



Friday, 12th June
"Snatch" and "Stones"

Here are a few simple games, great for helping co-ordination. They can be played indoors or outdoors. The more you play them, the longer you want to play them for!

Snatch!

You need 2 people to play this game.

Player 1 stands with their arms outstretched in front of them and about 20cm apart.

Player 2 holds a small catchable object between Player 1's hands. Without warning, he drops the object.

Player 1 has to try and catch the object before it hits the ground!

It sounds easy!!.....

Stones or jacks

This is a great game for co-ordination and manual dexterity. It is also totally absorbing!

Players need 5 small stones or large dried beans; anything that can be picked up and held in the hand at one time.



Keeping one in the hand, the other stones are thrown onto the ground. The stone in the hand is thrown up and whilst in the air the player pushes the other stones together to make it easier to pick them up. He then has to catch the stone in the air with the same hand before it hits the ground.

Start by picking up each stone on the ground one at a time. Throw the hand stone up; pick up another and then catch the falling stone.

Progress to picking them up in 2's.

Then as a group of 3 + 1

Then as a group of 4.

A simple, fast game for younger children is Paper, Scissors, Rock.

Again, a game for 2 players. Players face each other with a hand behind their backs. On the count of 5 they bring their hand to the front making the shape of either

Rock a fist

Paper flat hand

Scissors 2 fingers v-shaped like scissors.

Scissors beat paper because they cut it; rock beats scissors because it blunts them; paper beats rock because it can wrap itself around it.

(You can play that you are not allowed to choose the same object in a following turn.)

