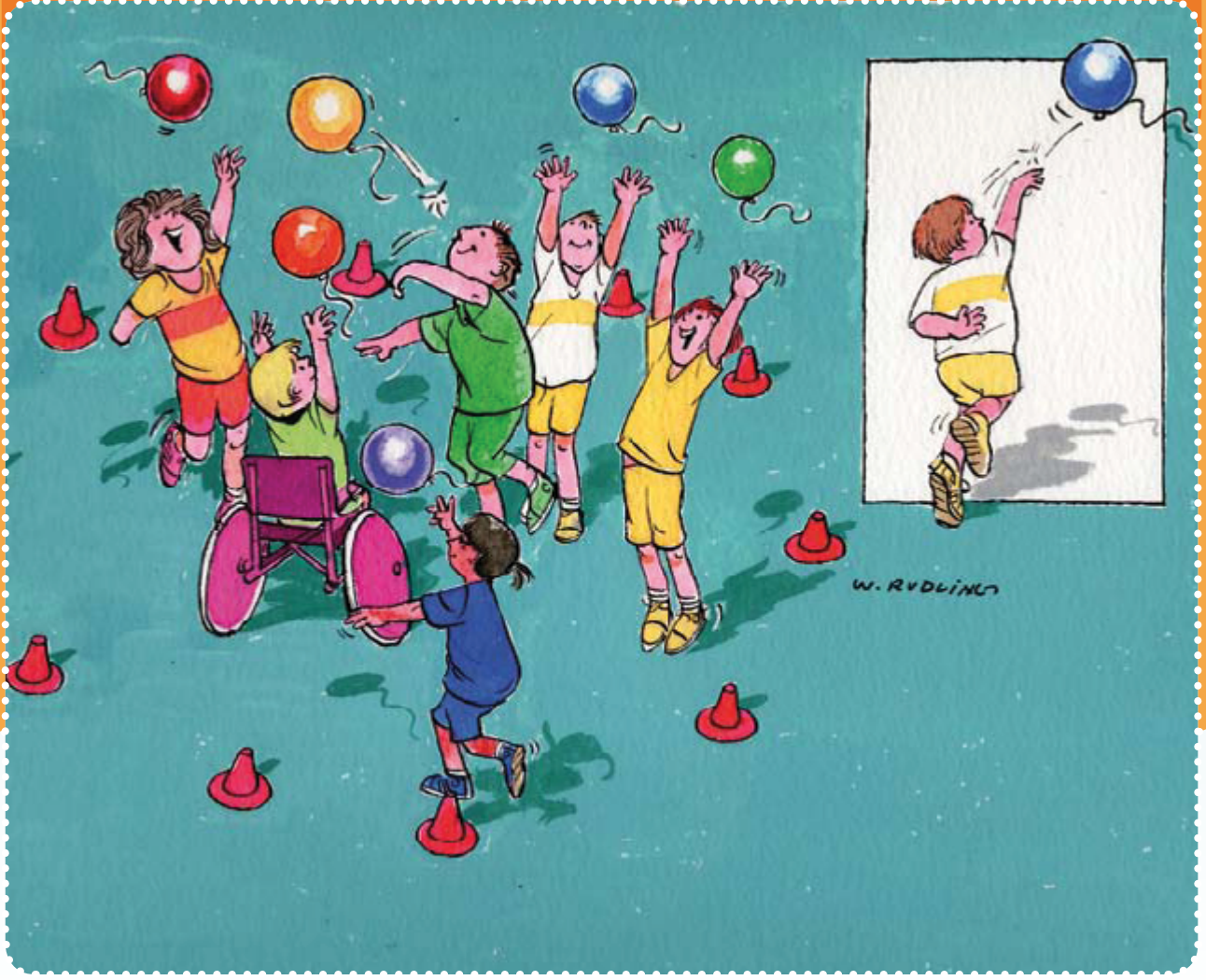


Warm up

Balloon Keepie-up



How to play

- » Each player is given a large balloon.
- » Players move around the playing area, every few steps stopping to throw the balloon into the air and catching it with both hands.
- » Once the balloon has been caught players move into a new space and repeat.

Equipment needed

- » At least one balloon per person
- » Large playing area



STEP

Balloon Keepie-up

	Easier	Harder
S	» Increase the size of the playing area	» Reduce the size of the playing area
T	» Throw the balloon from a stationary position	» Use different body parts to keep the balloon up » Continually tap the balloon while moving around the area » Increase the distance the player has to travel
E	» Attach string to the balloon	» Replace the balloon with a beach ball
P	» Limit the number of people in the playing area	» Encourage players to perform the activity using rapid taps

Tip: Players may need name tags

Impairment specific considerations:

Blind and partially sighted:

- » Use rice in the balloon so that it makes a noise when thrown (ensure the balloon is covered)
- » Use brightly coloured, high visibility balloons

Deaf and hard of hearing:

- » Use picture cards to communicate instructions
- » Use bibs/flags to signal start/finish of the activity

Physical Disability:

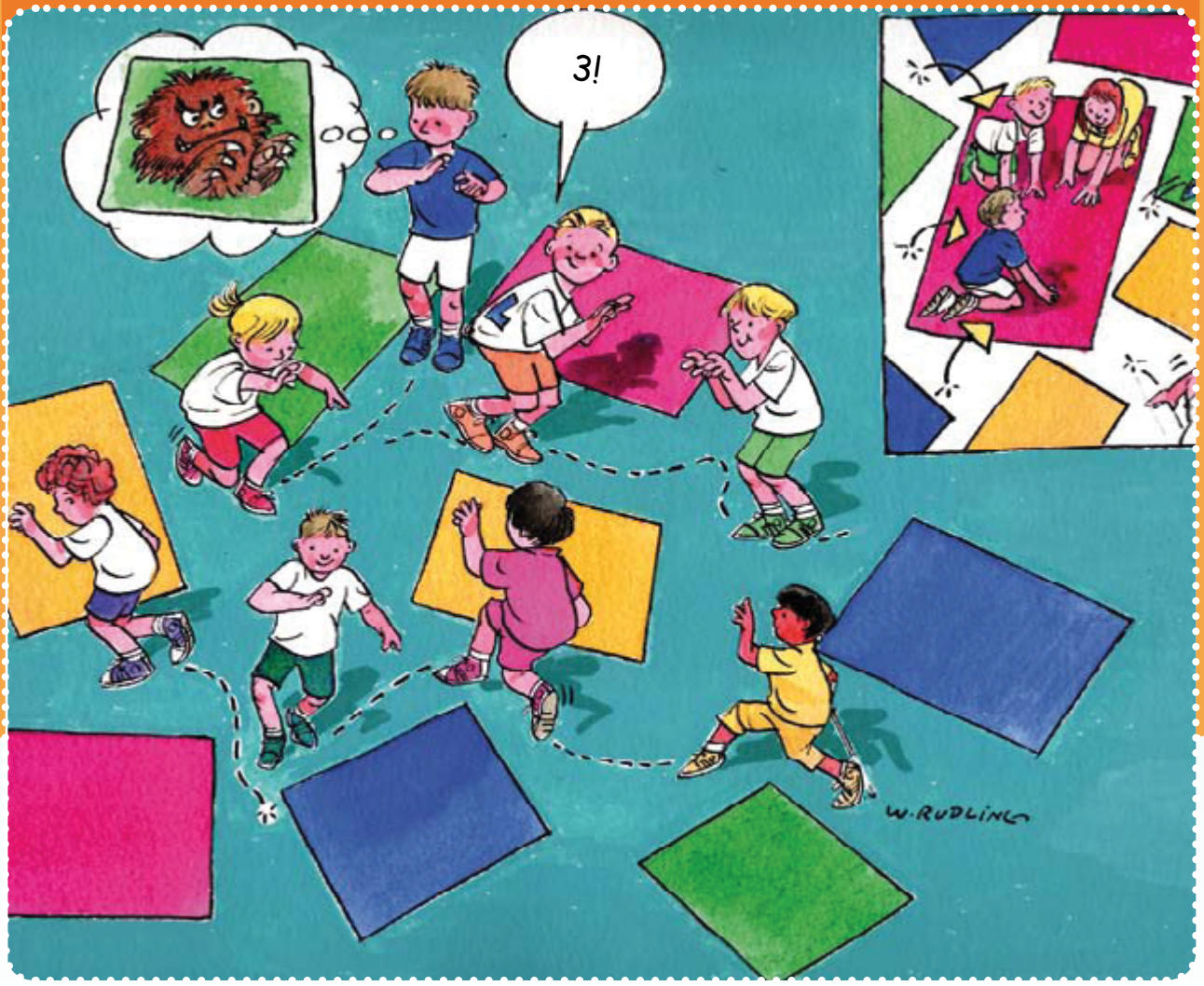
- » Attach string to the balloon to keep the balloon close

Learning Disability:

- » Give demonstration before each instruction change

Warm up

Swamp Monster



How to play

- » Place one mat per person throughout the playing area, each mat represents a swamp monster.
- » Players move at a slow pace around the mats, careful not to disturb the swamp monsters.
- » When the leader calls out a number the players must get into a group of that number and find a free swamp monster to stand on.

Equipment needed

- » Aerobics mats
- » Cones or hoops can be used to mark out squares to represent a swamp monster



STEP

Swamp Monster

	Easier	Harder
S	» Increase space between swamp monsters	» Reduce the size of the playing area
T	» Only call numbers which ensure no one is left out » Continue to move at a walking pace	» Introduce different moving techniques e.g. hop, skip, jump etc. » Gradually quicken the pace of the game
E	» Increase number of swamp monsters	» Reduce number of swamp monsters
P	» Limit the number of players in a particular area	» Increase the number of players in the playing area

Tip: Ask children to draw out the swamp monster

Impairment specific considerations:

Blind and partially sighted:

- » Use brightly coloured aerobics mats

Deaf and hard of hearing:

- » Use numbered cards to communicate instructions

Physical Disability:

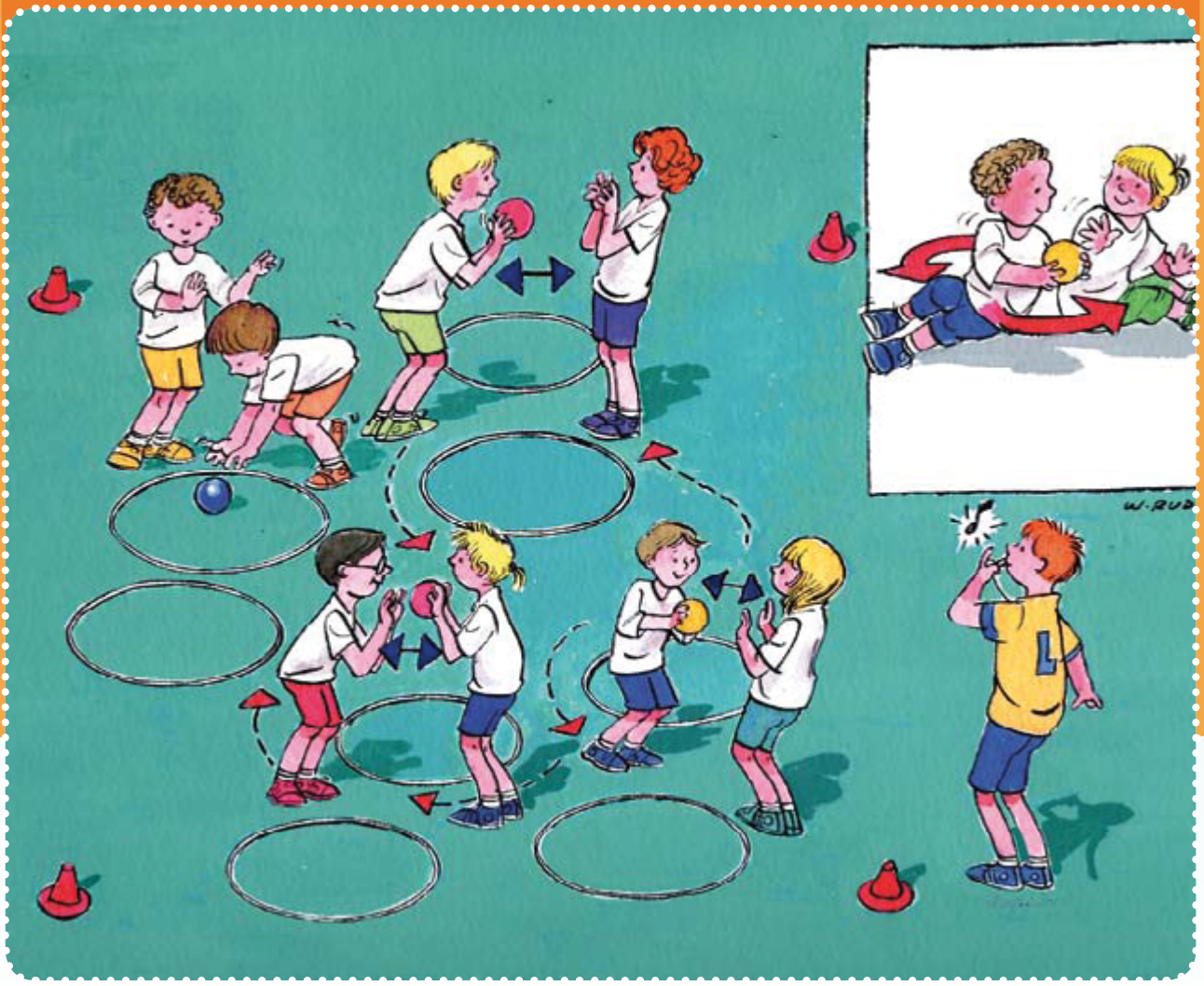
- » Increase the space between and around swamp monsters

Learning Disability:

- » Option of using colours instead of numbers e.g. Red Monster, Blue Monster

Warm up

Pair Pass



How to play

- » Spread hoops throughout the playing area, one hoop per person.
- » Place one large soft ball inside hoops.
- » Organise players into pairs.
- » Players move around the area in their pairs. On the leader's signal each pair retrieves a ball from a hoop and passes it back and forth to one another three times.
- » Once three passes have been completed, the ball is placed back inside the hoop and players continue to move around the area.

Equipment needed

- » 1 ball between each pair
- » 1 hoop between each pair
- » Range of balls



STEPS

Pair Pass

	Easier	Harder
S	» Start off stationary	» Position the hoops closer together
T	» Hand the ball back and forth	» Change pass type, e.g. side-2-side, 1 hand only
E	» Use large pliable balls » Number of hoops = Number of pairs	» Use a variety of different sized, shaped balls
P	» Organise pairs of similar ability	» Leave players to find a partner each time
S	» Emphasise that the task is about accurate passing as opposed to the speed of the passes	» Count the number of passes per pair in a given time

Tip: Players can sit on the floor and use 'around the sides' and 'over the head' passes

Impairment specific considerations:

Blind and partially sighted:

- » Use buddy system
- » Use a hi-visibility ball and/or jingle balls
- » Replace hoops with contrasting tape/mats

Deaf and hard of hearing:

- » Use visual cues e.g. bibs, flags, numbered cards

Physical Disability:

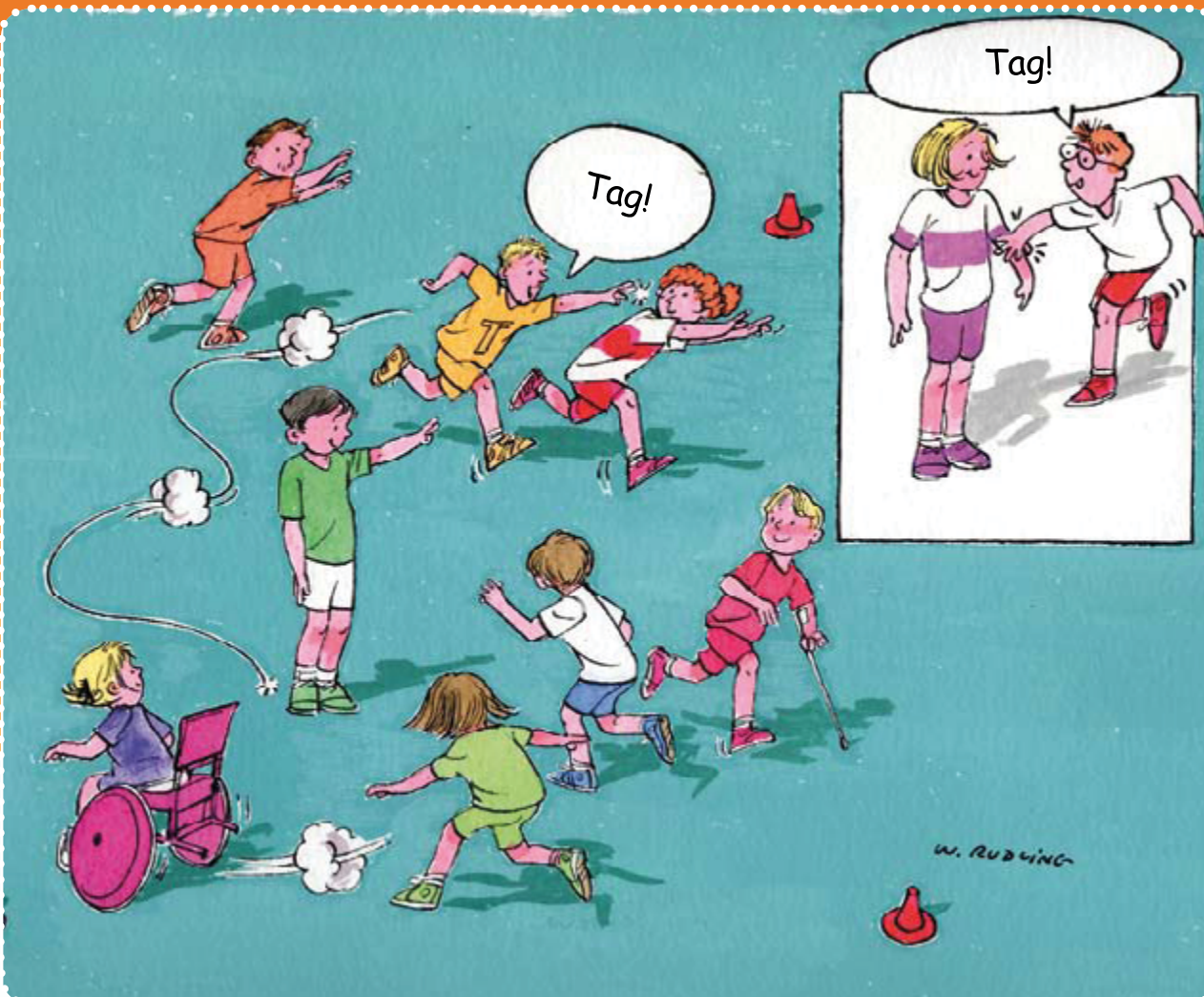
- » Place balls on raised platforms
- » Increase space between the hoops

Learning Disability:

- » Give demonstration for each change of instruction

Warm up

Flusher Tag



How to play

- » Appoint one player as the catcher.
- » On the leader's signal players move around the area trying to avoid the catcher.
- » When the catcher tags a player they must hold up an arm at a 90 degree angle.
- » The tagged player can only be freed when another 'flushes the toilet' by pushing the player's arm down.
- » Players who have been tagged cannot move until they have been flushed by another player.

Equipment needed

- » Large playing area



STEPS

Flusher Tag

	Easier	Harder
S	» Increase the size of the playing area	» Reduce the size of the playing area
T	» If a player is tagged twice they become a catcher	» Introduce a 'Safe Zone' where players can go to only once during the activity
E	» No equipment needed	» No equipment needed
P	» Already at the easiest level	» Select more than one catcher
S	» Encourage those being tagged to move around the area in different ways to slow the game down e.g. hop, jump	» Encourage players to move around the area faster

Tip: Ask the catcher to wear a distinctive bib so they are easy to identify

Impairment specific considerations:

Blind and partially sighted:

- » Introduce buddy system
- » Put hi-visibility bibs on the catchers

Deaf and hard of hearing:

- » Use visual cues e.g. bibs, flags to indicate start/finish of the activity

Physical Disability:

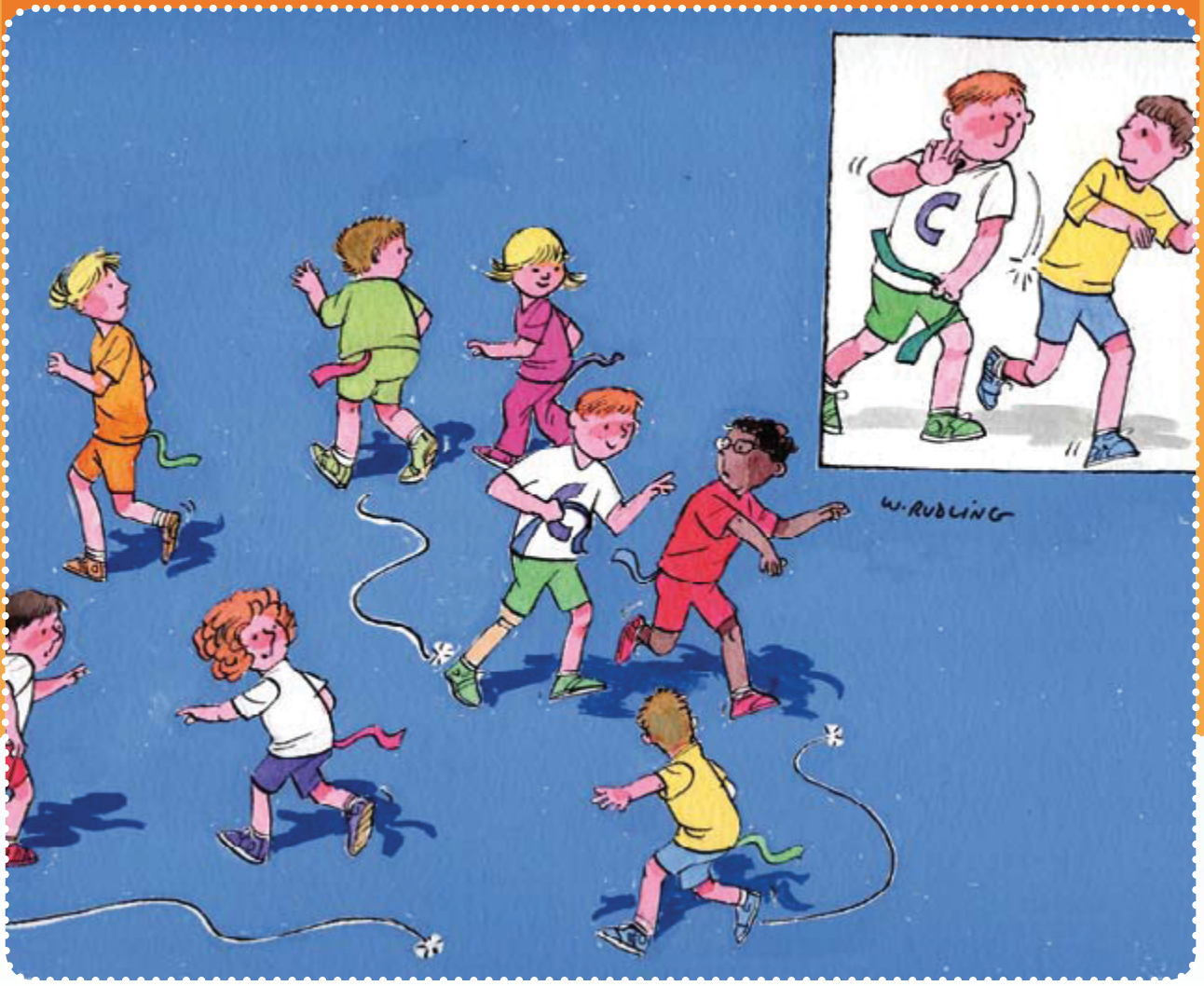
- » If a player with a physical disability is the catcher, to encourage success, the other players should move round the area in ways which slow the pace e.g. hop, skip, jump

Learning Disability:

- » Suitable demonstrations at the start and before any change in the activity

Warm up

Tails



How to play

- » Choose one player to be the catcher. All other players are given a bib/ribbon which they tuck into the back of their shorts or chair.
- » Players move around the area trying to protect their tails while the catcher tries to collect them.
- » Once a player loses his/her tail they also become a catcher until there is only one tail left.

Equipment needed

- » One bib/ribbon per person
- » Large playing area



STEPS

Tails

	Easier	Harder
S	» Reduce the size of the playing area	» Increase the size of the playing area
T	» Catcher only has to touch a player's tail and then that player also becomes a catcher	» 2 catchers, 1 group has Red tails and the other Blue tails, each catcher only chasing 1 colour
E	» Use larger 'tails'	» Use smaller 'tails'
P	» Already at the easiest level	» Select more than one catcher
S	» Encourage those being tagged to move around the area in different ways e.g. hop, jump	» Encourage players to move around the area faster

Tip: Emphasise that players should NOT hit other players when attempting to get their tails

Impairment specific considerations:

Blind and partially sighted:

- » Use brightly coloured tails
- » Put brightly coloured bibs on the catcher(s)

Deaf and hard of hearing:

- » Use visual cues e.g. bibs, flags to signal the start/finish of the activity

Physical Disability:

- » Place the tail on the rear or the side of the chair, but it should NOT be tied on

Learning Disability:

- » Catcher(s) should make a noise so that they are more identifiable