# ACTIVE AND HEALTHY AT HOME

This information leaflet provides you with some ideas of activities that can be undertaken with the equipment provided. All activities can be made easier or more difficult.

**WARNING:**
Skipping ropes have a strangulation risk - please supervise children and keep away from babies/very young children.
Balloons contain latex

## Plastic Tennis Bats

Can you push the ball along the floor using the bat to a partner?

Can you roll the ball around the racket or tap the ball up in the air as many times as you can or bounce it on the floor using the racket?

Can you play tennis with a partner or hit the ball against a wall?

## Hockey Sticks

Can you push the ball along the floor using the stick to a partner?

Can you push/dribble the ball around cones?

Can you pass it back and for to a partner?

Can you score a goal between two cones?

## Cricket Bat

Can you hold the bat with the bottom on the floor and strike a ball / bean bag?
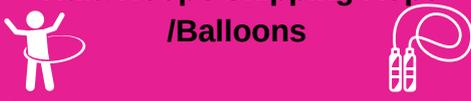
Place two cones a distance apart - a partner throws the ball to you - can you hit and run to the cone before your partner collects the ball and returns to the bowling spot?

## Bean Bags

Can you throw the bean bags into the hoop (move distances to make harder) and remember to try throwing with both hands

Can you use the bean bags to juggle?

## Hula Hoop / Skipping Rope /Balloons

Can you learn to hula hoop / skip?

Can you crawl through the hula hoop or create an obstacle course?

Can you use the balloons to throw and catch? Can you pass it between a partner without it touching the floor?

## Playball

Can you roll the ball along a straight line / dribble it using your hands or feet through some cones?

Starting with the ball/beanbag in two hands in front of your stomach, can you pass the ball/beanbag around your body? Can you pass it around different body parts using just one hand?

**More information:**

**You can adapt all the activities to ability**

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Website: bit.ly/2UdgZoe