



SPORTS AND GAMES



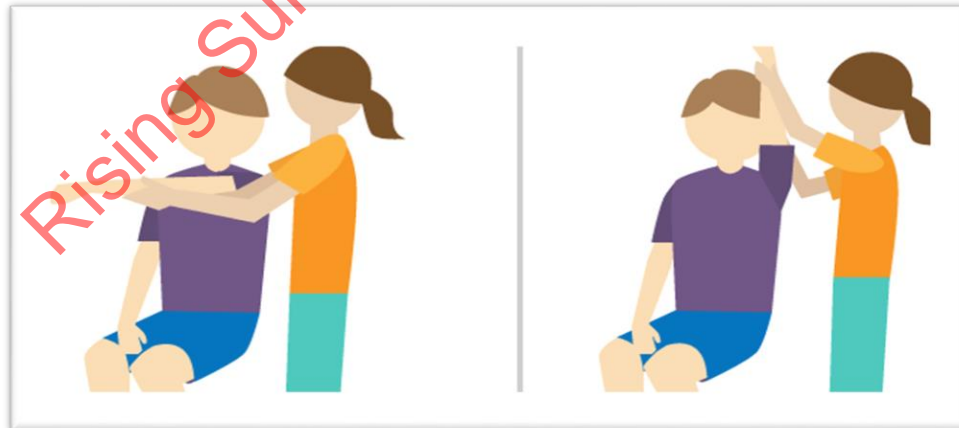
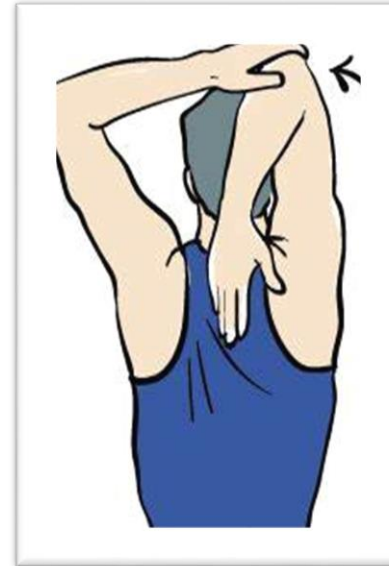
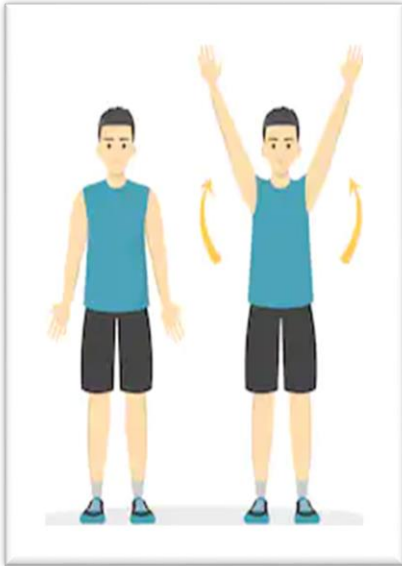
Guidelines

General Guidelines

- Try to keep your children active throughout the day by involving them in different physical activities
- Make sports/physical activity a part of your child's daily routine.
- Plan games and physical activities for your child at different times in a day.
- Every game or activity should have some instructions
- There should be game rules and parents can offer flexibility in game rules depending on child's understanding level
- To teach turn taking make sure to involve all family members in different activities

Physical Exercise

Do all these exercise 10 times

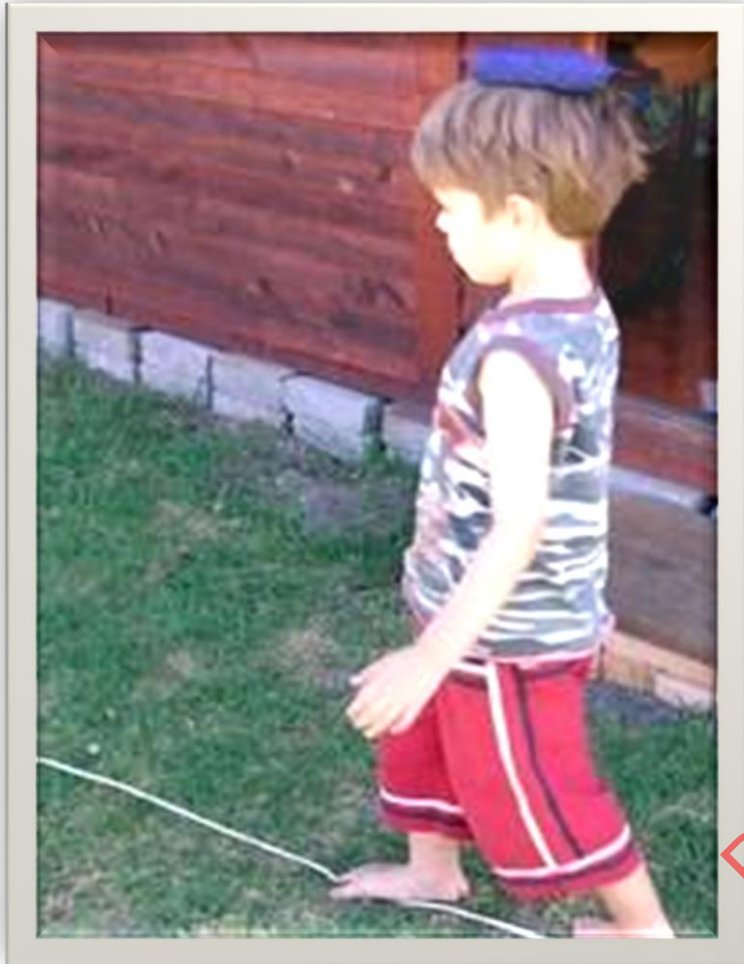


Walking on line



First show your child how to walk on a line with a chalk or tape. Then hold the child and tell him / her to walk on the line. Help him / her once to walk on the line then ask him / her to walk on the same line by himself/herself.

Walk on line with handkerchief (small towel)



Fold a handkerchief or small towel and place it on your head and show your child to walk on a line drawn from chalk or tape while maintaining your balance. Help your child for once. Then ask him/her to walk on the same line.

Backward Walking



First hold your child's hand and walk with him in backward manner then tell him/her that while looking at the front, walk backwards.

Jumping



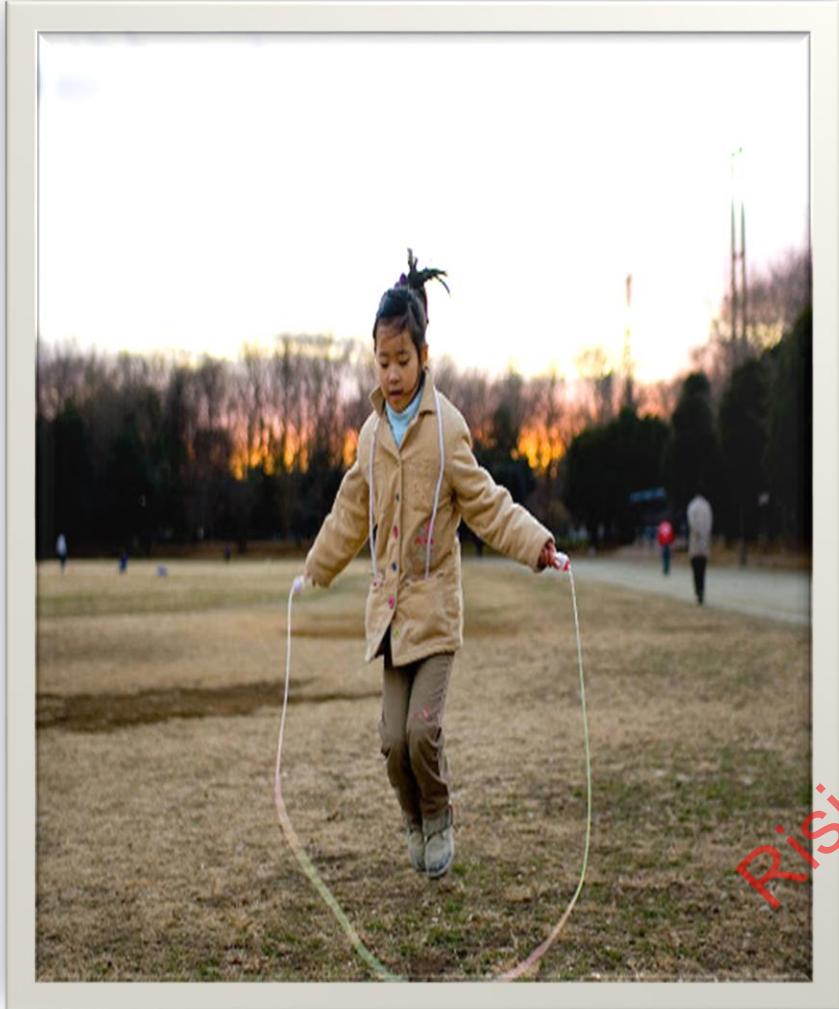
First show your child how to jump, then ask him/ her to jump and return back to same stationary position while maintaining his/ her balance.

Hurdle Game



Take any Bottle, Box or a Bucket and place a stick on it. Then Jump over it by yourself. Ask him to do the same in a slow manner at first. repeat the activity many times to jump the hurdle faster.

Skipping



First show the child by holding the edges of rope with your both hands and jump from inside the rope. Now give the rope to your child and ask him to hold it in the same position and pass his/her one foot from it and then the other one. Ask him to jump the rope in a fast manner slowly and gradually.

Bubble Game



Draw a circle on ground and tell your child to stand in it. Make bubbles and throw them towards your child from the center of the circle and ask him to catch them.

Hidden Treasure

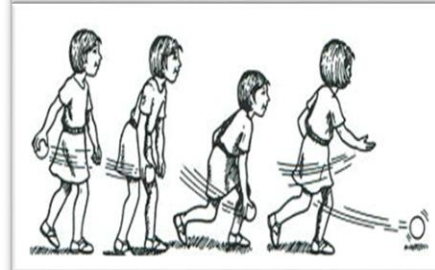


Parents may use wheat or something which is available in bulk quantity at home and put it in a pot or bucket. Hide some candies or biscuits in the same pot and tell your child to find the hidden treasure from it

Throwing

Teach your child to throw the ball in different styles.

1. Two handed underhand throw
2. One handed underhand throw
3. Two handed overhand throw



Rising Sun Institute for Special Children

Football Dribbling (cones/bottles)



Set up cones, floor markers, bottles and other equipment and encourage child to walk, crawl, climb, jump or run through and around the series of obstacles.

Catching

Teach your child to catch the ball in different styles.



Big Ball catch



Low Ball catch



High Ball catch

Rising Sun Institute for Special Children



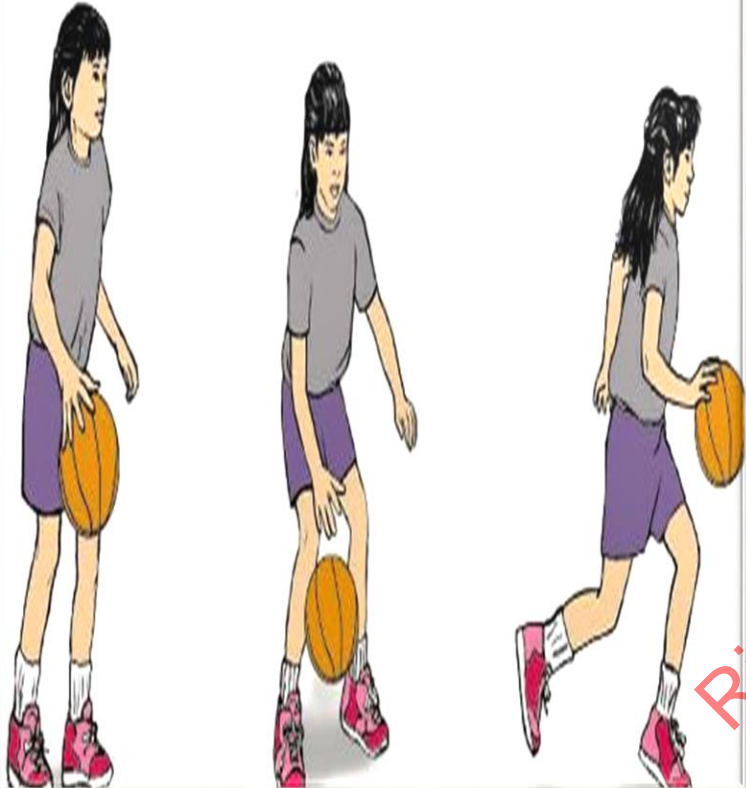
Basket Ball

We have written (4 Steps) for basketball (Big ball) for your child. Do all of these 4 steps at home. Among these, whichever your child will easily perform, try to do that step first.

Rising Sun Institute for Special Children

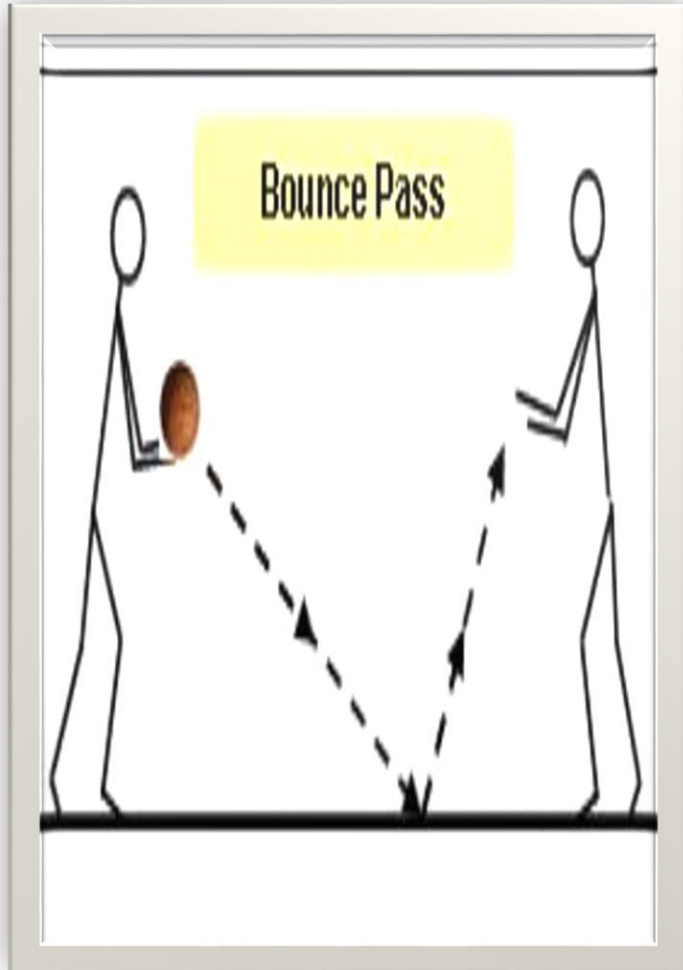
Basket Ball (Step – 1)

DRIBBLING



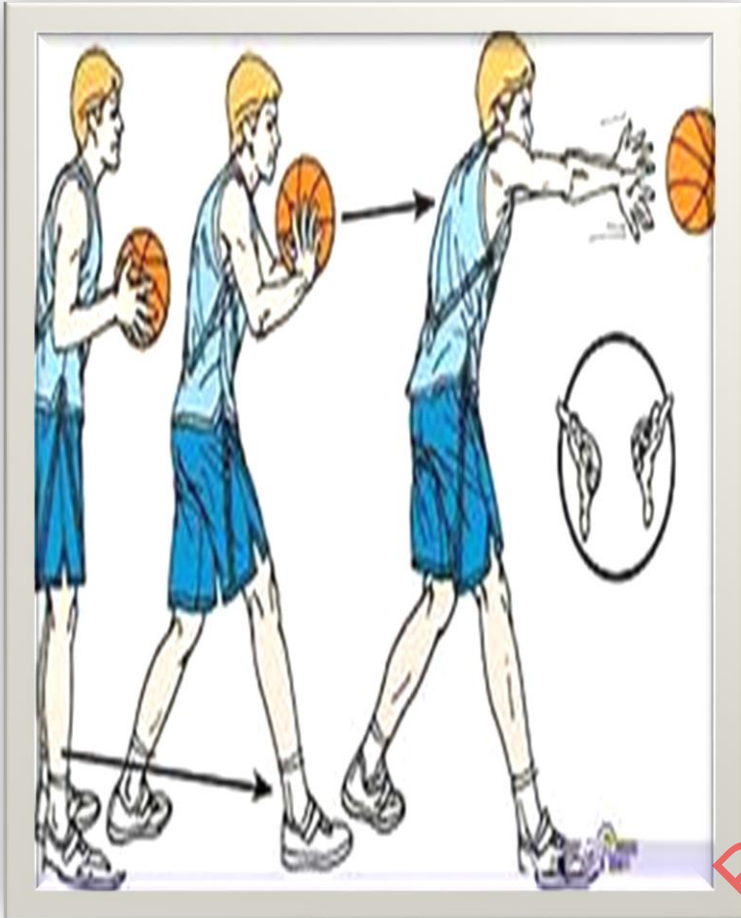
First hold the basketball (big ball) in both hands and show your child to hit the ground repeatedly. Then give the basketball (big ball) to your child, ask him to hit the ball repeatedly on the ground with one hand or both and tell him to move forward

Basket Ball (Step – 2)



Hold your child to stand in front of you, at some distance then hit the basketball (big ball) to the ground and asked him to grab the ball coming towards him. Tell him to pass the ball back to you. Do the activity repeatedly until the child is able to do it himself

Basket Ball (Step – 3)



Chest Pass

Parents ask any of their child's siblings to stand in front of child, then show them to hold the basketball with both hands and bring it near the chest and throw the ball towards other's chest. Now tell your children to copy them by throwing ball towards each other's chest

Basket Ball (Step – 4)



Shooting

Show your child the shoot of a basketball (big ball) in a basketball net or basket. And tell him that you can shoot a basketball in a hanging net or basket from all sides. After showing it all, ask him to shoot it.

Badminton



Play badminton in front of Child. Then hand over the racket to the child, and make him/her stand in front of you. Throw the shuttle towards the child and ask him to keep an eye on the shuttle and throw it back to you through hitting the racket. Repeat this activity many times.

Fun Games



:Ludo:



:Hide and seek:



:Tug of War: