

Battleships



Getting Started

1. Stand opposite your child and place some targets in front of yourselves (spots, cones, bottles)
2. Take turns to throw and hit each other's targets. If you're successful, take the target and place it next to your own.
3. The first to steal all of the targets win.

What to look for

Under arm throw

- Step with opposite foot
- Step first then throw in one action

Use a bench or something similar to separate the cones to encourage an 'arc throw' instead of a roll

Ways to change the game

Easier

- Decrease the gap between the cones
- Use bigger targets (tall cones)

Harder

- Increase the gap between the cones
- Use smaller targets (spots)

Ideas:

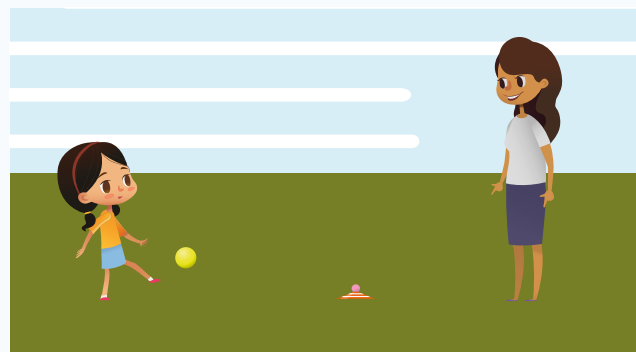
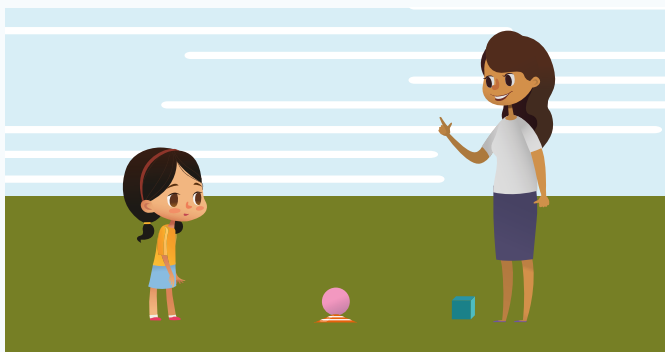
Instead of using cones as targets, you could use:

- Bottles
- Spots
- Balls.

Instead of throwing bean bags, you could use:

- Balls
- Rolled up socks
- Rolled up paper.

Coconut Kick



Getting Started

1. Stand opposite your child and place a target in between yourselves (ball, bottle, cone)
2. Take turns to kick the ball to try and hit the target.
3. The first to hit the target wins.

What to look for

Make sure the kicker is planting their non-kicking foot next to the ball. A spot or a line can be used to mark this point

Encourage the kicker to use the side of their foot or their laces, NOT their toes!

Ways to change the game

Easier

- Use a cube to kick instead of a ball as it will remain stationary
- Place a bean bag under the ball to keep it stationary
- Decrease the distance from the 'coconut'
- Larger 'coconut'
- Standing start

Harder

- Increase the distance from the 'coconut'
- Smaller 'coconut'
- Running start

Ideas:

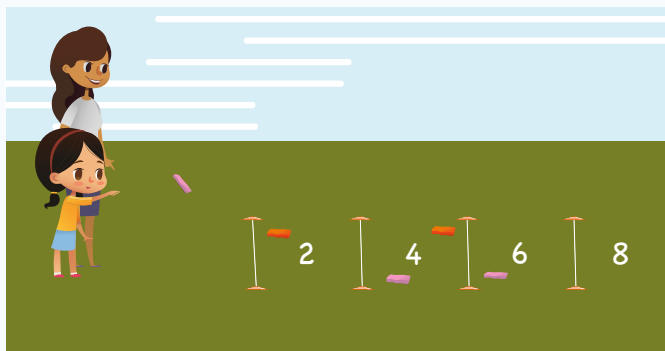
Ideas for targets:

- Bottles
- Cones
- Bottles
- Chalk markings.

Instead of kicking a ball, you could use:

- Rolled up socks
- Rolled up paper
- Balloons.

Target Throws



Getting Started

1. Set up some targets using a variety of equipment (cones, spots, bottles, balls, chalk markings, pictures)
2. Take turns to kick or throw the ball to try and hit the targets.
3. Whoever hits the most target wins.

What to look for

- Step with opposite foot
- Open shoulder
- Follow through
- Whole body action

Ways to change the game

Easier

- Decrease the distance from the target
- Increase the size of the target

Harder

- Increase the distance from the target
- Decrease the size of the target

Ideas:

Ideas for targets:

- Bottles
- Cones
- Bottles
- Chalk markings
- Pictures.

Instead of kicking or throwing a ball, you could use:

- Rolled up socks
- Rolled up paper
- Balloons
- Bean bags
- Old pillows.



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Me to You



ACADEMI CYMRU AR GYFER
IECHYD A LLYTHRENNEDD CORFFOROL
WALES ACADEMY FOR
HEALTH & PHYSICAL LITERACY



Getting Started

1. Stand or sit opposite your child with a ball in your hand.
2. Take turns to throw or roll the ball back and fore to each other.

What to look for

- Under arm throw
- Step with opposite foot
- Step first then throw in one action

Ways to change the game

Easier

- Roll the ball across the floor instead of throwing.
- Close the gap.
- Use a larger ball.

Harder

- Smaller balls
- Start further apart

Ideas:

Instead of throwing balls, you could use:

- Bean bags
- Balloons
- Scarfs or tissue paper.
- Rolled up socks
- Rolled up paper.

Reactions



Knees!



Bean bag!



Getting Started

1. Stand opposite your child and place an item such as a bean bag, in between yourselves.
2. Take turns to name body parts that you have to touch (head, shoulders, knees, toes etc.). When you shout bean bag (the item), you both have to react and try to pick up the item first.

What to look for

- Eye contact
- Paying attention
- Following instructions

Ways to change the game

Easier

- Child nearer the bean bag

Harder

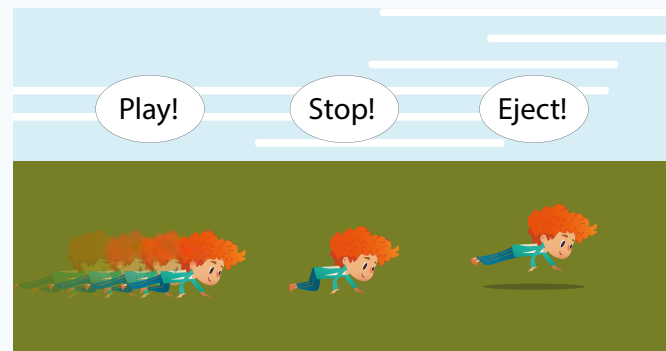
- Child further away
- More objects
- More instructions

Ideas:

Instead of collecting a bean bag, you could use:

- Cones
- Balls
- Bean bags
- Rolled up socks
- Rolled up paper.

The Movie Game



Getting Started

1. This game works best when in a large open space.
2. Ask your child to run around and listen out for the following instructions:
 - Fast forward – move faster
 - Rewind – Move backwards
 - Pause – Freeze on the spot
 - Eject – Big jump
 - Play – Move forward.

What to look for

- Listening to and following instructions

Ways to change the game

Easier

- Less instructions

Harder

- Add in more complicated instructions
- Play at a quicker pace

Ideas:

Instead of just running, encourage your child to move in different ways:

- Skipping
- Hopping
- Jumping
- Galloping
- Side Stepping
- Crawling.