

SLALOM DASH

running, changing direction skills

Equipment: Empty plastic bottle or similar for obstacles

How to play:

Set up a course using any objects you can find (like shoes or cuddly toys) with gaps in between.



Dash from start to finish as fast as you can, weaving in and out of the objects.



If you touch or knock over any of the objects, go back and set them back up.



See how many laps you can do in 2 minutes.

Skill Tip: Have “soft” knees when going through the slalom. Keep eyes up and concentrate

What is your best score today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, this time tie how fast you run the course there and back in full.
2. Add 2 two footed speed bounces over each obstacle.
3. Add 2 one footed speed bounces over each obstacle (changing landing foot in needed)

STEP

Space - make sure the area is clear of objects and flat.

Task – Perform a figure of 8 at the first and last obstacle

Equipment – empty plastic bottle or similar for obstacles

People – Time yourself against a friend.

TRAFFIC LIGHTS

Instruction & Movement skills

Equipment: a little bit of floor space

How to play:

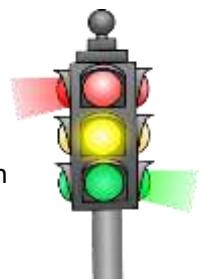
- The aim of the game is to listen to the instructions and complete the movements.
- Each round lasts for 30-60 seconds with someone calling out the instructions.
- Keep doing the same movement until the next instruction is called out!
- Round One will start with the three basic instructions;

1. Red – Stand still
2. Amber – Jog on the spot
3. Green – Walk/Jog (depending on floor space)



After each complete round, add two instructions at a time from the following list;

- Roundabout – Spin on the spot once
- Speed Bumps – Jump up and down on the spot
- Reverse – Walk backwards
- Petrol Station – Squat down then jump to the sky continuously
- Low Bridge – get into a press up position with arms straight and hold the position
- High Bridge – Reach up as high as you can and hold the position
- Speed Camera – Move in slow motion
- Motorway – Speed up and move around quicker (depending on floor space)
- Flat Tire – hop around/on the spot (depending on floor space)
- Zebra Crossing – skip around (depending on floor space)



- The round starts when the 'caller' shouts 'Start your engines' followed by the first instruction.
- See how many rounds you can complete whilst remembering all the correct actions.
- What is your best score today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, but this time can you add more of your own instructions. Bear in mind the space you have to play the game.
2. Lengthen each round and add more instructions in.
3. Can you change the actions for the instructions to challenge yourself further?

STEP

Space – make the playing area bigger or smaller to restrict certain movements. Maybe try it outside.

Task – change the actions of the instructions or make your own up.

Equipment – add an object to act like a steering wheel. Hold a ball whilst completing the actions or add some new instructions to incorporate the equipment added.

People – Test your family members to see how well they can do.

Video - <https://www.youtube.com/watch?v=1lCyEjc16Ss>

SPEED BOUNCER

movement skills

Equipment: an old towel/socks/tie/tape

How to play:

- How fast can you jump from side to side?
- This challenge will test your jumping skills...
- Are you ready to bounce?
- Place a rolled up towel or socks/tie/tape, long ways to create a line along the floor
- You must jump with two feet, travel across the line/object marked on the ground, and land with two feet on the other side. That is one completed jump....



Now the challenges:

How fast can you complete the following;

- 10 jumps
- 20 jumps
- 30 jumps

How many jumps can you complete in the following;

- 10 seconds
- 20 seconds
- 30 seconds



- Write your scores down each time you try, and then try and beat your previous best.
- Make sure you rest between efforts to get your energy back.

Skill Tip: Jump just high enough to cross the towel/line. Be sure not to jump too far across either as this will slow you down. Try and also be light on your feet and use your arms for balance. Remember to keep your head still!!

Challenges:

1. Try the challenges each day and see how good you can Speed Bounce!
2. Keep your hands close to your body to make it harder to balance
3. Use a bigger towel or object to make the jump higher

STEP

Space - make the crawl course bigger or smaller.

Task – with no other obstacles on the floor, shut your eyes for 5 seconds and try and complete a small section of the course

Equipment – A number of old Tee shirts.

People – Time yourself against a friend.

Video <https://www.youtube.com/watch?v= 24zvLccN0s>

AGILITY CHALLENGE

Movement skills

Equipment: Toys for markers

How to play:

Place one toy/object in the middle of the room, this will be your 'base'.



Then using the other Toys/objects place them in different places, all within view. (Start with easy locations, but no closer than 2 metres from the 'base' toy/object).

Make sure to name or number each toy/object. (This is to increase difficulty later on).



Begin by standing next to the 'base'.

You then have to run to each toy/object, make contact and then return to the 'base', continue to do this until you touched every object once.

Finish by returning to the 'base'.



You may wish to time yourself and aim to beat it.

Skill Tips: Stay in a strong low body position when moving to each toy/object. This will maintain your balance and allow you to push off through your legs to the next toy/object.

What is your best time today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, but move/add toys/objects to different locations.
2. Add obstacles if you have the space.
3. At the start, close your eyes and get someone to move the objects.
4. Change the way your allowed to move (hop, skip, bear crawl, jump etc).
5. Get someone to call out an object to touch or a sequence you have to complete the touching of each toy in.

STEP

Space - make the distances bigger or smaller.

Task - Alternate hands when contacting each toy/object.

Equipment - try different objects or carry something with you.

People - Race against a friend.

Video No Video for this game

BALL SKILL CHALLENGES

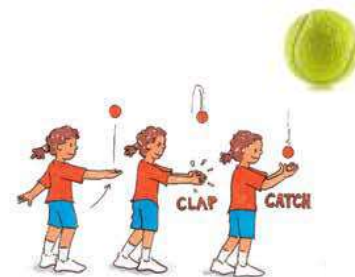
Ball skills

Equipment: tennis ball/bouncy ball/small basketball/pair of socks.

How to play:

Try the following skills with your ball and see how many you can complete in a set period of time!

- Drop Ball, let it bounce, than catch.
 - Drop Ball, clap your hands, and let it bounce than catch.
 - Throw Ball up and catch.
 - Throw Ball up, clap hands, than catch.
- N.B. ball/object dependant as to what skill you can attempt



How many can you do in 60 seconds?

Skill Tip: Keep your eye on the ball and make your hands as big as possible, watch the ball into your hands.

What is your best score today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, but only use one hand to catch & drop/catch the ball with. (ball size dependant)
2. Shorten the time you have.
3. Try with one foot off the ground.

STEP

Space - make sure there is enough area to play in.

Task – Add more claps or even a spin!

Equipment – try and use a different size/type of ball

People – Count yourself against a friend. Who can record the most?