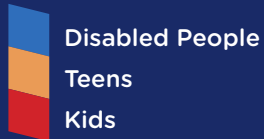


STAY ACTIVE RESOURCE CARD

FUNdamentals

**FUN GAMES TO
IMPROVE BASIC
SPORTS SKILLS**

Other Stay Active Cards available
Contact email@dsni.co.uk



1

Body Parts

KEY POINTS:

- Spread objects (cones, paper, soft toys) around playing area, raising them if necessary
- Helper will call out a body part (elbow, knee, nose etc)
- Touch 3 different cones with that body part
- Continue by calling different body parts



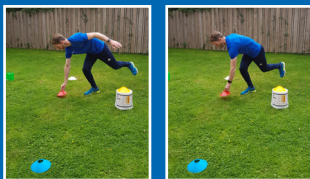
2

Balance Pick Up

KEY POINTS:

- Use objects and set up as before
- Move to an object, picking it up whilst balancing on one leg
- Using other hand, set the object down again without losing balance
- Move to another object and repeat

TIP: Use arms and legs to counter balance



3

Jump the Puddles

KEY POINTS:

- Set up as before (objects will be puddles)
- Practice jumping or stepping over the puddles
- Try jumping and landing with two feet and one foot
- How HIGH can you jump? How FAR can you jump?

TIP: Swing arms and try bending your knees to land soft



4

Steal the Treasure

KEY POINTS:

- Set up as before (objects will be treasure) - Raise treasure if necessary
- Use a box, chair etc as a treasure chest and place it just outside of the playing area
- Starting from chest, move out and steal 1 piece of treasure
- Bring the treasure to the chest and repeat until all the treasure is in the chest
- How FAST can you steal the treasure?
- Try moving in different ways e.g. hop, skip, crawl

TIP: Try playing against a friend or in teams

