



Chat Challenge with ... Sports Day!

Each week we will share a new activity for you. These are fun activities, using things already in your home, which will support speech, language and communication.

You can see demonstrations of them at: <https://youtu.be/iNfSXMCMJHw>

To do this activity you will need:

- different balls (or scrunched up paper)
- 'obstacles' like plant pots, garden gnomes, buckets
- hula hoops (or scarves on the floor as circles)
- extras like blankets or towels for some activities if you'd like.

This chat challenge has been designed to focus on:

- increasing vocabulary
- understanding language
- following instructions
- taking turns
- problem solving
- answering different types of questions

For younger children:

- comment on what you and they are doing
- label a range of objects, actions and describing words

For older children

- use words that are more complicated and talk about what they mean
- see if they can retell the activity
- use some 'wh' questions e.g. who, why, what

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For Pre-School Children:

1. 'Catch and Throw'.
 - Throw or roll a ball to each other. Use 'ready, steady, go!' to build anticipation and attention skills.
 - Reinforce 'my turn... your turn' to help with turn taking
2. Make a mini obstacle course (e.g. with planks of wood, large towels/blankets, buckets, hula hoops). As your child goes around the course:
 - comment and model language like action words - 'jumping, climbing, balancing, running' and simple position words like 'you're going over the bucket'
 - you can use 'ready, steady' go' here too!
3. Put out some items like hula hoops, balls, skipping ropes, plant pots, blankets etc. and get your child to follow some simple instructions, like going to the item you say. Make it a bit harder by adding another word or 2 e.g. 'hop to the plant pot' or 'run to the ball'

For children in their first years at school:

1. Make a mini obstacle course as suggested before but add some extra items e.g. different coloured blankets, different sized balls and plant pots.
 - This will make the instructions more complicated e.g. 'hop to the big plant pot'.
 - You can also introduce other concepts like 'quickly' and 'slowly' e.g. 'run to the red ball quickly;
2. Play a throwing game. Make sure you have the same items with different attributes e.g. two bean bags of different colours, two balls of different sizes
 - Place 3 items such as a hula hoop, bucket and plant pot in a row. Give instructions like 'throw the red ball in the bucket', 'throw 2 bean bags in the hula hoop'.

Look on the next page for activities for older children in primary and secondary school.

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For older children in primary school:

1. Help your child to build an obstacle course of their own.
 - Get them to explain to someone else e.g. a sibling, the route they need to take to complete the course.
2. Play a relay race or 'tag'. Start with a category, e.g. vehicles. The first person names a vehicle, then the person who gets tagged, or who is next in the relay, has to name another vehicle. Carry on until no-one can think of any more!
3. Set up a 'bowling alley' either with plastic pins or water bottles. Choose a category (e.g. animals) and bowl the ball.
 - Count how many pins/cans you knocked down, and that's how many items from that category you have to name.

For secondary school children:

1. Choose a category (e.g. sports). Bounce or kick a ball between you and your child. Each time you bounce/kick the ball you must think of an item from that category.
 - Try to make the categories a bit harder e.g. 'animals that have no fur' or 'sports where you don't use a ball'
2. Get your child to design an outdoor sports game (e.g. an assault course, athletics game, or a game combining two sports like 'tennis basketball').
 - They must tell you what the game is called, teach you the rules, explain scoring etc. Ask them questions like 'what happens if...' etc.

There are lots of other ideas on our social media pages (see bottom banner), and another activity coming soon!

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