL DEVELOPMENT and HEALTH

### Kick the Cup

- Preparation
- Assessment
- Affiliation
- Observation
- Developmental Behaviors
- System of Support
- Baby Talk System of Care
- Reflection – On – Action
- Documentation

#### Purpose

Your child's health is at the core of her development. In addition to physical activity improving the health of your young child it also improves brain functioning. Kicking an object encourages her to develop a skill in which she is able to use both sides of her body to perform different functions for the purpose of completing a single task. When kicking, she will use one foot to kick the ball and the other foot will plant tightly on the ground and keep the body balanced. This same skill is utilized as she learns how to write. One hand holds and manipulates a pencil while the other hand manipulates and stabilizes the paper.

#### Materials

- Disposable plastic or paper cups (one for each letter in her name)
- A card or piece of paper with each letter written on it to match the cup
- Inflated kick ball
- Marker

#### Let's wonder together

How does your child play with balls?

What types of objects does your child kick?

How do you feel about helping your child kick objects?

Why do you think kicking balls may be beneficial for your child?

**Demonstrate  
awareness and  
coordination of  
body movements**

#### Activity

Write one letter from your child's name on each cup.

Place the cups from left to right about five to six feet in front of her so that the cups spell her name.

Review the letter names with your child before beginning.

Say one letter name at a time, also show the corresponding letter card if needed, and have her try and kick the ball to knock down the cup with that same letter written on it.

If your child's foot does not continue to move forward once it touches the ball causing the foot to extend into the air, encourage her to kick as hard as she can. This helps to reinforce the full kicking motion.

# Baby TALK Preschool Activity

## PHYSICAL DEVELOPMENT and HEALTH

### EXTENSION FOR OLDER PRESCHOOLER:

Have your child put the cups in order from left to right to form her name before starting

Move the cups back from her more than six feet.

Roll the ball towards your child and have her kick the ball while it is still moving.

Have your child run up to the rolling ball to kick it.

### **What do you think about this?**

- What did you notice about your child's kicking?
- What do you think about your child's ability to kick the ball towards the target?
- What are some other times you may be able to provide experiences for your child to practice kicking?
- Do you think it's more important for your child to kick a long distance or to kick accurately towards a target? Why?
- How do you think your child's development may improve by becoming a better kicker?

### **Application for Social Emotional Development**

Your child's appropriate voice volume depends on her location, proximity to others, and purpose of communicating. Activities that involve kicking balls are usually done outdoors or in a gym. Outdoor activities are a great time to reinforce the concept of appropriate voice levels. Voice levels are often referred to as "indoor" and "outdoor" voices; however, there are certainly more than two levels. Shouting, loud voices, talking voices, whispering, and silence are all levels your child may be expected to use at the appropriate times. Have a conversation with your child about voice levels in order to ensure she understands what those levels sound like and when they should be used. Talk about appropriate voice levels at bed time, when talking to a friend, when there is an emergency, at church, when playing outside, when reading a book to a group, etc.

### **ILLINOIS EARLY LEARNING AND DEVELOPMENT STANDARD(S):**

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| <b>Primary</b>   | (19.B) Demonstrate awareness and coordination of body movements.  |
| <b>Secondary</b> | (4.B) Demonstrate an emerging knowledge and understanding of the alphabet.<br>(31.B) Use communication and social skills to interact effectively with others. |