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 other 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	Trampette
Bench	Hoops
Play-dough	Desk / chair
Bat and ball	Skittles
Therapy ball	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:

Comments or suggestions should be directed to:
Head of Occupational Therapist or
Superintendent Physiotherapist

Children's Assessment Centre
Kent & Canterbury Hospital
Ethelbert Road, Canterbury, CT1 3NG
Phone: 01227 783043 Fax: 01227 783185

If you would like this leaflet in another format or language please contact the Communications Team
By telephone: 01227 791161 or
Email: communications@eastcoastkent.nhs.uk

PALS
Patient Advice and Liaison Service

If you need information, support or advice about our services, please contact PALS.
Phone: 0800 085 6606
Email: pals@eastcoastkent.nhs.uk

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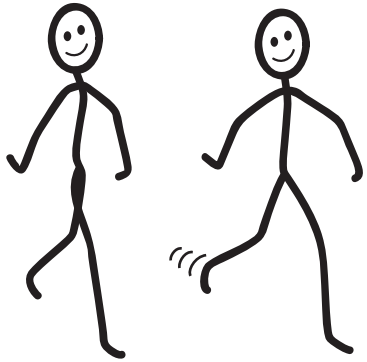
Eastern and Coastal Kent NHS
Primary Care Trust

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

Body Awareness and Co-ordination Level Two



Level Two

A programme complied by Occupational and Physiotherapists.

Advice for parents, carers and education staff.

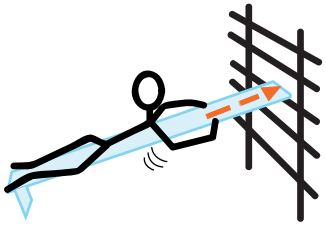
www.eastcoastkentpct.nhs.uk

Your name:

Body Awareness and Co-ordination Level Two

1

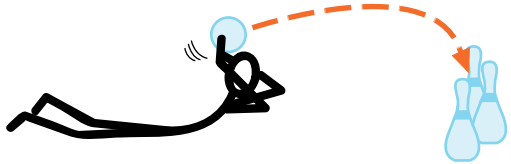
Lie on stomach on an inclined bench. Pull yourself along using both hands. Do not use your feet.



2

Bounce in the middle on a trampette 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.

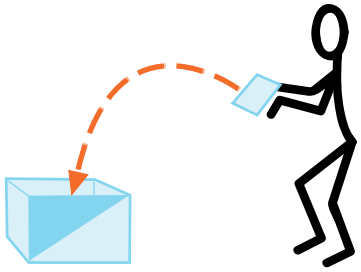
Tick each box to record your progress 1 2 3 4

5

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

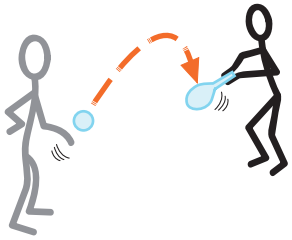
6

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



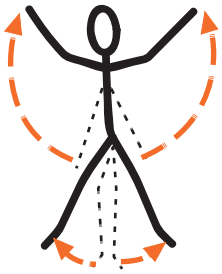
7

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



8

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

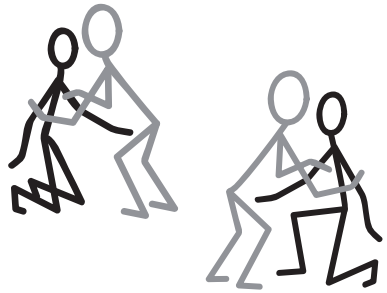


9

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

5 6 7 8 9

10

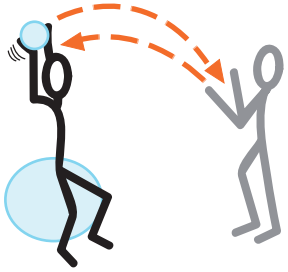


Statues: While kneeling or half-kneeling, try not to be moved by someone else

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.

10 11 12 13 14