

GAMES

1) KEEP THE BIRD ALIVE GAME (From Denmark) All children in a circle jump up and down (or hop). A balloon is blown up but the end is not tied. The balloon is passed from child to child with them trying not to let the air out. The children only stop jumping while the balloon is being passed to or from them. The aim of the game is not to be the child who is left with the balloon when all the air has gone out.

FINE MOTOR SKILLS, COOPERATION, LOCOMOTION

2) COLLECT AND MOVE – All floating toys are emptied from a basket into the pool. Children move around the pool to the rhythm of a drum or music collecting one item at a time.

RHYTHM, FINE MOTOR SKILLS, HAND EYE COORDINATION

3) SALMON SAYS – The children spread out in the pool area and the leader says “Salmon says put your hands on your head” or “Touch your left foot with your right hand (depending on the age and ability of the group). Everyone follows until the leader asks for a movement without saying “Salmon Says” Make the challenges easier or harder depending on the ability of the group. CONCENTRATION, LISTENING, BODY AWARENESS, LEFT RIGHT BRAIN INTEGRATION, BI LATERAL WORK

4) ISLAND TAG– A set area is established with lane lines and hoops are spread out on the water surface. One child is selected as the chaser and the rest of the group spread out ready to play the game to begin. Children cannot be tagged while they are inside a hoop (on an island) they can stay safe on the island until another swimmer bobs under the hoop to join then, then they must leave. If the child is tagged they also become a chaser. PROPRIOCEPTION, LOCOMOTION, BREATH CONTROL

6) Sponge TAG – (From Japan) – A set area is established in which to play the game, and a catcher is selected to chase the others. A child is caught when the catcher touches them on the shoulder with the sponge. PROPRIOCEPTION, LOCOMOTION

7) SQUIRREL HOARD – You will need a basket full of small sinking objects of different colours (These are the nuts!). The adult scatters the balls, one ball at a time around the designated area of the pool. The children (squirrels) chase and return the objects to the basket, trying to keep it full while the adult attempts to empty it. The adult can change the children’s locomotion movements to add extra details or increase the challenge by asking for specific shapes or colours. LOCOMOTION, LISTENING SKILLS

BUBBLES

10) BUBBLE BODY PARTS – Blow bubbles into the air and catch them on a body part i.e. nose, elbow, foot.

EYE TRACKING, BODY AWARENESS

13) YOGHURT POT BUBBLES – Blow bubbles and the children try to catch them in a yoghurt pot - make sure the children are holding the yoghurt pot in 2 hands as though they would catch a ball.

HAND EYE COORDINATION, CATCHING, EYE TRACKING, COOPERATION

14) BUBBLE STRETCH – Blow bubbles high in the air and stretch up high to catch them.

STRETCHING, EYE TRACKING, HAND EYE COORDINATION

17) BUBBLE PINCH – Blow bubbles into the air and ask the children to pincer them in their fingers using their right and left hands.

HAND EYE COORDINATION, EYE TRACKING, BALANCE, BILATERAL WORK

18) CROSS BODY PINCH – Blow bubbles into the air and ask the children to reach across to the opposite side of their body to pincer out the bubble.

HAND EYE COORDINATION, EYE TRACKING, BALANCE, CROSS LATERAL WORK

SENSORY

39) ICE CUBE PLAY – Freeze ice cubes (even better with food colouring in them!) – Let the children drop them into water and watch them disappear.

SENSORY, EYE TRACKING

TOWELS

21) Towel PULL CHASE – Ask the child to tuck a small hand towel or face cloth in the back of their togs – get the parent (or other child) to chase them and pull it out. Switch over so that the parent or other child gets to run away – this is good done in a small space as the children are stimulating their proprioceptive sense.

PROPRIOCEPTION, LOCOMOTION, HAND EYE COORDINATION

22) SCARF SHOE CHASE – Ask the child to tuck the scarf in to their togs and get the parent or other child to chase them and pull it out – Get them to switch over so that the other one gets to be chased. Do it in a small space to stimulate their proprioceptive sense.

PROPRIOCEPTION, LOCOMOTION, HAND EYE COORDINATION

23) SCARF SHAPES – Lay the scarf on the surface and get the children to make different shapes with it –FINE MOTOR SKILLS, SHAPES

24) BUBBLE CATCH – blow bubbles into the air and ask the child to catch it on their body i.e. elbow, foot
EYE TRACKING, BODY PARTS

UPPER BODY

29) DUMPER TRUCK – Movement to music – swaying, crawling, lift hips to “dump” off beanbag.
UPPER BODY STRENGTH, CRAWLING

30) BUNNY HOPS. – Use the side to assist with BIG jumps.
UPPER BODY STRENGTH

31) Monkey Crawl – Child holds the rail then walks their feet up the wall a little way and monkeys to the left and right.
UPPER BODY STRENGTH

32) BUCKET AND ROPE – Tie a rope on bucket handle and put it in the water and put holes in the bottom to make it a little easier.
UPPER BODY STRENGTH, ALTERNATE ACTION WITH HANDS, FINE MOTOR SKILLS, COOPERATION

33) SUPPORT COPY CAT
One person makes a support shape and the others copy – Can the children make up their own shapes.
COORDINATION and BODY AWARENESS

TOWELS

34) TOWEL SHAPES – Lie a towel on the big mats and encourage the children to fold it to make shapes. (Fold in half, then triangle then smaller triangle, then smaller triangle)
LEARNING SHAPES

35) SAUSAGE TOWEL ROLL – Lie towel down flat on the big mat and lie child on the end, roll the child up in the towel and then pull the towel so that they rollout.
ROTATION

37) TOWEL/noodle SPIN – Fold towel in half and half again, put towel under child’s arms so that the arms come down to the child’s side. Swing the child from side to side and around in a circle – make sure you go both ways.
ROTATION AND BALANCE

IMAGINATION

38) PONY RIDING – Sit the child on your lap facing away from you, put your legs straight and together in front of you. Place a towel rolled up or a rope around your feet and ask the child to hold onto the ends with you.

SAY:

This is the way the ladies ride, trit trot, trit trot – Bounce legs up and down gently on trit trot trit trot.

This is the way the gentlemen ride, canter on canter on – Bounce legs up and down stronger on canter on, canter on.

This the way the farmers ride, hobbledy hoy, hobbledy hoy – Rock from side to side on hobbledy hoy, hobbledy hoy.

This the way we all ride, gallopy gallop – Jump legs up and down really fast.

Shout Whoa and imagine jumping over a farm gate

ROTATION, IMAGINATION, BALANCE, RHYTHM