

Welcome to Fizzy's Training Games

Ball Skills Level Two

There are three levels to the balance training games and this is level two. Play the games in any other until you are good at all of them before going on to level three.

Tick the boxes at the bottom of the page when you can do each game well. The games should be fun and are intended to be flexible, for example they could be played daily for 10 minutes or twice a week for 15 minutes.

Equipment list

Large ball
Medium ball

Suggestions for leisure activities

- Swimming / Water play
- Tumble Tots
- Judo / Karate
- Trampolining
- Gym clubs
- Dancing
- Horse riding

Further helpful suggestions:

(To be completed by your therapists)

It may be useful to use a marker on the floor to keep the trainee at a measured distance.

Trainee:

Name:

Your Therapists:

Name:

Telephone:

Name:

Telephone:

Comments or suggestions should be directed to:

Head of Occupational Therapist or
Superintendent Physiotherapist

Children's Assessment Centre

Kent & Canterbury Hospital
Ethelbert Road, Canterbury, CT1 3NG
Phone: 01227 783043 Fax: 01227 783185

If you would like this leaflet in another format or language please contact the Communications Team

By telephone: 01227 791161 or
Email: communications@eastcoastkent.nhs.uk

PALS Patient Advice and Liaison Service

If you need information, support or advice about our services, please contact PALS.

Phone: 00800 085 6606
Email: pals@eastcoastkent.nhs.uk

Date of Review: May 2009

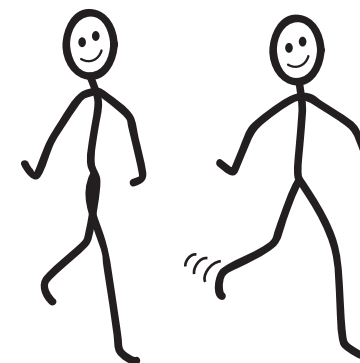
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Fizzy's Training Games: Ball Skills

Ball Skills Level Two



Level Two

A programme compiled by
Occupational and Physiotherapists.

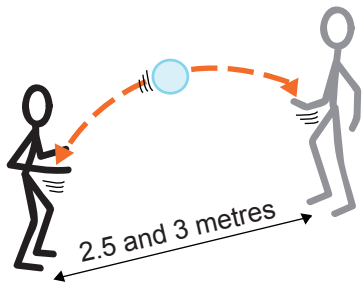
Advice for
parents, carers and education staff.

Your name:

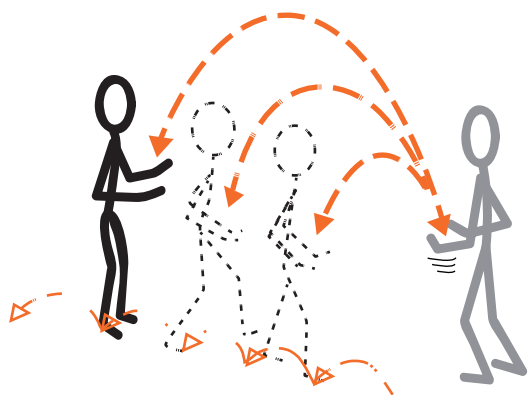
Ball Skills Level Two

1

Throw (the ball carefully) and catch between 2 people. Start at 2.5 metres, then try 3 metres.



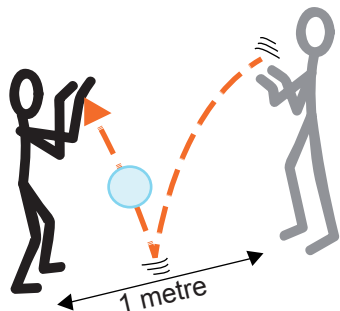
2



Stand close to your partner. Throw and catch between you. Take a step backwards each time you catch the ball.

3

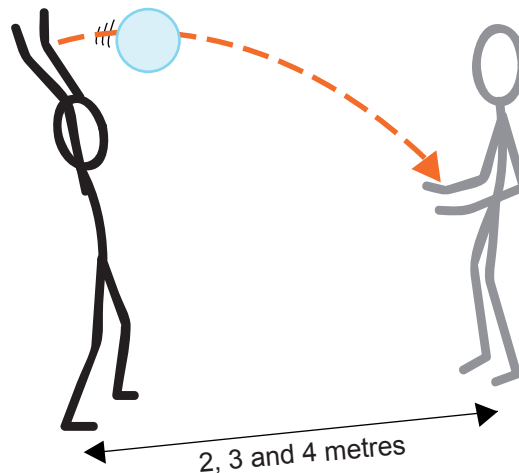
With a partner, bounce a ball between you. Start at 1 metre, then try 2 and 3 metres.



Tick each box to record your progress

1 2 3

4



Practice throwing balls over-head to your partner. Do not let the ball bounce!

Remember your partner must be able to catch the ball.

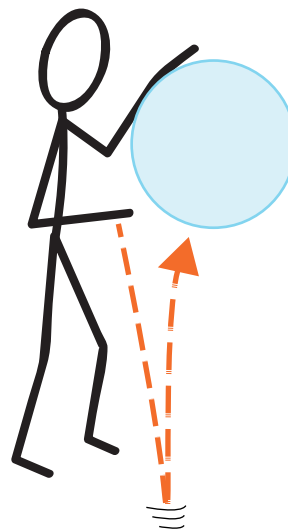
Can you judge how hard to throw the ball?

5

By yourself, practice bouncing and catching a large bouncy ball with both hands.

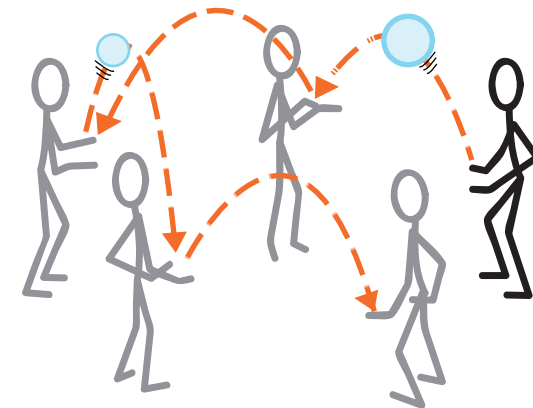
Bounce the ball in front of your feet!

Do not bounce the ball too hard.



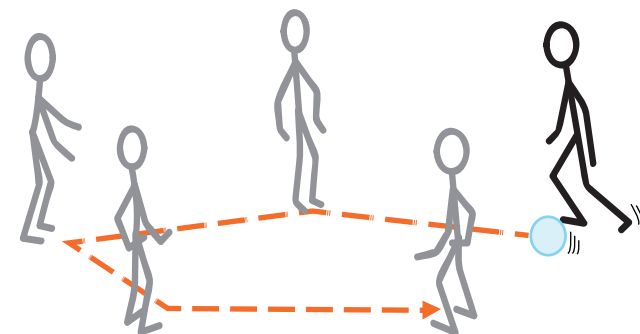
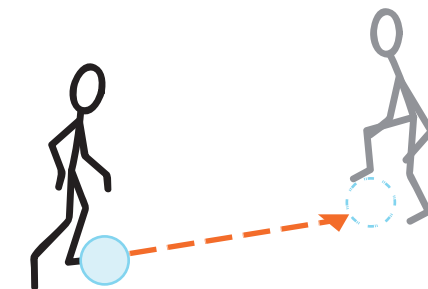
4 5

6



Stand in a circle with a few other people. Throw 2 balls around the circle. Try throwing in both directions around the circle. Vary the size of the circle.

7



Kick a ball between you and your partner or around a large circle. Remember not to use your hands!

Can you stop the ball with your foot? Kick the ball carefully back to your partner.

6 7