

Parent-child Physical Games

Game 10

Hockey at Home



How to Play

- 1 Knock the ball into the basket of the opponent to win the game



Objectives

- 1 To improve limb co-ordination
- 2 To improve manipulative skills

Modifications

- 1 Knock the ball with other objects, such as newspaper rolls
- 2 Use a smaller basket
- 3 Set time limit

Equipment

- 1 Plastic sticks
- 2 Baskets
- 3 Small ball