

Elements – Earth: Games Circuits

YST TOP SPORTSABILITY

Activities

A range of simple games can be set up around a playing space in 'stations'.

The games can be related to a specific sport or activity or focus on developing specific skills.

△RED - skill to be worked on
*BLUE - modified equipment

Station 1

△Rolling and △pushing to develop △grip and △dexterity skills

- *Large ball or *round fruit or *rolled up socks or *crumpled paper along the ground or down an improvised ramp *(old tubing, guttering, plank of wood, chopping/bread board) towards target *(skittles, a chair, drinks cans or food tins, square piece of paper, a hoop or bucket, a target placed on or against a wall.) See video example www.youtube.com/watch?v=NBWGgFc6LIE

Top Tip:

If you are able to vary the type of ball and target to increase or decrease the challenge this adds to the fun and the learning!

Station 2

△Striking to develop △control and △choice/decision making in movement/actions

- Use *hand, another implement or *rolled up newspaper to strike an object *(ball or round fruit or socks or crumpled paper) See video example www.youtube.com/watch?v=XQExT20IO-8

Top Tip:

For extra challenge you could build add a choice of targets and give your young person a choice of where to strike their object.





Station 3

Pushing to develop strength and coordination in actions using upper body

- Use upper body to **push/propel** hanging **balloons, beach balls** or **round fruit** **See video example www.youtube.com/watch?v=zKoSlgMDgZk**

Top Tip:

Push towards a target to increase challenge. Explore pushing from different angles.

Station 4

Walking or travelling over or onto obstacles on the floor. Such as

- A sensory path to step on or feel different surfaces with bare feet e.g. door mat to tin foil square to tray of sand. **See video example www.youtube.com/watch?v=ESwuqy7ho7M**
- An obstacle course over or around cushions placed a short distance away from each other. Walking or supported crawling as relevant to your young person's needs. **See video example www.youtube.com/watch?v=EorMnCsekr4**
- Stepping up and over obstacles at varying heights with support from parent/carer. **See video example www.youtube.com/watch?v=8aIBCq8iln0**

Top Tip:

These activities are best suited for those who can do active assisted movements - independent movement with some assistance OR active movements - where the young person is able to move independently.

Mix it up!

Themed circuits can be both engaging and huge fun for the participants.

For example,

- Story theme: perhaps read a story and act out the theme, dress up like the characters and follow the circuit basing the movement on the story.
- Cross-circular theme (linking in different subjects) countries or cultures or through a music or art focus.

Top Tip:

Use themes that reflect your child's (including that of siblings) specific interests or preferences, e.g favourite equipment or sounds. Member/carer can facilitate relaxation and confidence.