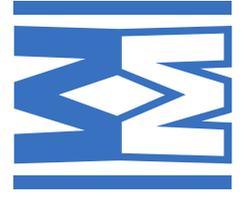


Move-More



FUNdamental Movement

Activities

Are you wondering how to keep developing your fundamental movement skills at home?

Fundamental Movements:

A-Agility

B-Balance

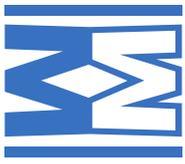
C-Co-ordination.

Then look no further!

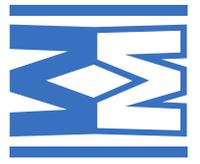
Move-More Coaches have provided you with their TOP 6 **FUN**damental movement games you can play at home!

Simply just find a safe area to play the game, get the easy household equipment needed then GO GO GO!





Agility- Choose one or both of the following activities:



Remember, Touch and Go:

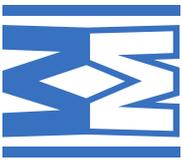
- 
- Collect 4 or 5 household items and place them in a circle or square. *(These can be anything e.g.- remote, pillow, socks, plastic cup etc).*
 - Stand in the middle of those items, so they are surrounding you.
 - Get somebody who is with you to ask you to do things on the spot *(E.g.- run, hop, skip, jump, start jumps etc.)*.
 - Now get the person to randomly say an item, you will need to move as quickly as you can to that item and then back to your centre spot again.

Challenge- Can you remember an order and touch 2+ things?

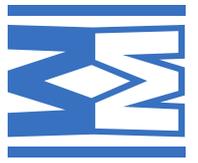
Faster, faster, faster!

- 
- Find a safe space *(Room or Garden)*.
 - Collect different items from your house *(E.G.- toilet rolls, shoes, bottles, cups, anything you can weave in and out of, jump over or do quick feet around)*.
 - Simply place your items in a line with a good distance apart from one another *(1 meter)*.
 - Put a timer on and complete the below agility tasks as fast as you can:
 1. *Run in and out of them.*
 2. *Bend down and touch each item along the line.*
 3. *Jump over them one footed.*
 4. *Jump over them 2 footed.*
 5. *Quick feet either side of the object then onto the next one.*

Challenge- Can you beat your fastest score/ can you beat the time of somebody in your house?



Balance- Choose one or both of the following activities:



Mr Freeze:

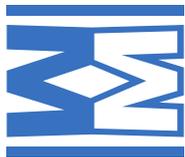
- 
- Find a safe space to move around in.
 - Using different ways of moving, travel around your space (*Room or Garden*) doing a series of the below movements:
 1. *Running*
 2. *Hopping*
 3. *Skipping*
 4. *Jumping*
 5. *Hopscotch*
 6. *Walking on tip toes*
 7. *Sidesteps*
 8. *High knees*
 - Get somebody to shout 'Mr Freeze' every few minutes. When this happens stop and hold a balance for **5-10 seconds**.

Challenge- Can you balance on different parts of the body?
Or, can you balance using more than one part of the body in contact with the floor?

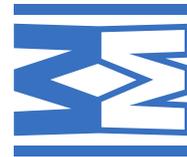
Popping Pirates:

- 
- Find a safe space (*Room or Garden*).
 - Collect different items from your house to balance on your body. (*E.G.- scarfs, hats, shoes, books, clothing, or anything else similar*). You will need these for the game.
 - With somebody else in your house, you must try and hold a balance, whilst the other person must try and balance things on your body as you remain in your balance as still as you can.
 - Set yourself a timer of **1-2** minutes and see how many things you can balance on yourself in this time.
 - Once the time is up, see if you can hold your balance for an extra **5** seconds. Then shake your items off.

Challenge- Count how many items you had balanced on you and see if you can beat it next time.



Co-ordination- Choose one or both of the following activities:



Keep it up:

- 
- Find a safe space (*Room or Garden*).
 - Find something in your house to keep up. (*E.G.- pair of socks, tennis ball, football, bouncy ball, balloon or anything else similar*).
 - Using your feet, hands and other parts of your body, try and keep your object off the floor for as long as you can.
 - Count how many times you touch the object when it is off the ground and try and beat your score next time.

Challenge- Only use one part of your body to do this, change it up every time!

Throw, Do and Catch.

- 
- Find a safe space (*Room or Garden*).
 - Find something in your house to keep up. (*E.G.- pair of socks, tennis ball, football, bouncy ball, balloon or anything else similar*).
 - Using your object throw it in the air and see if you can do any of the below tasks before you catch it again (*without it dropping to the floor*).

1. See how many times you can clap your hands
2. Touch the floor
3. Full turn
4. Half turn
5. Perform the song head, shoulders, knees and toes.

Challenge- Can you do more than one of the tasks at a time?