

Reciprocal and Cooperative Play: A Parent's Guide to Physical Activity

Book 2

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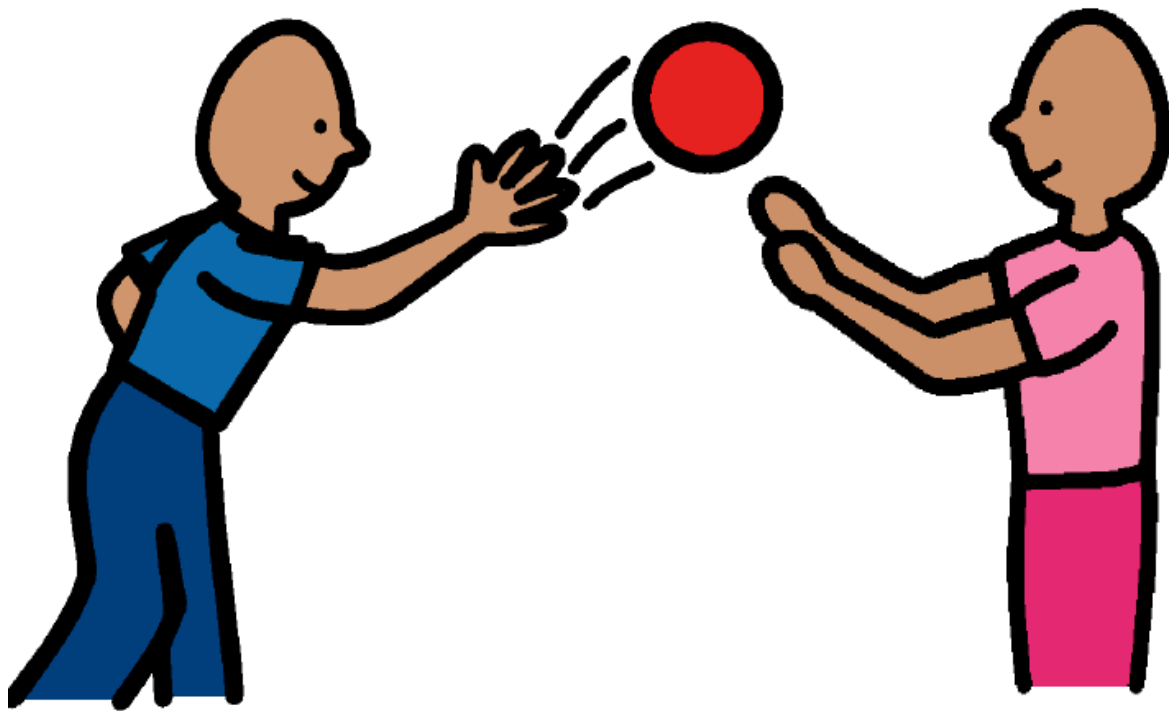


Games and Activities to Play at Home!

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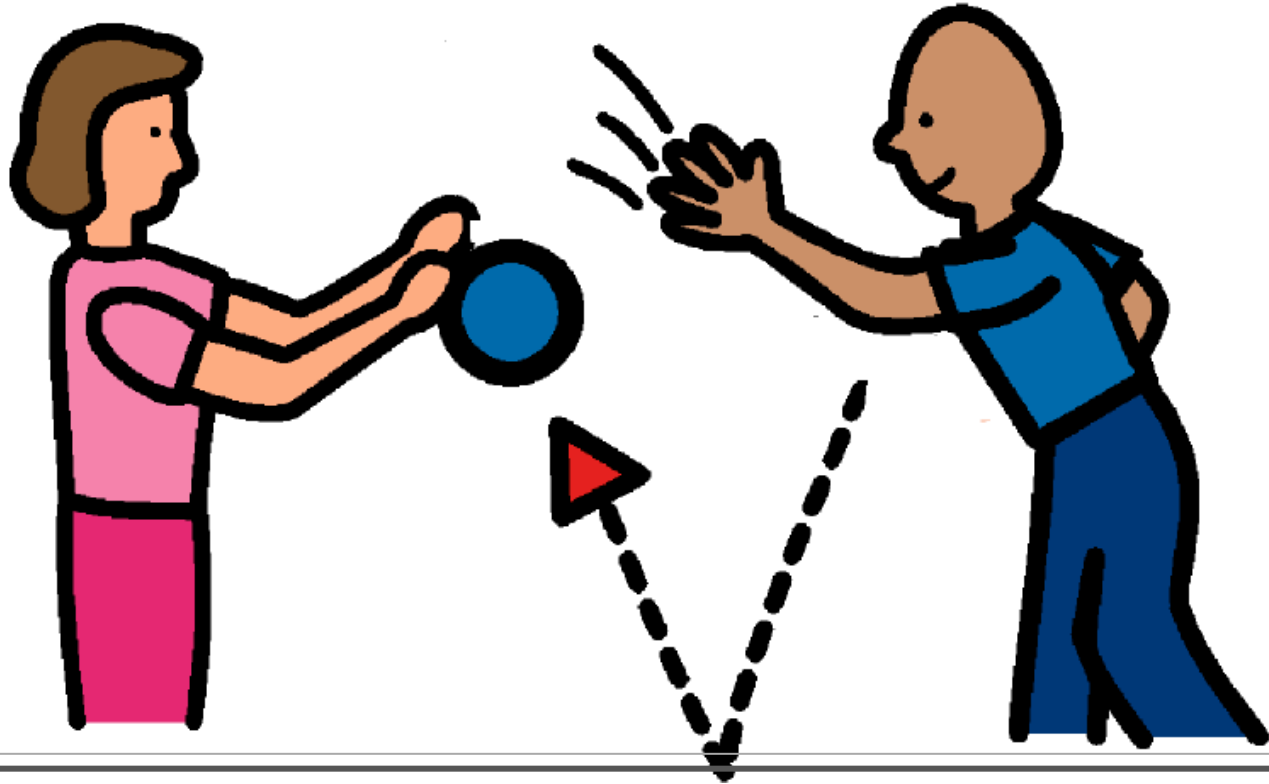
Throw and catch

Throw back and forth with a partner

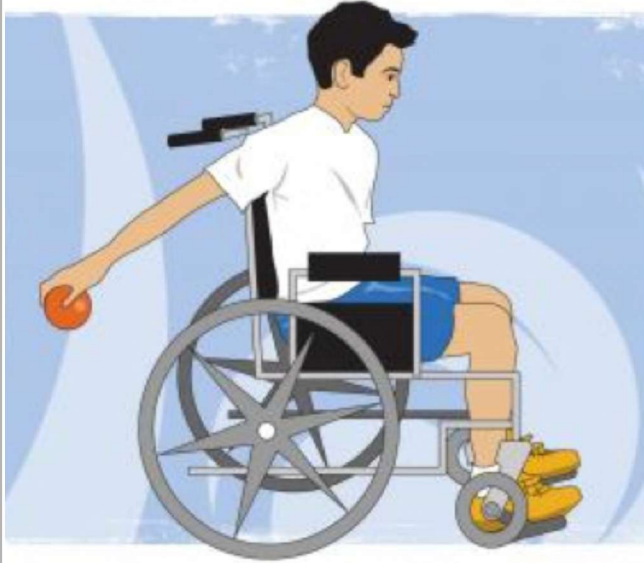


Bounce Pass and catch

Bounce and catch a ball with a partner



Bowling or Bocce Ball



Verbal Cue: **“Tic”**



Verbal Cue: **“Toc”**

Toss

Release object when arm is in front of body

Corn Hole

Assign colors to each player or team.

Determine who will go first, taking turns to toss bean bags onto the board/into the hole.

Move closer if too hard.



HopScotch

Awesome Backyard Games



Hot Lava!



Try to get from one side of the room
to another without touching the
HOT LAVA (the floor)!

Use furniture and pillows to get from the start to end point. If you touch the hot lava, go back to the start and try again.

Dance Break

Go Noodle <https://www.gonoodle.com/>

Freeze Dance (YouTube) <https://www.youtube.com/watch?v=>

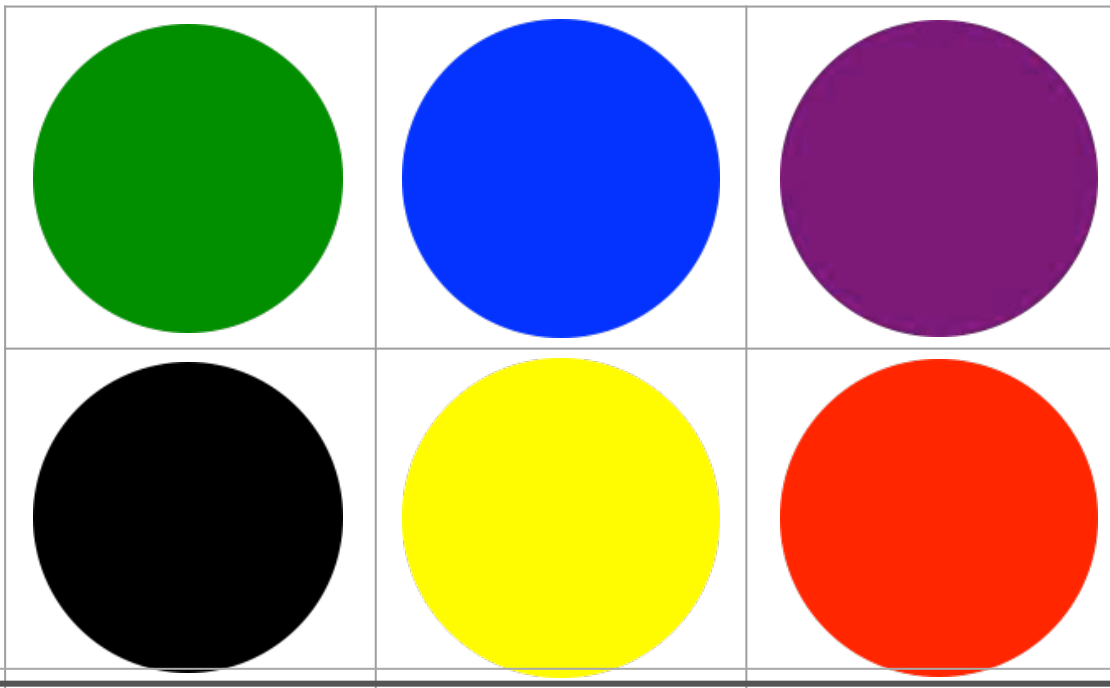
Learning Station (YouTube) “Herman the Worm”
<https://www.youtube.com/watch?v=0-rg7Elt1x4>

“If You’re A Kid” Dance (YouTube)
<https://www.youtube.com/watch?v=H2gD-sRYPmQ>

The GoNoodle logo, featuring the word "GoNoodle" in white, stylized font on a blue, rounded rectangular background.A graphic for "Freeze Dance" with the words in large, green, outlined letters on a pink and orange background. A small "by Kibblando! Kids Say!" logo is in the bottom right.The Learning Station logo, featuring a sun icon and the text "The Learning Station." in a yellow, hand-drawn style on a red background.A graphic for "If You're A Kid... (Dance Around!)" with the text in white on a red and blue background. It includes illustrations of three children dancing on the left and a single child on the right.

“Twister” Jump and Dance Revolution

Colored Spots Layout- paint colored circles on a mat or bed sheet, cut circles from colored paper and velcro to a rug, find flat hula hoops in colors, layout using the following diagram ...



Print cards on following page, laminate, shuffle, pick & play.

1st set of single color dots is for jumping on same color with two feet together

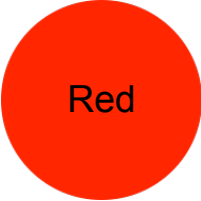
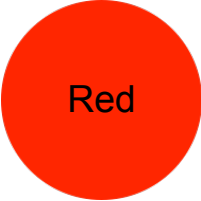
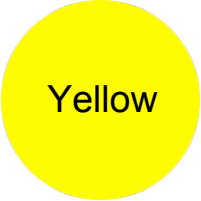
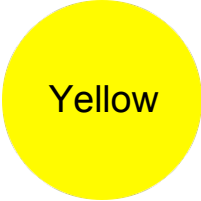
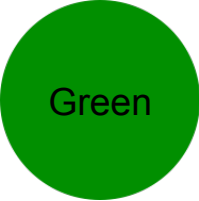
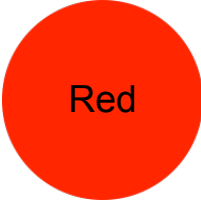
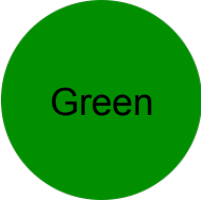
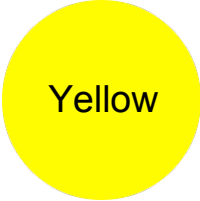
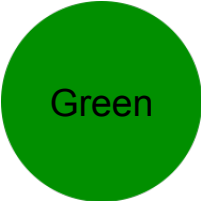
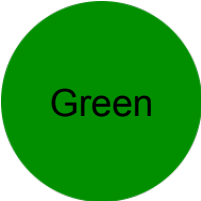


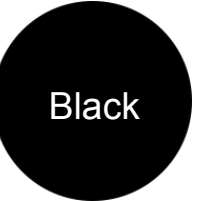
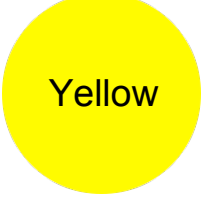
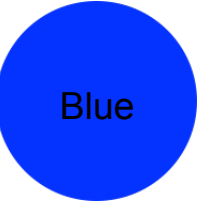

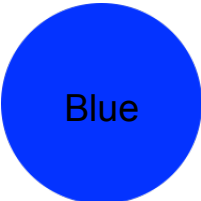
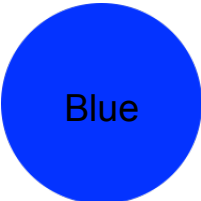
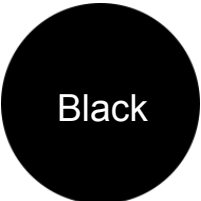
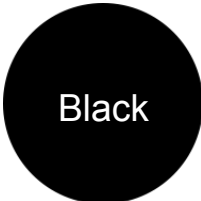
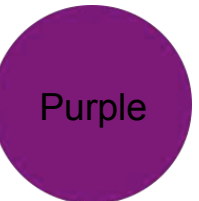
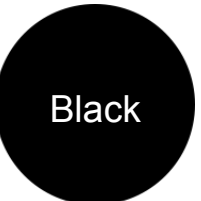
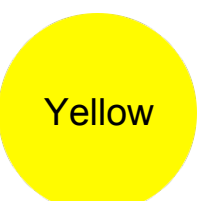
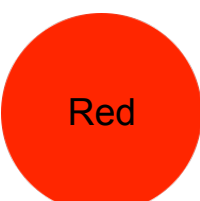
2nd set of multiple colors is for players to jump and put one foot on each color

Multiple players can practice jump/dance skills on a twister mat (adjust color cards accordingly)

Some players may benefit from starting with only 4 colors

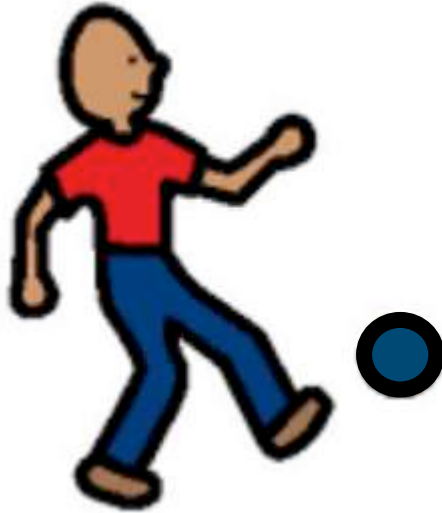
Print and cut cards with only one color per card- find other ways to pick, jump, and dance

“Twister” Jump and Dance Revolution cards

 Red	 Red	 Yellow	 Yellow	 Green	 Red	 Green	 Yellow
 Green	 Green	 Purple	 Purple	 Black	 Yellow	 Blue	 Purple
 Blue	 Blue	 Black	 Black	 Purple	 Black	 Yellow	 Red

Soccer - Kick and Trap

Kick and Trap back and forth with a partner



Step then Kick

Trap

Stop the ball by placing foot
on top



Batting From a Tee

Bat Back

Look at the ball



Follow Through

Look at the ball



Swing & Hit

Look at the ball



Frisbee



Step



Curl

Flick

Release when arm is in
front of body



Jump rope:



Hand Position



Turn Rope Overhead



Step or Jump Over the Rope

