



Why does playing matter?



- * It can be so much fun and great family time together
- * Builds other skills as well as being physically active
- * Communication, taking turns, winning, losing, sportsmanship, organising, leading
- * Uses imagination and creativity

Questions to ask the class



- Do you play with your sister, brother, Mum or Dad at home?
- Do you have a ball at home?
- When do you play in the garden, park, fields, street?
- How do you feel after playing with your friends?

Try these ...



- ▶ Throw, catch, dribble, chase a ball
- ▶ Run, skip, follow my leader, side step, hop, jump to get around
- ▶ Hide and seek, capture the flag inside or outside
- ▶ Make up your own game or obstacle course
- ▶ What can you think of?
What will you try?