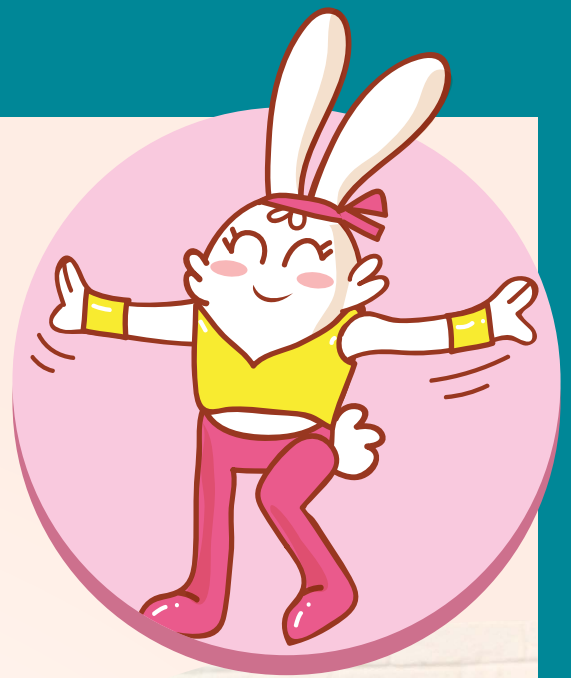


Parent-child Physical Games

Game 6

Cross the River



How to Play

- 1 Place three towels in a straight line. The child stands on the front towel, whereas the parent stands on the middle one
- 2 The parent passes the back towel to the child, who then places it in front of himself/herself
- 3 Both the parent and child take one step forwards and move onto the next towel
- 4 Repeat the sequence

Objectives

- 1 To strengthen the lower limb muscles
- 2 To enhance balance as well as limb co-ordination

Modifications

Divide into teams and race to the finish

Equipment

Towels or mats