



Bowling-Ball Hunting



Physical activity/physical literacy links: Developing movement skills (rolling); Developing social skills (taking turns, cooperation); developing confidence; developing competence.

Language/literacy links: Supporting activity with talk and sign (e.g. observing, describing, story-telling)

Equipment: Balls, stuffed animals, or printouts of various animals

Let's Make: Stuffed animal or printouts of animals (children may want to colour the print outs of the animals)

Where: Indoors or outdoors

Storytime

- ❖ Winter is a difficult time to hunt. Some small animals do not hibernate in winter but still live in burrows under the snow. Different skills are required to hunt for these kinds of animals who live under the snow or ice. Long ago, hunters in North America used spears thrown along the ground or ice to hunt. Hunting gave First Nation people a way to provide for their families. It was very important to provide for the children. Children were considered to be so precious that no one wanted to see a child go hungry. Young children learned to hunt by going along with their parent during hunts. Hunting in winter gave them a chance to get outside and seek small game. This activity is an adaptation of the original game called Snow Snakes that used spears thrown along the ice. Skills were developed by children as they watched their parents and tried to do what their parents did.





Bowling-Ball Hunting (continued)

Let's play

- ❖ Begin by lining children up in rows with 5 or 6 children in each row. Row 2 lines up behind row 1, row 3 lines up behind row 2. Each row moves forward when it's their turn. The row in front will be the hunters.
- ❖ Using a larger ball, try to be a successful hunter by knocking the stuffed animal/target down by rolling the ball at the target.
- ❖ With a row of stuffed animals set up as targets, an entire row of children can roll their ball toward the targets, retrieve the balls and return it to the next row of children waiting to play.
- ❖ This encourages cooperation and makes retrieving the balls a fun part of the game.

MOVEMENT SKILL: ROLL AND UNDERARM THROW



Cues for your child

- Face the target
- Step and Swing
- Hand in the Air
- Let go close to the ground (roll)
- Let go with throwing hand in front of the body

Parts of the skill

- Stand front on, arm back
- Long step with foot opposite "ball hand"
- Bend knees and hips to release the ball close to the ground

Tips

- Encourage the children to take a **big** step, so they get **long** and **low**.
- Pointing to the target after the throw will help children improve their aim!
- An underhand throw is just like a roll except you release the ball into the air instead of on the ground. Stand up tall to do an underhand throw.