

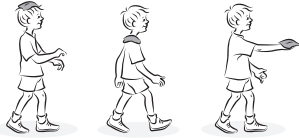


Level 1

Teddy on the Move

Equipment Needed

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band).



Through the Gate

Equipment Needed

A ball, two cones to outline your gate, alternatively you could use two cans, bottles, two jumpers



Traffic Lights

Equipment Needed

No equipment needed.



What Time is it Mr Wolf?

Equipment Needed

No equipment needed.



Get Creative

Equipment Needed

A cuddly toy, teddy, or a small ball.



Use your Imagination

Equipment Needed

Cuddly toy, teddy, or small ball.



Level 2

Under Control

Equipment Needed

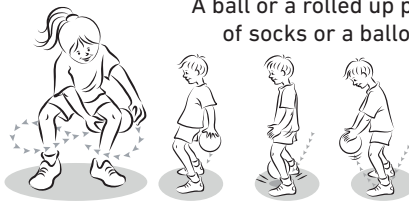
A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.



Your Move

Equipment Needed

A ball or a rolled up pair of socks or a balloon.



DONKEY

Equipment Needed

A ball or item to be passed.



Chinese Knee Boxing

Equipment Needed

No equipment needed.



Busy Brain Time

Equipment Needed

A cuddly toy, teddy, or a small ball (plastic bottles, cans of food, other household items).



Thinking Cap On

Equipment Needed

A large ball.



Level 3

Target Practice

Equipment Needed

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.



Wall Tennis

Equipment Needed

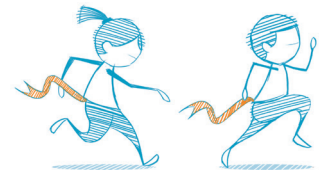
A tennis ball.



Tail-Tag

Equipment Needed

A t-shirt/tea-towel to tuck in.



Reaction Drop

Equipment Needed

Two tennis balls or rolled up pairs of socks.



Healthy Mind Healthy Body

Equipment Needed

A small ball.



Happy Head and Happy Heart

Equipment Needed

A large ball.

