

Materials	One ball per player, pin to knock over (e.g., plastic bowling pin, pylon, plastic bottle)
Learning Outcome	Perform the movement skill of kicking and practice hitting a target.

Description

Ensure safety hazards are moved out of the way before beginning the activity. Review how to perform the kicking movement skill or refer to [Movement Skills Cues](#) to support you. This activity is best played with at least two players.

Place the pin in the middle of the playing area and have a player line up on opposite sides of the pin. On the count of three, both players kick their ball toward the pin at the same time. A point is scored each time the pin is knocked down. With each successful knockdown, players take one step back from the pin.

For older children, place multiple pins down and time them to see how long it takes to knock down all the pins. Try to beat your best time.

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 to prepare before kicking the ball to the pin (e.g., looking at the pin, aim, etc.)?
- Did you find it easier to kick from close to the pin or far from the pin?



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
Move the target closer to the child.	Place multiple pins in the playing area and the child moves around the playing area at their own pace making contact with as many pins as possible by kicking, throwing, rolling, or sending.	Use a larger target (e.g., laundry basket, etc.) for the child to aim at.	If there are multiple players, have each player kick the ball to the target one at a time.