



Kicking Goals

Allow children to select an exercise/sports ball of their choice (ideally provide a wide variety). Set up a goal/net for them to kick the ball into. Before kicking, prompt children to look to where they want the ball to travel. Make the width of the goal/net smaller to increase the challenge. Play inside the classroom with a soft foam ball and explore making “little” kicks that are more controlled and close to the body.

Consider using this strategy during a morning circle: have them pass the ball to greet each other. State children’s names before passing the ball to them so they are prepared.

Narrate and Label

Focus and Attention

“I see you are concentrating and watching the ball closely as you kick it at the goal.”

Managing Behaviors

“You are figuring out that even though big kicks are fun, you have to make little kicks to direct the ball to the net! Nice!”