

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

Book 2

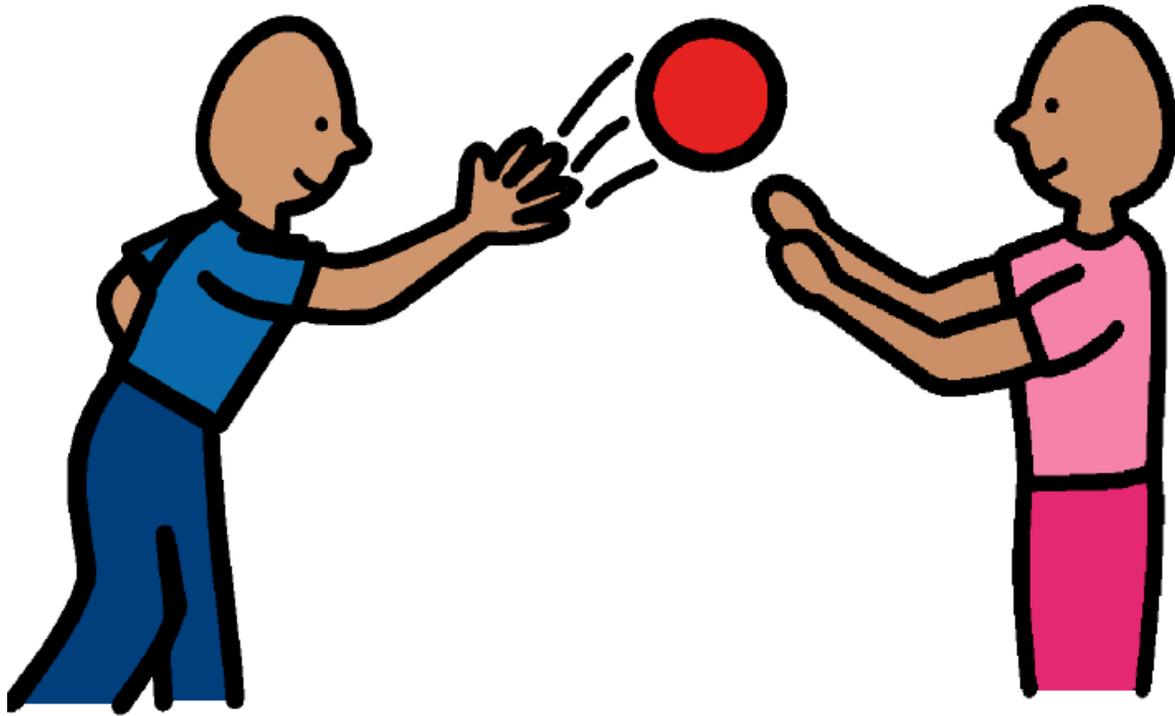
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Games and Activities to Play at Home!

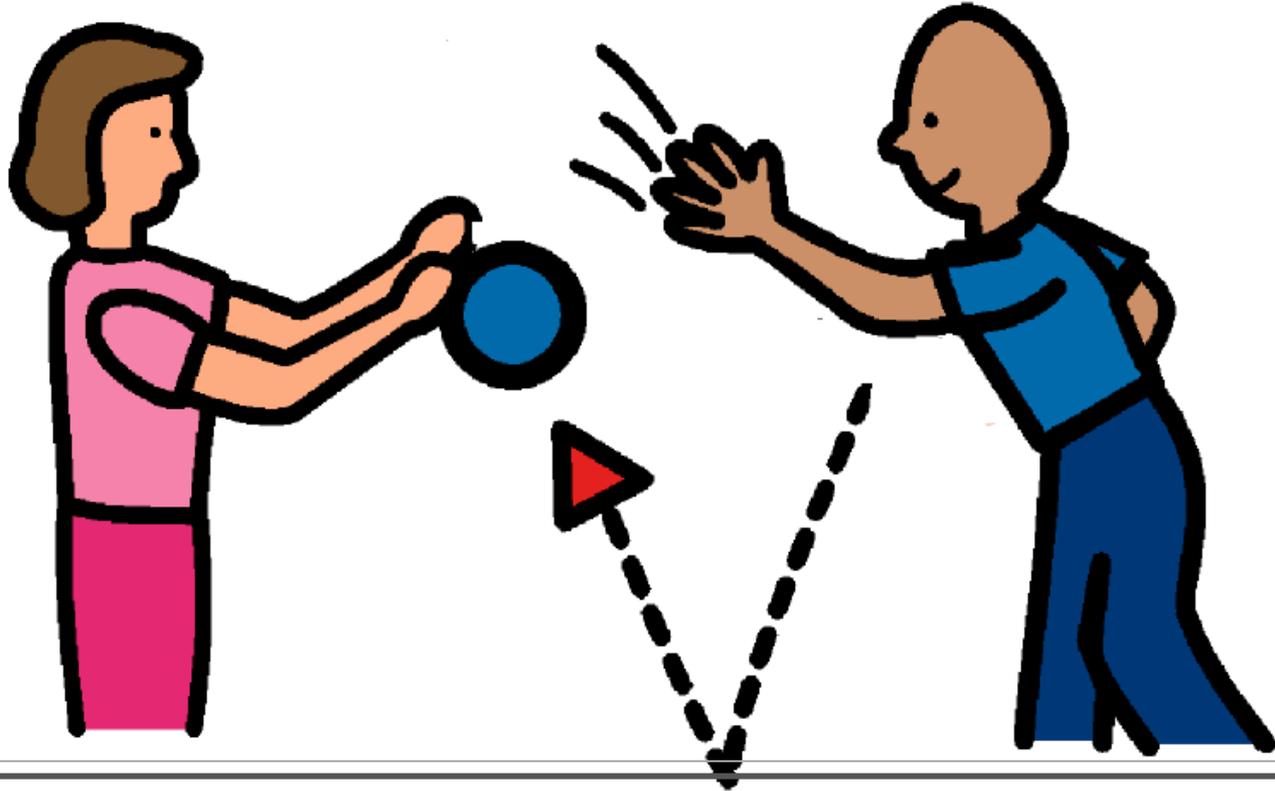
Throw and catch

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=>

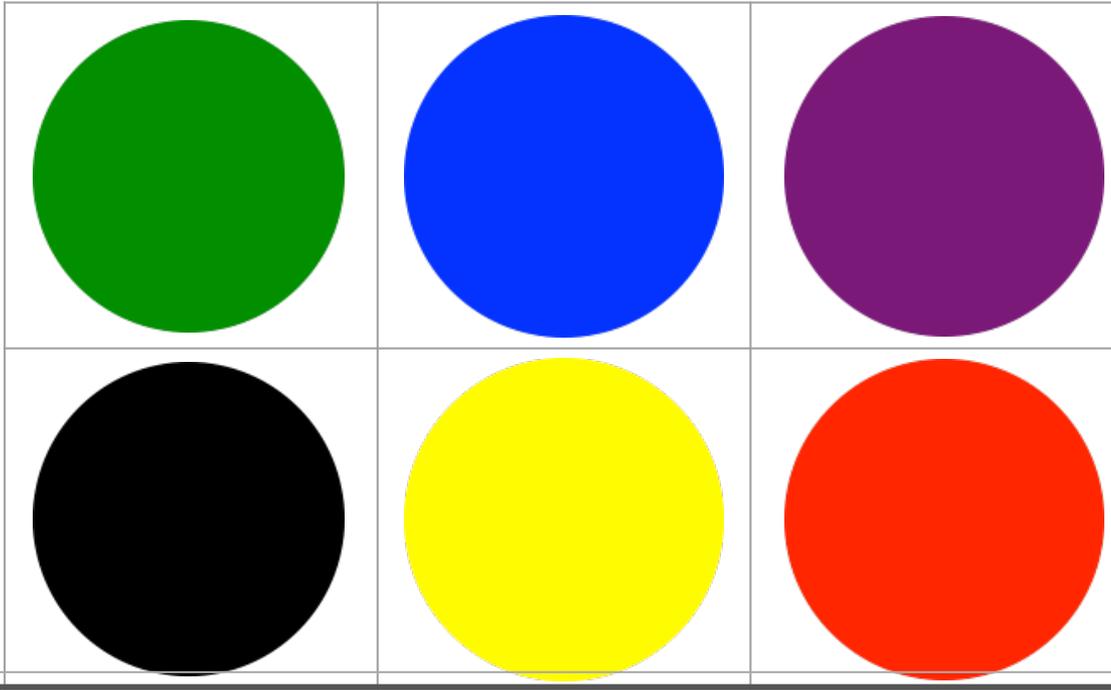
Learning Station (YouTube) “Herman the Worm”
<https://www.youtube.com/watch?v=0-rg7Elt1x4>

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

The logo for GoNoodle, featuring the text "GoNoodle" in white on a blue rounded rectangular background.The logo for "Freeze Dance" by Kiboomix. The words "Freeze" and "Dance" are written in green on pink and orange rectangular backgrounds respectively, set against a green and blue background. A small "by Kiboomix" logo is in the bottom right.The logo for "The Learning Station" featuring a sun icon above the text "The Learning Station" in white on a yellow banner, set against a red background with vertical stripes.The logo for "If You're A Kid... (Dance Around!)" featuring the text "IF YOU'RE A KID..." in white on a red and blue background, with " (Dance Around!) " in white on a blue background. There are cartoon illustrations of children dancing.

“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

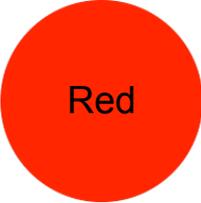
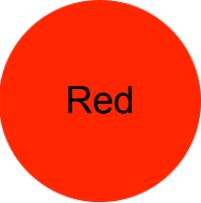
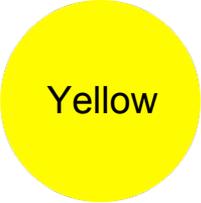
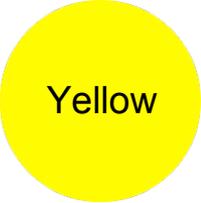
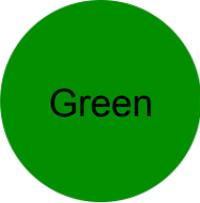
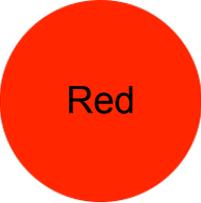
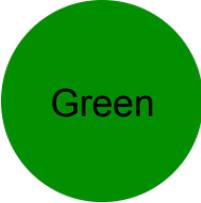
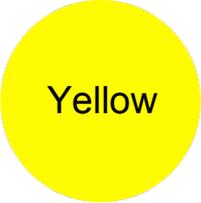
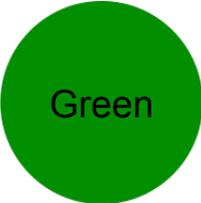
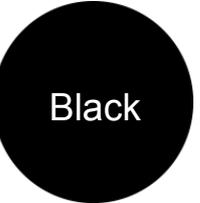
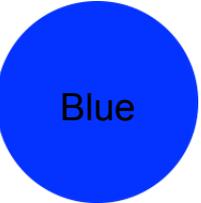
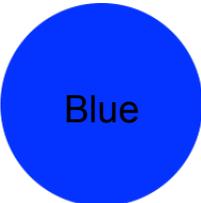
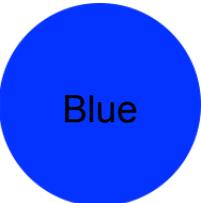
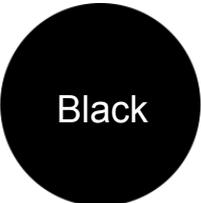
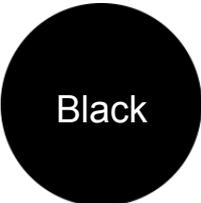
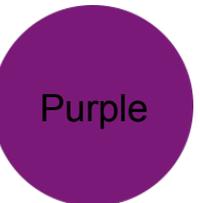
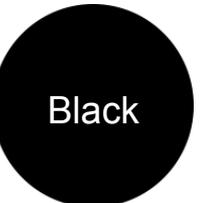
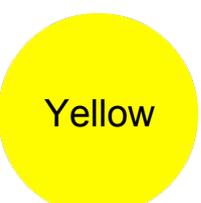
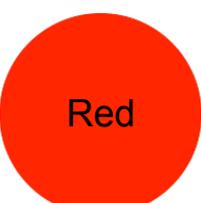
2nd set of multiple colors is for players to jump and put one foot on each color

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

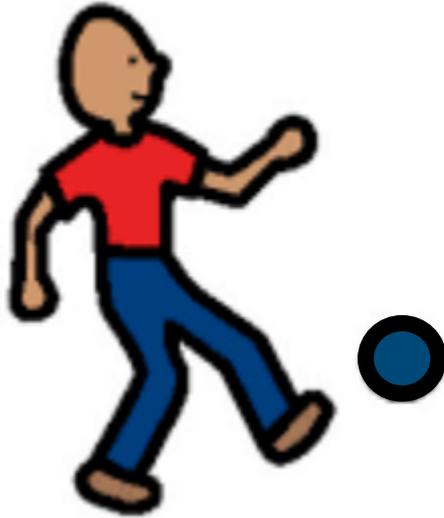
Print and cut cards with only one color per card- find other ways to pick, jump, and dance

“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

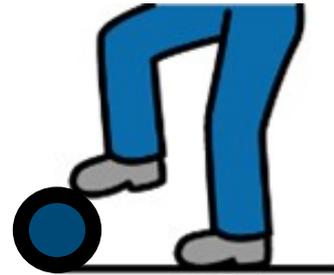
Kick and Trap back and forth with a partner



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



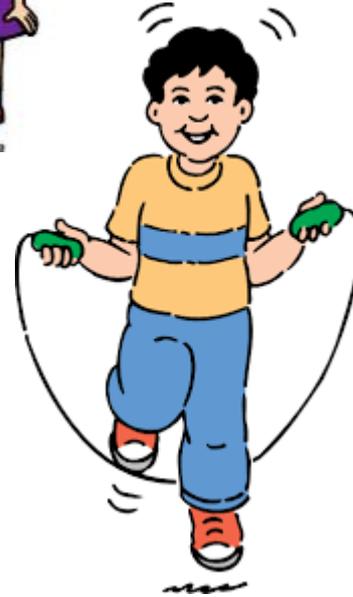
Jump rope:



Hand Position



Turn Rope Overhead



Step or Jump Over the Rope

