

BEAN BAGS

- Improve posture:
balance bean bag on head whilst sitting, standing, travelling or during some body schooling games
- Balance the bean bag in the back during 'happy cat', push it off when moving into 'angry cat'
- Squeeze bean bag between floor and back during trap the mouse
- Place bean bag between feet or knees during rocking activity
- Place bean bag between knees on pogo jumping and/or bunny hopping

HOOPS

- Frog jumping into hoops placed on the floor
- With a row of hoops practice a variety of jumping patterns into each hoop, e.g from 1-2, 2-2, 2-1 etc
- Perform various shaped jumps in hoop placed on the floor
- Bunny hop into five hoops (each a minimum of _ a metre apart)
- Jump from a bench to land in a hoop

SUGGESTED ACTIVITIES WITH SMALL APPARATUS

CONES

Can be used to assist with spacial awareness, e.g

- Move to a cone using crawling soldiers, camel walking, scorpions, crabs or pogo jumping
- Bunny hop in and out of a row of cones
- Jump over cone – forwards, backwards, sideways
- Linking actions with colour cones

ROPES

- Walk along rope on the floor travelling forwards, backwards and sideways
- Bunny hop from side to side over rope lying on the floor
- Frog and/or Pogo jump from side to side over a rope on the floor
- 2 ropes on the ground, jump the gap using various shaped jumps and landing correctly
- Skipping using a variety of foot patterns, e.g 2 feet together, 1 foot after the other etc

BALLS

- Improve posture:
 - hold a ball at arms length in palm whilst travelling
 - hold a ball at arms length on the back of two hands whilst walking in various ways
- Improve flexibility:
Roll a ball around the legs and body on the ground in either
 - a sitting straddle position; or
 - a sitting pike position
- Roll a ball to a partner whilst in one of the alphabet shapes
- Roll a ball under your partner's 'bridge' or 'tunnel'
- Bounce a ball with two or one hand either standing with correct posture or during a 'stork' or a cup
- Throw and catch a ball
- Balance a ball in the back during 'happy cat', push it off when moving into 'angry cat'
- Balance ball on stomach during dish position
- Balance ball on back during arch position