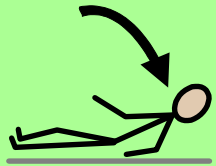


Fizzy Kids - Body Awareness

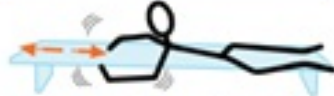
Activities to Develop Spatial Awareness and Postural Stability





Body Awareness 1


Your name: _____


Body Awareness and Co-ordination Level One


1  Lie on stomach on a bench - pull yourself forward to the end using both hands, and then push back again. This is counted as one movement pattern.


2  Draw shapes in the air using a pole with a ribbon tied on the end. Use both hands.


3  Bounce on a trampette holding hands with an adult. Bend your knees and keep your feet together.


4  Jump along the floor keeping both feet together and yours knees bent.


5  Jump off a low box or bench, holding hands with an adult. Keep both your feet together.


6  Throw and catch a beanbag with an adult. Catch with both hands. Then try a large ball.


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


8  **Turn Turtle:** Lie down on your stomach and try to stop someone turning you over. Keep flat on the floor.

9  **Log Rolling:** Lie down with your arms stretched above your head. Roll one way then back again in a straight line. Start with an adult holding your hands, then a ball.

10  Sit up straight on a large ball with feet on the floor. Throw and catch beanbags or balls from 1 metre.

11  Hold paper in one hand and cut with the other.

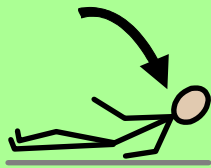
12  Draw around your hand, with your fingers spread.

13  **Statues:** Kneel down and try not to be moved by someone else.

Tick each box to record your progress **1 2 3 4** **5 6 7 8 9** **10 11 12 13**

Fizzy Kids - Body Awareness

Activities to Develop Spatial Awareness and Postural Stability




Body Awareness 2


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.




5
Do bunny jumps over a line keeping your hands place on the floor.




10
Statues: While kneeling or half-kneeling, try not to be moved by someone else




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?




6
Use both hands to throw a beanbag into a box or hoop.




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.




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.




7
Holding a bat with both hands, hit a ball thrown by an adult.



12
Sit on a large ball with feet on the floor. Throw and catch a ball from varying distances.




4
Keeping both feet together, jump into hoops on the floor.




Approx. 1 metre apart


8
Star-Jumps: From a standing position, jump into star shapes.




13
Play-dough: Use both hands and play-dough can you roll out a sausage? Can you also make a pot?



9
Sticky Toffee: Crawl along the floor while someone gently holds you back by holding on to your hips or pushing on your shoulders.



14
Simon-Says: In a sitting or standing position copy 'Simon's' actions.



Tick each box to record your progress

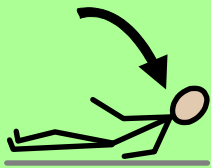
1
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Fizzy Kids - Body Awareness

Activities to Develop Spatial Awareness and Postural Stability




Body Awareness 3


Your name: _____

**Body Awareness and Co-ordination
Level Three**

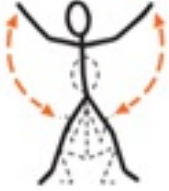
1
Statuses: While standing with your eyes closed, try not to be moved by someone else.




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 head.

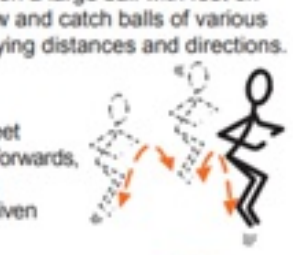


Tick each box to record your progress **1 2 3 4**


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.



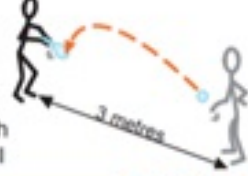
6
Keeping both feet together, jump forwards, backwards and sideways in a given sequence.



7
Keep your feet still while you bounce and catch a large ball.




8
Hold a bat with both hands and hit a ball 3 metres.




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
Skipping: 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