

**Activity: Knock Down**

- **Equipment:** balls; targets decorated with letters, numbers, or shapes to knock down, such as plastic bottles or shoe boxes
- **Play:**
  1. Set the targets up like bowling pins and invite your children to knock over the pins by rolling or kicking the ball.
  2. Encourage your child to count the pins, name the shape or letters on the pins they've knocked over. Do the same for those that are still standing.
  3. Together with your child, rearrange the pins to make them more difficult to hit if your child is ready for harder challenges, e.g. further apart or knocking down pins in sequence, such as C then D, E....

***“Konck Down Activity” will help your child’s development in the following areas:***



- Rolling
- Kicking
- Throwing
- Engage in hand-eye and foot-eye coordination
- Gain awareness of the body’s functions and strengths

**Physical Health & Well-Being**



- Letters and numbers identificaitons
- Exercise vocabulary ( shape, color)
- Practice counting
- Name body movements
- Promotes self-expression

**Language & Cognitive Development**



- Learnr to take turns
- Follow game rules
- Sharing
- Cooperating
- Celebrating others’ success
- Self-ecouraging
- Problem solving

**Social Competence and Emotional Maturity**



- Problem solving
- Self – expression
- Dealing with conflicts
- Learning the basic ideas of bowling game

**Communication Skills & General Knowledge**