

Fun Activities to do at home to practise Fundamental Movement Skills

Static Balance



Monument - try balancing on low structures like a chair (variations with different legs, one eye, both eyes closed)

Statues - play music and dance, when music stops freeze on one foot.

Sprint Run (See also 'Dodge' activities)

Chasing games

Hide and seek



Vertical Jump

Different jumps - Make up jump sequences that last 30 secs (1 to 2 feet, crouch start, forwards, backwards, sideways)

Rope jumping - try variations such as forwards and backwards, double jumps. Short and long ropes

Elastics - use chair legs to hold elastic in place

Shape Jumping - jump from a low platform to make a shape in the air (wide, curled, thin, twisted). Land motorbike style in a hoop

Hoop jump - one person holds a hoop horizontal slightly off the ground. Other person jumps in and out of the hoop taking off and landing on two feet.

Make your mark - use a piece of chalk to jump from the ground and leave a mark on the wall as high as you can.



Forbidden Fruit - Hang an object from a string from a tree limb or other structure. Hoist it up and see how high you can go.

Sack races

Leap frog - Start with kneeling in a tucked position

Catch



Catching variations - different types of balls, (even rolled up socks), one handed, one bounce, high balls, rolled balls, consecutive catches, bounced off a wall, thrown while catchers back is turned, turn quickly on command and attempt catch, vary distances

Bean Bag drop - Stand facing the child about 1 metre in front. Hold a bean bag in each hand at about eye height. Drop one, child tries to catch before it reaches the ground.

Tricky Catches - Partners take turns throwing the ball up for themselves making up a tricky catch eg throw, clap twice, catch

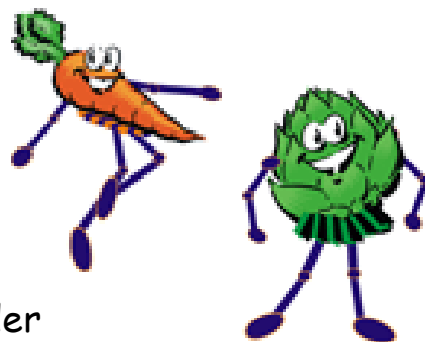
Hot Potato

Step back - Take one step back each time a successful catch is made. How far can you go?

Spot the Difference - Thrower has three different balls or other objects to throw. Keep them hidden from partner. Throw one at a time. Catcher has to name the object before catching it for a point.

Shrink and Grow - Pairs. 10 catches in a row, take a step back. Drop ball once, go to one knee, drop twice 2 knees, third drop sit. Successful catch means person comes back up in reverse order.

Hop, Skip and Side Gallop



Follow the Leader - Take turns as leader

Hopscotch

Obstacle courses - things to climb over, under, through or along, hop, skip or leap to next station - use your imagination

Dance - Put on some steady beat music and make up a dance that includes hopping, skipping and side-gallop.

Locomotion Challenge - eg. skip to the clothesline, side gallop to the tree, hop to the fence, etc etc

Overarm Throw



Targets - empty drink cans or plastic bottles make great targets. Different targets can be worth different points., A wet tennis ball makes a great sound when it hits and will also leave a nice temporary mark on some walls. Water bombs at a cardboard box are great fun.

Goal shooting - buckets and empty garbage bins make great goals. Concentric circles drawn on the ground with chalk are also very good. Try different things to throw (balls, bean bags, rolled up socks).

Target golf - Make a light ball of tapped up, scrunched up newspaper. Create a golf course around the yard with various objects as the holes. Some holes should be too long to reach the target in a single throw. Teeing off can be a full blooded overarm throw and putts can be underarm.

Throw for distance - Go for your personal best. Use light balls, even newspaper balls if you don't have much space.

Clap, Clap, Clap - Throw the ball as hard as you can into the ground. How many claps can you do before it hits the ground again?

Leap



Leap the River - use ropes, chalk or tape to mark out two lines. Mark lines in V shape to allow attempts at wider spots. Toy animals can be crocodiles in the river. For a fun game one partner chooses where to jump from. If they don't make it they lose a life. If they make it the other person jumps from the same spot. Take turns.

Fly - Place a series of objects in a row on the grass. Try to run over each object placing one foot only between each object. If successful they take one more step and move one of the objects to where they landed. How far can you make the line of objects?

Tap the Top - Hang an object from a string from a tree limb or other structure. Hoist it up and see how high you can go with a running leap (2-3 step run up).

Obstacle Leap - Place a variety of objects (clothing, shoe box, hoop) to form a course to leap through. Encourage leaping alternating the leading foot.

Kick



Balloon Kicks - in pairs keep the balloon in the air using only your feet

Rebound goal - take turns kicking a ball against a wall to strike or go through a goal on the rebound. Change angles, distances, number of targets

Kick Golf - Nominate a series of objects around the yard. How many kicks to make the ball strike each object in correct sequence?

Bull's Eye - Mark a circle on the ground with a hoop or rope. Kick the ball attempting to bring it to rest in the circle. Ten attempts then swap. Award points. Increase distance. Can also be done off a rebound wall.

Spot Kicking - use markers at different positions in the yard and allocate points to each. Have a single goal. Shooter accumulates the points from each spot if they strike the goal.

Step back - Use a couple of shoes to make a narrow goal. Partners start facing each other on each side of the goal. Take one step back each time a successful goal is scored. How far can you go?

Two-handed Strike



Airborne - Use a rolled up newspaper to keep a balloon in the air

Newspaper Golf - Spread some sheets of newspaper on the ground in front of the striker. Use a marker to award different points to each of the pieces. Pitcher kneels down about 1 meter from striker and gently throws the balloon up for the striker to hit. Striker gets the points their balloon lands on. Take 10 shots each.

Smash - hit your balloon with newspaper bat for distance. 5 shots each to see who goes furthest.

Belt the bomber - throw paper aeroplanes at the striker who bats them away with their rolled up newspaper bat.

Target Ball - Use a newspaper bat and newspaper balls. Mark three circles touching each other on the ground at the base of a wall. Allocate points for each of these circles, say 10 for the middle and 5 for each of the

outside circles. Pitcher throws the ball underarm for the striker who attempts to hit it to the wall. Striker gets the points that the ball lands in.

Sock Hockey - Use newspaper bats and a rolled up pair of socks for a ball. Mark out small field and goals with cushions and shoes.

Stocking Ball - put a tennis ball in the end of an old stocking and tie other end off to clothline, pergola etc. How many successive strikes can you get?

Fetch - partners face each other each with some type of bat and a batting tee (witches hats are good). Attempt to hit the ball to your partner who fields it and hits it back.

Dodge



Run to touch - call out various objects in the yard to run and touch, returning to the start ASAP

Slalom Run - set out objects in a zig-zag pattern.

Complete the course by touching each object. What's your best time?

Treasure chest - spread a variety of objects out on the ground. Time the person gathering all the objects back into a bucket one at a time.

Shadow tag - can your partner tread on your shadow?

Artful Dodger - one partner stands behind the other. On 'go' the front person runs around changing direction regularly. On 'stop' both players freeze. If the back person can take one step and touch the front person they become the new dodger.

Tail Snatch - put a rag out the back of the pants. One person tries to grab the rag. The other tries to dodge to protect it. No fending with hands and arms.

Cocky Laura

Chasing games

Combination of Skills

Kick and catch - Start with just placing a bean bag on the foot and flicking it up to the catcher. Progress to kicking and using a ball

Name it - Pairs. Person 1 throws ball against a wall and attempts to straddle jump the rebound. Person 2 catches the ball. Each time a sequence is completed successfully participants add a letter to a word they are trying to spell.

Wasps - Chase a partner with a soft ball or bean bag. Try to hit them below the knees. If successful swap

Backyard Games using Fundamental Movement Skills

French Cricket - batters legs are the wicket. Hit the legs or catch a returned hit and you get top hit

Backyard Cricket - Hit the house or over the fence on the full is out

Golf - plant a couple of plastic cups in the ground, nearest the pin, lowest score..whatever

Tennis, volleyball, sockball, badminton or squash - Tie a rope off between two chairs. Shoes mark off the boundaries, a ball or some rolled up socks and the grand slam is underway.

Soccer, Hockey or Touch - Remember the smaller the playing area the smaller the goals. Shoes make ideal goal posts.