**Co-ordination Games**

**Low to High Five Squat Jump**

In pairs go into a squat then high five alternating hands to finish with a standing jump high five. Hands must make contact each time, if you miss you must go back into the bottom of the squat.

Try to get faster and faster.

Next do the same activity with eyes closed – see how this goes ☺

**Tennis Balls**

* Bouncing tennis ball (dominant hand, non-dominant hand, alternating)
* Bouncing tennis ball in pairs (1 ball then 2 balls)
* Bouncing tennis ball in three’s (1 ball then 2, then 3)

**Stick / pipes**

* Each person has a stick/pipe – Hold the stick out in front at full arms reach away with one had then change hands holding the stick while keeping it at arm’s reach away from the body. Alternating hands to hold stick, getting faster and faster with changing over (hand eye co-ordination)
* In pairs facing each other, throw the stick to each other, dominant hand to dominant hand – non d to non d - d to non d, alternating each throw and catch.
* In pairs standing side on throw stick to each other (first you can look at each other then switch to only looking straight ahead), try this on both sides
* Next progress the side on throw to moving, have the pair run side by side while throwing the stick to each other. Progress this on by allowing them to throw the stick further in front of the other person causing them to speed up and slowdown in running.
* (Comment on how taking a ball away can be fun for kids)

**Button Soup Relay**

Divide the group into teams, give each team a bowl and a spoon.

On the opposite side of the room have a number of buttons sitting on a table / floor.

Players must run out and try to pick up a button only using the spoon, (not allowed touch the button with their hands). Once they have a button on their spoon they must race back and put it in the bowl before changing over to the next player. If the button falls off the spoon on the way back they must try and pick it up only using the spoon. First team with x number of buttons wins.

**Penny Foot Race**

Each player has a penny (of sub in a bean bag animal) placed on each foot and races to the finish line. Any players who’s penny falls off must return to the start line and try again. You could use other body part to place the penny eg. Shoulders, back of hands, head.

**Frogs & Fish Focus Skills: Hopping · Jumping**

Divide your playing area into three zones: a large area in the middle (the river), an endzone on one side of the river (the burrow) and an endzone on the other side of the river (the river bank).

On the river bank, place a large number of beanbags (flies).

On the river, place a variety of poly spots (lily pads).

Divide your class into three teams: toads, frogs and fish.

The toads and the frogs begin the game by standing in the burrow. The fish begin the game by standing in the river (not on any lily pads).

The goal of the game is for the toads and frogs to bring all of the flies from the river bank back to their burrow without being tagged by any fish. Toads and frogs may only carry one fly at a time, and toads must jump their way across the river while frogs must hop. Fish may simply run anywhere within the river.

If a toad or a frog becomes tagged by a fish, the tagged player switches roles (i.e. toads become frogs, frogs become toads) and must return to the burrow before resuming play. If a toad or a frog was tagged while carrying a fly, they must return the fly before heading to the burrow.

Toads and frogs are safe from fish when they are in the burrow, on a lily pad or on the river bank.