

<b>Materials</b>	Plastic bottle partially filled with water, items to create a grid (e.g., chalk, tape), paper and markers and scissors (optional)
<b>Learning Outcome</b>	Develop fine motor skills and focus to successfully rotate and land a sent object.

## Description

Ensure there is enough space to do the activity away from any safety hazards. Use tape or chalk to create a tic-tac-toe grid on the floor or ground. If needed, create X and O shapes out of paper to be placed on the tic-tac-toe grid as the activity is played. This activity requires two players. Decide which player is X and which player is O.

Players take turns trying to successfully flip the bottle in the air and have it land so it is standing up. If they are successful with the bottle flip, they can place an X or O in the tic-tac-toe grid in a chosen square. After each bottle flip, successful or not, each player performs five repetitions of an exercise decided together before the game (e.g., jumping jacks, squats, vertical jumps, etc.).

Play until one player has placed their Xs or Os in a row (horizontally, vertically, or diagonally) or if the grid spots are filled with neither player winning.

## Physical Education Competencies



### MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



### THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



## Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

- *What did you do with different parts of your body to be successful at flipping the bottle?*
- *Did it get easier or harder for you to successfully bottle flip as the game went on? Why?*



## Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Place one target down in the space instead of a tic-tac-toe grid.	The child underhand rolls a ball to a target attempting to hit or knock over the target.	The child uses a sensory ball (e.g., bell ball, tactile ball, etc.) to throw.	With permission, use physical cues to manually move the child's arm through the underhand throw motion.