

Welcome to Fizzy's Training Games

Body Awareness and Co-ordination Level Three

There are three levels to the body awareness and co-ordination training games and this is the third and final level. Play the games in any order until you are good at all of them. You should be an expert.

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

Medium ball Paper Bat / ball
Bench
Desk / chair
Therapy ball
Skipping rope

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



Eastern and Coastal Kent **NHS**
Primary Care Trust

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

Body Awareness and Co-ordination Level Three



Level Three

A programme compiled by
Occupational and Physiotherapists.

Advice for
parents, carers and education staff.

www.eastcoastkentpct.nhs.uk

Date of Review: May 2009

Date of Publication: May 2008

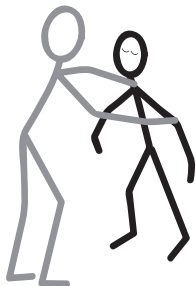
Leaflet code: 0109

Your name:

Body Awareness and Co-ordination Level Three

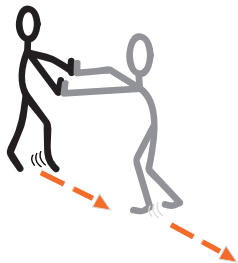
1

Statues: While standing with your eyes closed, try not to be moved by someone else.



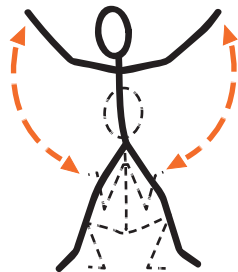
2

Resisted Pushing: Walk with your arms outstretched while someone gently holds you back by pushing on the palms of your hands.



3

Jumping Jacks: Jump from a crouched position up into a star position.



4

Log rolling: Lie down with your arms stretched above your

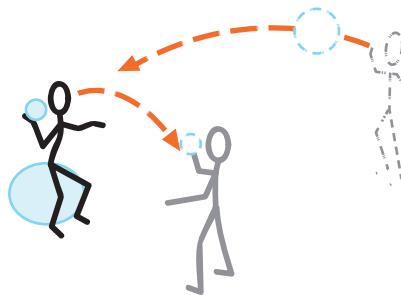


Tick each box to record your progress

1 2 3 4

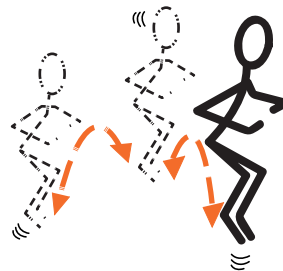
4 continued

head holding a ball. Roll over and over to the right and then the left. Try to keep in a straight line.



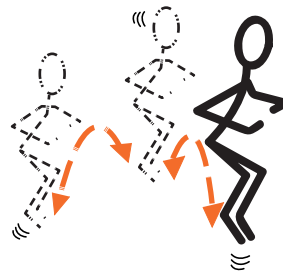
5

Sit up straight on a large ball with feet on the floor. Throw and catch balls of various sizes from varying distances and directions.



6

Keeping both feet together, jump forwards, backwards and sideways in a given sequence.



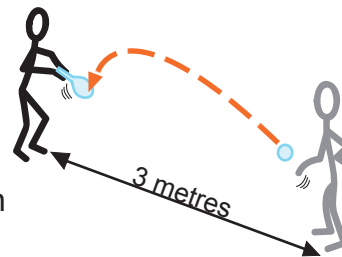
7

Keep your feet still while you bounce and catch a large ball.



8

Hold a bat with both hands and hit a ball



5 6 7 8

8 continued

thrown from a long distance. Watch the ball! And, hit it so it can be caught again.

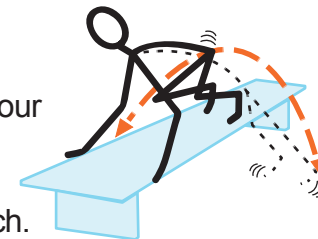


9

Make a paper or card shape such as a paper-plane or an origami object.

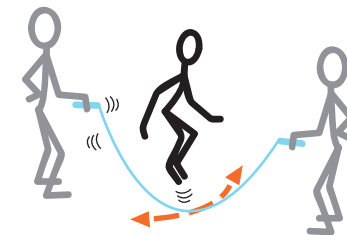
10

Bunny jumps: With your hands on the bench, jump from one side to the other over the bench. Keep your feet together as you land.

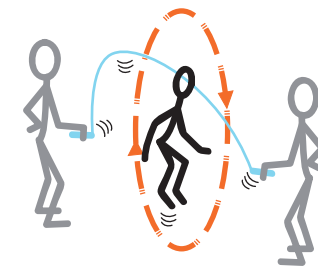


11

Skiping: With your feet together, jump over a slowly moving rope.



Can you jump over the rope after it turned over your head?



9 10 11