

Activity	Skittles		
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Your child may access different levels depending on the activity as well as their ability.	Contact details:	schools@cdssgroup.org.uk
Seeds		All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)	
Saplings			
Trees			

Brief description of Activity

Playing skittles in this way, is a fun activity to develop gross motor skills whilst also developing memory and listening skills and knowledge of categories.

Resources needed



A range of old, empty plastic bottles

Water (put a small amount in the bottom of each water to enable them to stand up properly without falling over too easily in the wind, or if someone walks by etc)

Different pictures to stick onto the front, for example you might use animals, colours, shapes, or even photos of family members.

A ball (or several)

Activity: *Seeds*

If your child is not yet able to throw the ball easily or very accurately, you can start this game without using one. Instead, you can encourage your child to knock skittles down with their hand or foot.

Set up lots of skittles. To begin with, play the listening game Ready, Steady, Go!

When you say "Go" let your child have fun knocking down all the skittles. You can repeat this a few times if your child is enjoying the game.

Next, take a few of the skittles away. Set up another game using just 1 or 2 of your skittles to start with and move on to 3 or 4 when ready.

Space them quite widely apart to make it easier for your child to get the correct skittle without accidentally knocking down the others.

Tell your child to knock a particular skittle down “Knock down the cat” etc
 Next let your child see if they can tell you which skittle you should knock down.
 Allow your child to help you set up the skittles again when they have all fallen over and play the game again. This time you might want to use different pictures on the bottles to keep it interesting.

Activity: *Saplings*

Repeat the game described above, but this time use a ball and more skittles. You can vary the distance away from the skittles that you throw the ball from depending on your child’s ability. Again, it might be helpful to space the skittles quite widely apart.



Increase the length of your sentence slightly when giving the instruction. “Knock down the yellow skittle?”
 When all the skittles have been knocked over, allow your child to stand the skittles up again and to give you instructions instead.

Activity extension: *Trees*

Add even more skittles with different categories, for instance animals, shapes and colours, and increase your sentence length.

Include more than one instruction this time “Can you knock down the dog, cat and rabbit skittle?” or “Can you knock down all the skittles that have an animal on them?”

Let your child help reset the skittles at the end and to give you instructions instead.

You could add numbers to the skittles and play a number recognition game. Throw a dice and knock down the number on the dice, knock down the odd numbers, the even numbers. If you are working on a times table then add those numbers to the skittles and knock down the correct answer to the sum.



Attachments:

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com



Phone number: 07518 590300

Support us at : www.justgiving.com/cheshiredownssyndrome/raisemoney