Outdoor Play Handout

By

University of Delaware’s Move2Learn Lab

Disclaimer: Parents and clinicians must use/adapt the activities listed below based on their judgment and needs of their children/clients.

Refer to Website: [https://activeforlife.com/activities/](https://activeforlife.com/activities/)

Materials: (Depend on the activities/games you choose)

Paper, ball, rope, jumping bag, Charades game cards, hula hoops, pool noodle, balloon, jumping rope, Basket, Cartons, Hopscotch mat, Walking on line mat, strings

Session Format:

- Each session will last for around 30-35 minutes.
- In each session, pick one activity from the cooperative games, and one from gross motor games.
- If your child prefers certain games, you can repeat them. But encourage the child to try out some new games during each session.
- Demonstrate the activity to your child first. Use gestures and short verbiage to facilitate learning.
- Ask your child to copy what you did. Tell him/her that both of you will do the activities together.
- Encourage your child intermittently to do activities with you. For instance, you can say, “Look! You are helping me out!”, “Good job jumping/throwing/catching/kicking”

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<th>Session Condition</th>
<th>Description</th>
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| Cooperative games | - The cooperative games require at least two people (include your child) to complete the game.  
- Try to involve other family members or friends to make the game more fun.  
- Choose the links and watch the short videos before starting the game.  
- The activities should be done in open spaces without obstacles. Make sure you and your child are safe throughout the games. | 15 minutes |
| Gross motor games | - Pick the links and read the brief instructions before starting the gross motor games.  
- These activities are to help your child to develop better gross motor skills, including jumping, eye-hand coordination, and ball skills. | 15 minutes |
Activity 1: Cooperative Games

1. Balance Game: https://www.youtube.com/watch?v=uu2SNcnWvVQ
2. Three legged race: https://www.youtube.com/watch?v=OARaMbNhsgE
3. Iceberg: https://thephysicaleducator.com/game/iceberg/
4. Jumping bag: https://www.youtube.com/watch?v=kUuQw3fTapE
5. Charades game: https://www.youtube.com/watch?v=HZXifnweWso
6. Passing Hula hoop: https://www.youtube.com/watch?v=t2wrv5iT030
7. Passing objects with knees: https://www.youtube.com/watch?v=uyAf49xmFjA (0:05-0:27)
8. Passing balls with pool noodles: https://www.youtube.com/watch?v=qCQ7BcTG4yQ&t=175s (3:29-3:35)
9. Pass the Lava pit: https://www.youtube.com/watch?v=73qJtSdXR8Y (0:0-0:35)
10. Board walking https://www.youtube.com/watch?v=BMD4AFOP4Fo
11. Simon Says https://www.youtube.com/watch?v=90GBmRLMtfM
12. Human Caterpillar challenge https://www.youtube.com/watch?v=73qJtSdXR8Y (0:38-1:11)
13. Passing water: https://www.youtube.com/watch?v=73qJtSdXR8Y (1:13-1:52)
15. Music chair https://www.youtube.com/watch?v=buX3i3EJIXU
16. Trust fall https://www.youtube.com/watch?v=cyw_Kyu0Zs

Activity II: Gross Motor Games

8. Walk on line
   https://handsonaswegrow.com/fun-kid-activity-lines-of-colored-tape/
9. Balloon Juggling:
   https://activeforlife.com/activity/balloon-juggling_39/
10. Kick Instep:
    https://activeforlife.com/activity/kick-instep_22/
11. Tennis ball Bounce and Catch
    https://activeforlife.com/activity/tennis-ball-bounce-catch_33/
12. River Bank
    https://activeforlife.com/activity/river-bank_17/
13. Outdoor Golf Toss
    https://activeforlife.com/activity/outdoor-golf-toss_50/
14. Overhead/Underhand Catch
    https://activeforlife.com/activity/overhand-catch_32/
    https://activeforlife.com/activity/underhand-catch_31/
15. Target throwing
    https://activeforlife.com/activity/target-throwing_36/
16. Toddler Obstacle Course

**Activity III: More Challenging Activities**

1. Follow the String
   https://handsonaswegrow.com/activity-indoor-string-scavenger-hunt/
2. Wheelbarrow Walking
   https://activeforlife.com/activity/wheelbarrow-walking_60/