

LHSSN HOME ACTIVITY PROGRAMME



Welcome to the LHSSN Home Activity Pack, it's a group of activities and games that families can play at home with limited equipment and/or household items. Not only is this a group of activities and games, but I want to show you how to alter your activities to suit the space you are playing in, how many people are playing and what equipment you have.

Looking at this further, we can utilise something called STEP.

STEP allows us to take any activity and alter it to suit our needs and make it harder or easier depending on the participants and how much success you are having and the challenge you would like. STEP stands for:

S pace (alter the space and make it bigger or smaller, or stand closer or spread out)

T ask (alter the activity you are playing, or change the rules)

E quipment (alter the equipment you are using)

P eople (alter how many people are playing)

Let's use the game "Tag" as an example:

In regular tag, one person is on and they try to catch the other players by touching them on the arm/back etc. We make sure the space is big enough, so we are not banging into each other. Once a player is tagged, they become the catcher, and so on. Let's alter this game using **STEP**:

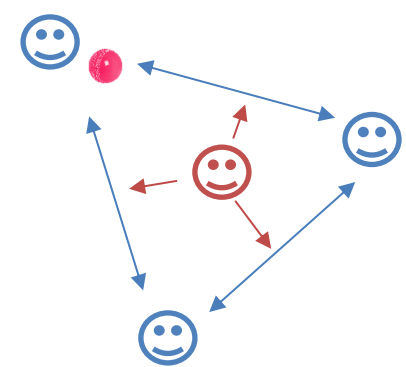
- **Space:** We can make the space bigger or smaller to suit the number of people playing. An indication if the area is too big would be no one was getting caught, it needs to be made smaller.
- **Task:** Rather than running, we could travel in different ways - jump, hop, or skip, etc.
- **Equipment:** We could have all runners hang a t-shirt out the back of their trousers like a tail. Rather than tagging, the catcher has to pull the tail out
- **People:** Increase or decrease the number of catchers.

The beauty of all these activities is that **you** can change them to whatever you want, you can own any game and create some amazing variations. Above all else, **whatever game you are playing, make sure that it is safe, and it is fun.**

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ACTIVITY/SKILL	OVERVIEW	ADAPTATION
<p>Catching – how many throws and catches can you do without dropping?</p> <p>Skills: Throwing & catching, hand eye coordination, communication</p>	<p>Lots of games require us to be able to throw & catch, it is a really important skill to practice.</p> <p><u>On your own:</u></p> <ol style="list-style-type: none"> 1. On your own, practice throwing a ball above your head and catching again. 2. Palms always face the direction the ball is coming from. 3. Throw the ball out in front of you and watch it into your hands. Make sure little fingers touch. 4. The higher you throw, the harder it is. <p><u>Working in pairs or more people:</u></p> <ol style="list-style-type: none"> 1. Start by standing opposite each other, 3 metres apart. 2. 3 things must happen every time we send and receive a ball – <ol style="list-style-type: none"> a) Communication - ask for the ball. b) Eye contact between the thrower and catcher c) Target – there is always something to aim for 3. The catcher holds hands out in front, with little fingers touching, this is also a target. 4. The catcher communicates & establishes eye contact with thrower. 5. Thrower sends the ball with enough power and trajectory that it makes it and is easy to catch. 6. Repeat process 	<p>Space:</p> <ul style="list-style-type: none"> • You can move closer to make it easier or further away to make it harder. <p>Task:</p> <ul style="list-style-type: none"> • You could try other ways to send and receive a ball – kick, roll, bounce etc. <p>Equipment:</p> <ul style="list-style-type: none"> • Having a ball is ideal, having different size balls is great as a tennis ball is harder to catch than a football. • If you have no ball, a rolled-up pair of socks acts as a great ball. <p>People:</p> <ul style="list-style-type: none"> • Having more people can add to the competition, see how many successful throws & catches you can do in 1 minute, try and beat the other pair/team.
<p>Keepy Off – how many successful passes can you do before the defender touches the ball?</p> <p>Skills: Throwing & catching, communication, movement</p>	<p>Throwing & catching game, blues (Attackers) keeping the ball off reds (Defender)</p> <ol style="list-style-type: none"> 1. Need 3 or more players, with 1 defender 2. Use the skills from activity above but with added movement 3. Blues pass the ball to one another, keeping it away from Red 4. Red tries to intercept the ball 5. Blues see how many times they can successfully send & receive the ball before red intercepts it. 6. Once red touches the ball, they switch out with the blue that sent it, game re-set. 7. Can be played in the garden/patio. 	<p>Space:</p> <ul style="list-style-type: none"> • Blues standing further apart makes it harder to catch & for reds to intercept <p>Task:</p> <ul style="list-style-type: none"> • Two handed or one-handed catching • Different ways to send – roll, bounce etc <p>Equipment:</p> <ul style="list-style-type: none"> • Use different types of ball – tennis or rugby ball, can use rolled up socks <p>People:</p> <ul style="list-style-type: none"> • Add more defenders in the middle



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