

<b>Materials</b>	Soft ball and hula hoop (or an alternative round object)
<b>Learning Outcome</b>	Practice the movement skill of underhand roll and perform the roll while aiming for a target.

## Description

This game originated with Indigenous Peoples to develop agility and target skills for hunting.

Begin by ensuring there is enough space to do the activity and check for safety hazards.

Review how to perform the underhand roll movement skill or refer to [Movement Skills Cues](#) to support you.

One person stands on one side of the playing area with the hoop. The other person lines up on the adjacent side of the playing area with the ball.

The person with the hoop rolls it across the playing area keeping it upright if possible and maintaining contact with the floor or ground. The person with the ball underhand rolls the ball, aiming to roll it through the hoop (or hitting the target that is being rolled). Switch roles periodically.

For older children who can easily roll the ball through the hoop, consider challenging them to try by using an overhand throw or a kick.

## 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.

- Were you successful at rolling the ball through the hoop (or to hit the rolling target)? If so, what made you successful? If not, how might you change how you rolled the ball?
- What would make this activity easier (e.g., roll the ball to a stationary hoop)? Harder (e.g., use an overhand throw)?



## 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
	Decrease the distance the child is standing or sitting from the person who is rolling the hoop.		The child underhand rolls, or sends a ball to a stationary target.		Place a target on a tabletop and have the child use the table for support while performing the underhand roll.		With permission, use physical cues to manually move the child's arm through the underhand throw motion.