



Play!

Some fun physical play activities

Obstacle course

★☆☆ Easy!

How-to

It's time to be creative! Use household items to create a fantasy obstacle course - chairs to crawl under, cushions to climb over, shoe boxes to step into and masking tape along the ground to walk along!

Throwing & Catching

★☆☆ Easy!

How-to

Soft balls will suit smaller children and bean bags are great too! Set up baskets for younger children to aim at while older children who have mastered catching can throw to each other.

Kicking

★☆☆ Easy!

How-to

Balls are great for kicking too - children enjoy this activity immensely! Ask children not to kick too heartily - control is the order of the day and games such as kicking to friends in a circle can occupy older children for some time.

Tunnel Crawling

★★★ Medium!

You will need:

- ✓ 3-4 metres of tubular ribbing fabric (available from fabric stores)

Method

One adult stands at each end holding the tube open with hands and legs. Children crawl through the adult's legs and through the ribbing. They can pretend to be wild animals moving through the jungle.

Newspaper Bat & Ball

★★★ Medium!

You will need:

- ✓ Newspapers
- ✓ masking or electrical tape

Bats

Roll up about 10 sheets of newspaper into a cylinder bat. Secure with tape - the more tape used the less newsprint on hands!

Balls

Scrunch or roll up some newspaper into a ball. Use tape to bind the ball (the more tape the heavier the ball).

Children can bat the ball to each other or make a target (such as a box or two chairs for goal posts) for children to hit into.

Another variation is to place the ball inside a stocking and hang it from a tree, beam or washing line. Children can now hit the ball with a bat or fly swat.

