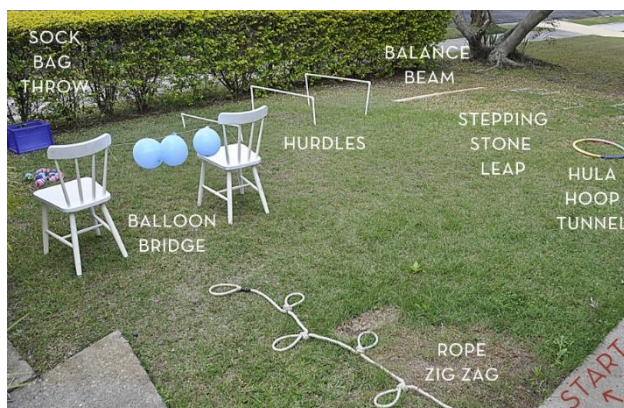


Outdoors and Back Garden Activities

- **Obstacle Course:** Set up a mini course at home or in the garden. Try include as many of the following hopping, sliding, running, crawling, swinging, jumping, balancing etc.



Other Ideas

- **Trampoline:** If you have access to a trampoline, bounce, bounce, bounce!
- **Cycling:** Get out on your bike and cycle, cycle!
- **Scooter:** If you have a scooter, get out for a scoot!
- **Ball Games:** Play with different size balls. Practice rolling, catching and bouncing a ball, and playing football.
- **Rope games:** There are many games you can play with a rope to help develop balance, muscle tone and coordination. Some examples include: walking along the rope on the floor, jumping over it and side to side, skipping, tug of war. You could also make out lines on the floor using tape and use them to walk along, between or jump over.