

Moving Minds Movement Activity to Supplement  
Small Group  
"Numbers Plus" - Math / Science

**Bowling & Beanbags N11**

**Movements:** Stand to flex forward, rolling weighted ball, pinching/rolling playdoh.

Additional Materials	Movements	Target Skills
<p>Shared:</p> <ul style="list-style-type: none"> <li>• Weighted ball.</li> <li>• Pins &amp; pin mat.</li> </ul> <p>Materials for each child:</p> <ul style="list-style-type: none"> <li>• Playdoh</li> <li>• (2) Index cards.</li> </ul>	<p>Bowler:</p> <ul style="list-style-type: none"> <li>• Child stands with back facing pins.</li> <li>• Child bends down to roll weighted ball between legs.</li> </ul> <p>Children Waiting Turn:</p> <ul style="list-style-type: none"> <li>• They keep score by making small balls from playdoh to correspond to number of pins knocked down.</li> <li>• They place these playdoh "balls" on 1 of the index cards.</li> <li>• When bowler rolls a 2<sup>nd</sup> time, children make small balls &amp; place on 2<sup>nd</sup> index card.</li> </ul>	<ul style="list-style-type: none"> <li>• Body awareness &amp; motor planning</li> <li>• Strength</li> <li>• Balance</li> <li>• Coordination.</li> </ul>

**Movements:** Quadruped, rolling weighted ball, pinching/rolling playdoh.

Additional Materials	Movements	Target Skills
<p>Shared:</p> <ul style="list-style-type: none"> <li>• Weighted ball</li> <li>• Pins &amp; pin mat.</li> </ul> <p>Materials for each child:</p> <ul style="list-style-type: none"> <li>• Playdoh</li> <li>• (2) Index cards.</li> </ul>	<p>Bowler:</p> <ul style="list-style-type: none"> <li>• In quadruped position, (hands and knees), child rolls weighted ball to knock down pins.</li> </ul> <p>Children Waiting Turn:</p> <ul style="list-style-type: none"> <li>• They keep score by making small balls from playdoh to correspond to number of pins knocked down.</li> <li>• They place these playdoh "balls" on 1 of the index cards.</li> <li>• When bowler rolls a 2<sup>nd</sup> time, children make small balls &amp; place on 2<sup>nd</sup> index card.</li> </ul>	<ul style="list-style-type: none"> <li>• Body awareness &amp; motor planning</li> <li>• Strength</li> <li>• Balance</li> <li>• Coordination.</li> </ul>

Moving Minds Movement Activity to Supplement  
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**Bowling & Beanbags N11**

**Movements:** Crab position, kicking, pinching/rolling playdoh.

Additional Materials	Movements	Target Skills
<p>Shared:</p> <ul style="list-style-type: none"> <li>• Beach ball</li> <li>• Pins &amp; pin mat.</li> </ul> <p>Materials for each child:</p> <ul style="list-style-type: none"> <li>• Playdoh</li> <li>• (2) Index cards.</li> </ul>	<p>Bowler:</p> <ul style="list-style-type: none"> <li>• Child assumes crab position &amp; maintains this position while kicking beach ball to knock down pins.</li> </ul> <p>Children Waiting Turn:</p> <ul style="list-style-type: none"> <li>• They keep score by making small balls from playdoh to correspond to number of pins knocked down.</li> <li>• They place these playdoh "balls" on 1 of the index cards.</li> <li>• When bowler rolls a 2<sup>nd</sup> time, children make small balls &amp; place on 2<sup>nd</sup> index card.</li> </ul>	<ul style="list-style-type: none"> <li>• Body awareness &amp; motor planning</li> <li>• Strength</li> <li>• Balance</li> <li>• Coordination.</li> </ul>

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