

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

Body Awareness and Co-ordination
Level One

Trainee:

Name:

Your Therapists:

Name:

Telephone:

Name:

Telephone:

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

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

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

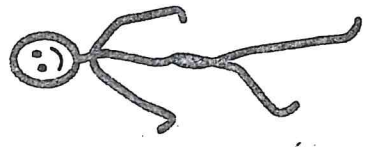
- Bench
- Box
- Desk
- Paper x 2
- Large therapy ball
- Trampoline
- Ribbon stick
- Scissors
- Pencil

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.



Level One

A programme compiled by
Occupational and Physiotherapists.

Advice for
parents, carers and education staff.



If you have any comments or queries then please contact:


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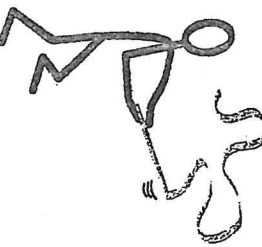
**Body Awareness and Co-ordination
Level One**

1



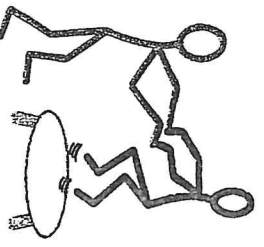
Lie on stomach on a bench - pull yourself forward to the end using both hands, and then push back again. This is counted as one movement pattern.

2



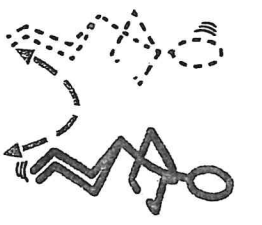
Draw shapes in the air using a pole with a ribbon tied on the end. Use both hands.

3



Bounce on a trampoline holding hands with an adult. Bend your knees and keep your feet together.

4



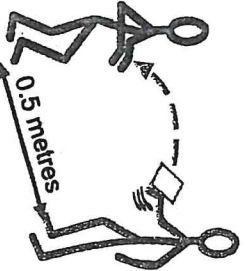
Jump along the floor keeping both feet together and yours knees bent.

5



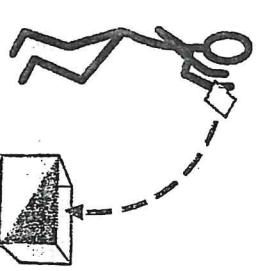
Jump off a low box or bench, holding hands with an adult. Keep both your feet together.

6



Throw and catch a beanbag with an adult. Catch with both hands. Then try a large ball.

7



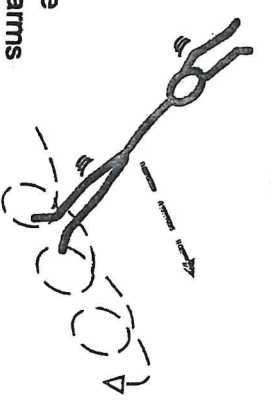
Use both hands to throw a beanbag into a box or hoop.

8



Turn Turtle: Lie down on your stomach and try to stop someone turning you over. Keep flat on the floor.

9

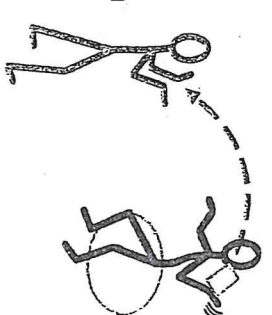


Log Rolling: Lie down with your arms

9 continued

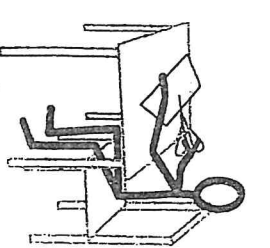
stretched above your head. Roll one way then back again in a striding line. Start with an adult holding your hands, then a ball.

10



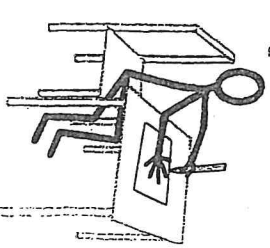
Sit up straight on a large ball with feet on the floor. Throw and catch beanbags or balls from 1 metre.

11



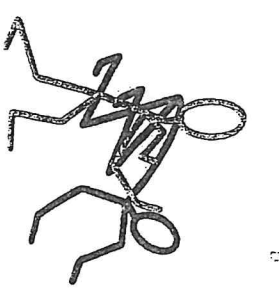
Hold paper in one hand and cut with the other.

12



Draw around your hand, with your fingers spread.

13



Statures: Kneel down and try not to be moved by someone else.

Tick each box to record your progress.

1 2 3 4

5 6 7 8 9

10 11 12 13