

Welcome to Fizzy's Training Games Body Awareness and Co-ordination Level Two

There are three levels to the body awareness and co-ordination training games and this is level two. Play the games in any order until you are good at all of them before going on to level three.

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

Wall bards
Bench
Play-dough
Bat and ball
Therapy ball
Trampoline
Hoops
Desk / chair
Skittles
Medium 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:

**The Therapy Department
Branch House
Pinhoe Road
EXETER
EX4 8AD**

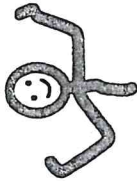
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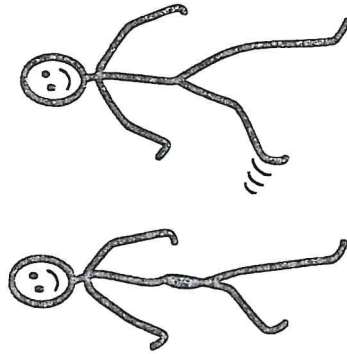


Eastern and Coastal Kent
Primary Care Trust



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

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



Level Two

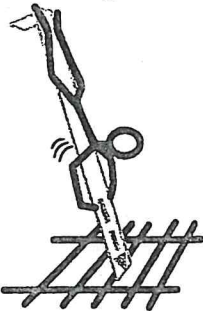
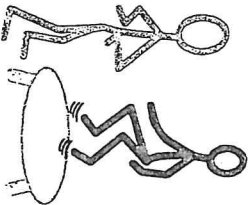
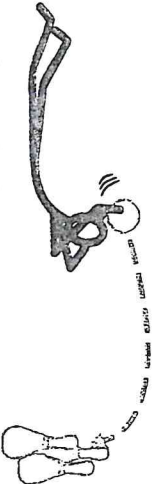
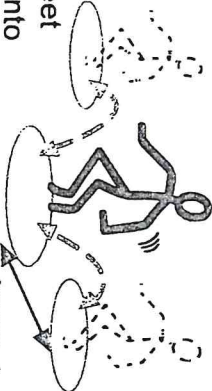
A programme compiled by
Occupational and Physiotherapists.

Advice for
parents, carers and education staff.

www.eastcoastkentpct.nhs.uk

Your name: _____


Body Awareness and Co-ordination Level Two

- 1 Lie on stomach on an inclined bench. Pull yourself along using both hands. Do not use your feet.

- 2 Bounce in the middle on a trampoline without holding on. Can you jump off onto a mat, with your feet together without falling over?

- 3 Lie on your stomach, lift your head up and then lift your arms above your head. Throw a large ball at some skittles, 2 metres away.

- 4 Keeping both feet together, jump into hoops on the floor.


Approx. 1 metre apart

Tick each box to record your progress.


1 2 3 4

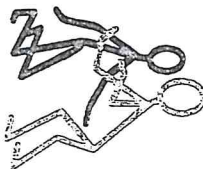
- 5 Do bunny jumps over a line keeping your hands place on the floor.


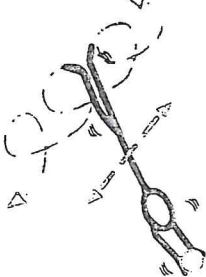
- 6 Use both hands to throw a beanbag into a box or hoop.


- 7 Holding a bat with both hands, hit a ball thrown by an adult.


- 8 Star-Jumps: From a standing position, jump into star shapes.


- 9 Sticky Toffee: Crawl along the floor while someone gently holds you back by holding on to your hips or pushing on your shoulders.


- 10 Statues: While kneeling or half-kneeling, try not to be moved by someone else


- 11 Log rolling: Lie down with your arms stretched above your head holding a ball. Roll over and over to the right and then the left. Try to keep in a straight line.


- 12 Sit on a large ball with feet on the floor. Throw and catch a ball from varying distances.


- 13 Play-dough: Use both hands and play-dough can you roll out a sausage? Can you also make a pot?


- 14 Simon-Says: In a sitting or standing position copy 'Simon's' actions.


5 6 7 8 9

10 11 12 13 14