

## Welcome to Fizzy's Training Games

### Body Awareness and Co-ordination Level Three

There are three levels to the body awareness and co-ordination training games and this is the third and final level. Play the games in any other until you are good at all of them. You should be an expert.

Tick the boxes at the bottom of the page when you can do each game well. The games should be fun and are intended to be flexible, for example they could be played daily for 10 minutes or twice a week for 15 minutes.

#### Equipment list

Medium ball  
Bench  
Desk / chair  
Therapy ball  
Skipping rope  
Paper Bat / ball

#### Suggestions for leisure activities

- Swimming / Water play
- Tumble Tots
- Judo / Karate
- Trampolining
- Gym clubs
- Dancing
- Horse riding

**Further helpful suggestions:**  
(To be completed by your therapists)

It may be useful to use a marker on the floor to keep the trainee at a measured distance.

**Trainee:**

**Name:**

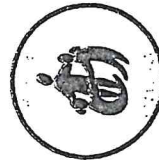
**Your Therapists:**

**Name:**

**Telephone:**

**Name:**

**Telephone:**



**If you have any comments or queries then please contact:**

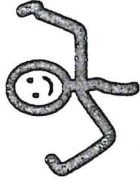
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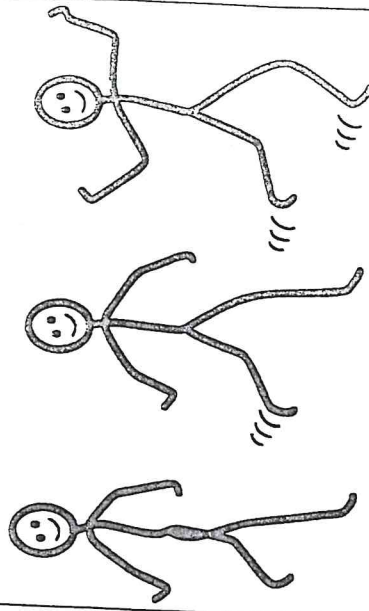
Date of Review: May 2009



Eastern and Coastal Kent  
Primary Care Trust

## Fizzy's Training Games: Body Awareness and Co-ordination

**Body Awareness and Co-ordination  
Level Three**



**Level Three**

A programme compiled by  
Occupational and Physiotherapists.

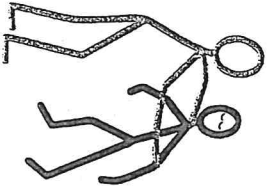
Advice for  
parents, carers and education staff.

Your name: \_\_\_\_\_

**Body Awareness and Co-ordination**  
**Level Three**

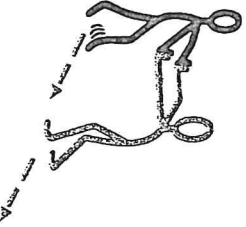
1

**Statuses:** While standing with your eyes closed, try not to be moved by someone else.



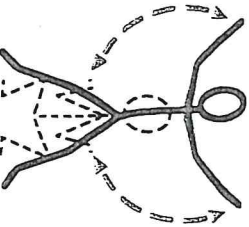
2

**Resisted Pushing:** Walk with your arms outstretched while someone gently holds you back by pushing on the palms of your hands.



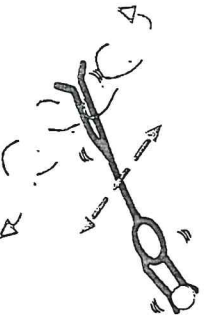
3

**Jumping Jacks:** Jump from a crouched position up into a star position.



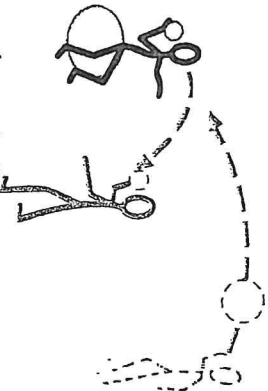
4

**Log rolling:** Lie down with your arms stretched above your



4 continued

head holding a ball. Roll over and over to the right and then the left. Try to keep in a straight line.



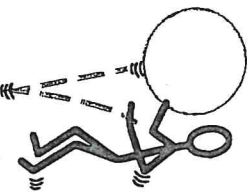
5

Sit up straight on a large ball with feet on the floor. Throw and catch balls of various sizes from varying distances and directions.



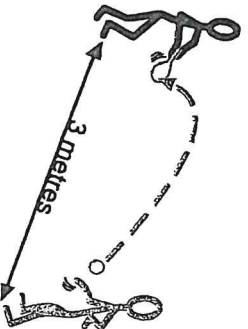
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Keeping both feet together, jump forwards, backwards and sideways in a given sequence.



7

Keep your feet still while you bounce and catch a large ball.



8

Hold a bat with both hands and hit a ball

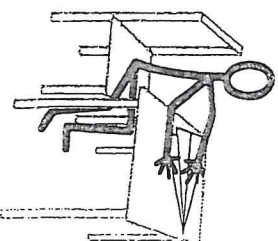
5 6 7 8

8 continued

thrown from a long distance. Watch the ball! And, hit it so it can be caught again.

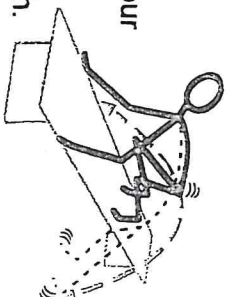
9

Make a paper or card shape such as a paper-plane or an origami object.



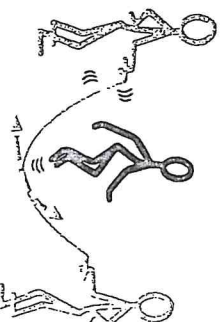
10

**Bunny jumps:** With your hands on the bench, jump from one side to the other over the bench. Keep you feet together as you land.

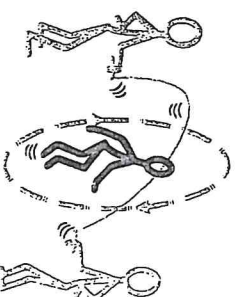


11

**Skipping:** With your feet together, jump over a slowly moving rope.



Can you jump over the rope after it turned over your head?



9 10 11

1 2 3 4

5 6 7 8

9 10 11