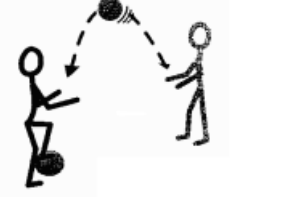


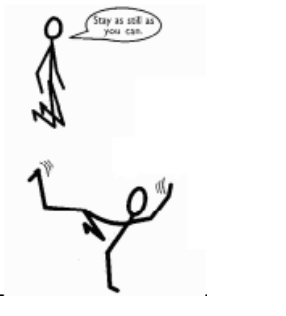

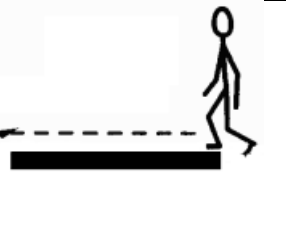

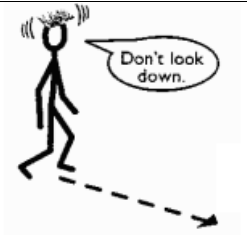


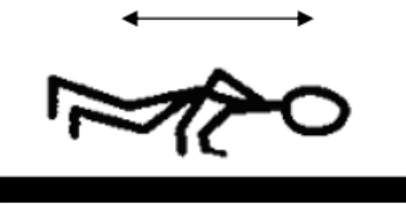





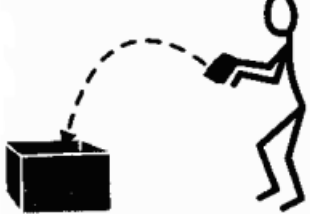


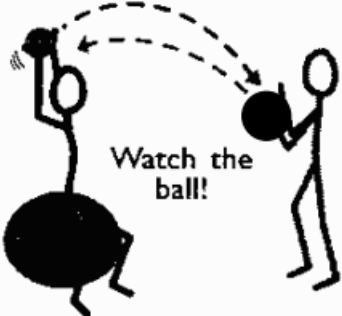



Activity	Description	Target and comments
	<p>Stand with one foot on a small soft ball and try to throw and catch a ball with your partner.</p>	<p>How many can you do in a row? 2 metres? 10 metres?</p>
	<p>Try to stop a rolling ball coming towards you by placing your foot on the top.</p>	<p>How many can you do? 5? 10 1</p>
	<p>Keep very still while your partner gently tries to move you. Try these positions</p>	
	<p>Balance on different parts of your body. Start with kneeling and then try raising one arm and the opposite leg.</p>	<p>How many seconds can you hold it? Kneeling Arm and leg Raised</p>
	<p>Reach for a beanbag in a kneeling position. Gradually increase the distance. Then try half kneeling</p>	
	<p>Walk along a bench</p>	<p>Can you do it? Forwards Backwards Sideways</p>

	<p>Walk along a bench balancing a beanbag on a bat</p>	<p>How far can you get? Half the bench? All the bench?</p>
	<p>Try walking along with a beanbag on your head</p>	<p>How far can you walk? 4 metres 6 metres 8 metres</p>
	<p>Walk in a line, as straight as possible, heel to toe – eyes closed, or wear a blindfold</p>	<p>How many steps? 3 7 10?</p>
	<p>Hop on either leg</p>	<p>How many hops can you do? Left leg, right leg, 3, 5, 8?</p>
Activity	Description	Target and comments
	<p>Lie on stomach on a bench – pull yourself forward to the end using both hands, and then push back again. This is counted as one movement pattern.</p>	<p>How many can you do?</p>
	<p>Draw shapes in the air using a pole with a ribbon tied on the end. Use both hands. Draw shapes in the air without using the pole</p>	<p>Can you do Shapes Letters Your name Can you do it holding on with 2 hands 1 hand</p>

	<p>Bounce on a trampette holding hands with an adult</p>	<p>How many can you do?</p>
	<p>Jump along the floor keeping both feet together.</p>	<p>How many can you do?</p>
	<p>Jump off a low box or bench holding hands with an adult. Keep feet together</p>	<p>Can you do it holding on to 2 hands 1 hand no hands</p>
	<p>Throw and catch a beanbag with an adult. Then try a large ball.</p>	<p>How far can you do it from</p>
	<p>Throw a beanbag into a box or hoop</p>	<p>How far can you do it from?</p>
	<p>Turn Turtle Lie down on your stomach and try to stop someone turning you over</p>	<p>How long can you stay still for?</p>
<p>Arms up! Arms straight!</p> 	<p>Log Rolling Lie down with your arms stretched above your head. Roll over and over. Start with an adult holding your hands, then try holding a ball</p>	

 <p>Watch the ball!</p>	<p>Sit on a large ball with feet on floor: Throw and catch beanbags or balls, from 1 metre</p>	<p>Can you do 5 catches 10 catches</p>
	<p>Hold paper in one hand and cut with other. Draw around your hand, with your fingers spread</p>	