



# VALE ON THE MOVE ACTIVE AT HOME FOUNDATIONS IDEAS



The Healthy Living Team helps more people become more active. This information leaflet provides you with some ideas of activities that can be undertaken with your child with the equipment/items provided.

**WARNING:** Skipping ropes/kites have a strangulation risk - please supervise children and keep away from babies/ young children. Balloons may contain latex



## Skipping Rope



Can you make a snake with the skipping rope and balance along it

Can you put the skipping rope on the floor in a straight line and jump over it

## Ball Scoopers

Can you use scoop the ball using the hand scoop?

Can you pass it between you and a partner?

Can you throw the ball from the scoop and catch it again?

## Floating scarf

Can you throw the scarf up in the air and catch it?

Can you pull the scarf with one person at each end...

## Bean Bags

Can you throw the bean bags into the hoop (move distances to make harder) and remember to try throwing with both hands. Can you throw through at a target on the wall?

Can you move the bean bag around your body?

## Hula Hoop



Can you learn to hula hoop?

Can you crawl through the hula hoop or create an obstacle course using all the different objects?

## Playball / Fluffball / Balloon

Can you roll the ball along a straight line / throw it using your hands, kick it with your feet?

Can you use the balloons to throw and catch? Can you pass it between a partner without it touching the floor or use your feet to pass it to each other?

**This leaflet is available in Welsh**



### More information:

Follow the Vale Council Healthy Living Team on social media or via website for lots more ideas...

Let us know how you got on / any feedback you have about this project:

<https://forms.office.com/r/zk7SDeJ0Mt>



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Website: <https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play>