

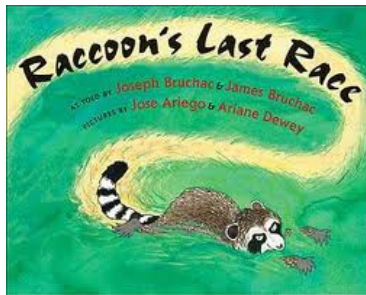
# Knock down

## Let's play and talk together

- ❖ Invite your child to help you set up some targets such as empty milk cartons or shoeboxes. Stand the targets up like bowling pins.
- ❖ Draw a "foul line" 2 to 5 metres away for the "bowler" to stand behind. Show your child how to roll the ball without crossing the line.
- ❖ Invite your child to knock over the "bowling pins" by rolling a ball toward them.
- ❖ Take turns trying to knock over all the pins with one roll.



## A good read-together book



**Raccoon's Last Race** by Joseph and James Bruchac

You will need a large space, some targets such as milk cartons, juice bottles or shoeboxes, a ball for throwing, and a stick or rolled-up newspaper for hitting the ball.

This activity helps children develop movement skills such as rolling, kicking and throwing, as well as eye-hand and eye-foot coordination.

## Hints for success

- ❖ Start with the foul line quite close to the bowling pins.
- ❖ Join the game and take turns with your child.
- ❖ Help children with vision impairment to sense the location of the pins by playing music behind the pins or by using a fan to blow air toward the child from the direction of the pins.

# More ideas for Knock down

## Try this way

- ❖ Move the targets further away as your child becomes more skilled at throwing or kicking the ball.
- ❖ Invite your child to show you different ways to knock down the targets, e.g. by kicking the ball or using a stick to push the ball toward the targets.



## Early literacy

Decorate the targets with colours or shapes. Encourage your child to call out the colours or shapes as they are knocked down.

Put the letters in your child's name on a series of targets. Help your child spell out his or her name by trying to knock over the targets in sequence.

## Problem-solving

Invite your child to suggest different ways to arrange the targets to make it easier or harder to knock them all down with one throw.

Try different ways of throwing or rolling the ball towards the targets to see which works best.

Can you hit the targets  
by kicking the ball?

Good throw! You  
knocked down three  
pins at once!

Ways to say it