

Hand and feet match



Setup Move along matching your hands and feet.

Try Tape paper hands and feet to the floor.

match

Cardboard curve beam



Setup Cut out cardboard to make a curve beam.

Try Carefully walk along the beam forwards, backwards, sideways and with feet on either side.

balance

Cushion jump along



Setup Put some cushions in a line with gaps between them.

Try Jump along the cushions with two feet.

jump

Box tunnel



Setup Join two boxes together and tape streamers over the end.

Try Crawl through the tunnel and through the streamers.

crawl

Cardboard straight beam



Setup Cut a long straight beam out of cardboard.

Try Carefully walk along the beam forwards, backwards and sideways.

balance

Circular sideways step



Setup Put a hula hoop on the floor.

Try Sideways step around the hoop.

step

Scarf throw and catch



Setup Find a scarf or piece of fabric.

Try Scrunch up your scarf in your hands and throw it in the air. Try and catch the scarf.

catch

Book maze



Setup Stand up hard cover books to make a maze. Use pegs to hold pages.

Try Walk carefully through the maze forwards and backwards.

walk

Cardboard tube hurdles



Setup Use elastics to secure cardboard tubes to blocks or bricks.

Try Jump over each hurdle with two feet.

jump

Bucket toy throw

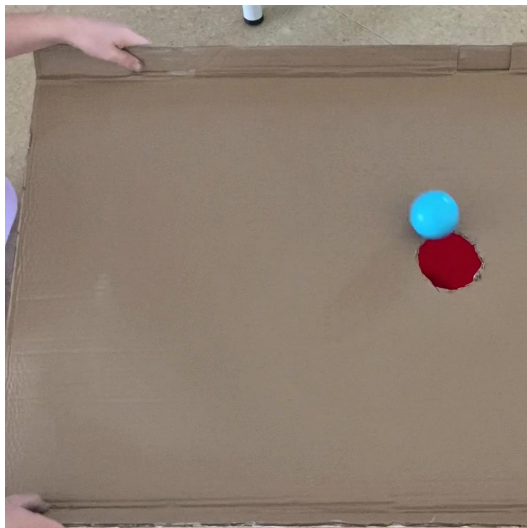


Setup Place a bucket on the floor and find some small soft toys to throw.

Try Aim and throw them in the bucket.

throw

Cardboard hole ball roll

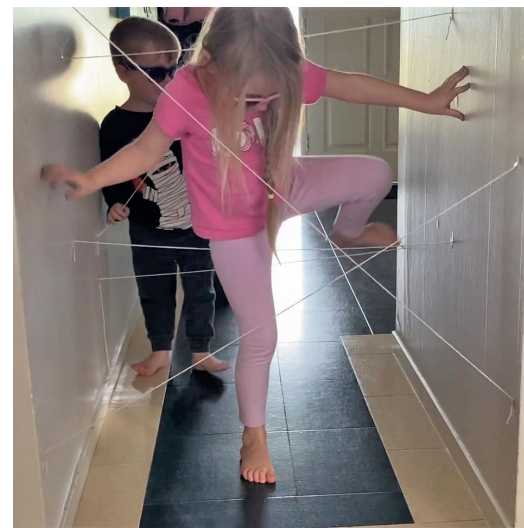


Setup Cut a hole in a cardboard piece, fold up the edges and put over a bucket.

Try Hold each side of the cardboard and lift and lower to make the ball roll into the hole.

roll

String maze



Setup Tape pieces of string across two walls or two chairs.

Try Step through the string without breaking the string. You can also crawl under it.

step

Wide beam bunny hop



Setup Cut a straight piece of cardboard the width to fit two hands together.

Try Put your hands on the beam and your feet on one side. Jump your feet over the beam to the other side by pushing on your hands. Repeat.

push

Yoghurt container bowling



Setup Stack a tower of yoghurt containers and find a ball.

Try Aim and roll the ball to knock over your tower.

roll

Ribbon toy spin



Setup Tie a ribbon around a small soft toy.

Try Spin the toy around by holding the end of the ribbon.

spin

Folded cardboard hurdles



Setup Fold pieces of cardboard in half and stand up.

Try Step over the hurdles without knocking them over.

step

Toy weave



Setup Line up soft toys with a gap in between.

Try Walk quickly and weave around the toys in an S shape movement.

walk

Toy jump



Setup Line up soft toys with a gap in between.

Try Jump over the toys with two feet.

jump

Toy swing kick



Setup Tie ribbon around soft toys and attach to a stick. Place the stick up high.

Try Lie on your back and kick the toys. Aim for one and try and kick it.

kick

Stepping in and out

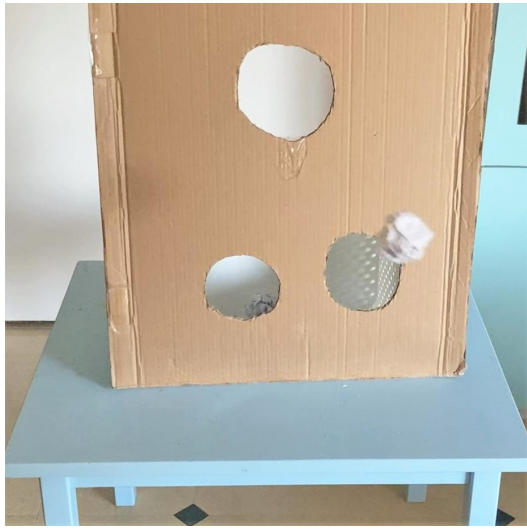


Setup Line up containers or boxes.

Try Step in and out of each container or box.

step

Paper ball aim and throw



Setup Cut holes in a piece of cardboard. Scrunch paper balls.

Try Aim and throw the paper balls at the cardboard targets. Try to throw them through the holes.

throw

Block zig zag beam



Setup Tape wooden blocks together in a zig zag.

Try Balance and walk on the zig zag beam.

balance

Foot match

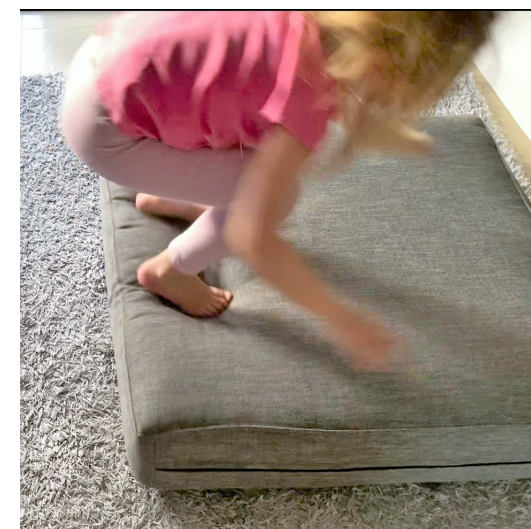


Setup Tape paper feet on the floor.

Try Step and match your feet to the paper feet.

match

Big cushion jump



Setup Place a big cushion on the floor away from any furniture.

Try Jump onto the big cushion.

jump