

# PLAY TOGETHER

## GUIDE FOR FAMILIES

Admiral Play Together was created to make sure everyone has the opportunity to play with their family and friends. This guide is for families who are looking for extra tips on how to create activities at home.

**TOP TIP**  
 Think about what you are trying to achieve with the activity? E.g. Fun, exercise etc



**TOP TIP**  
 Go online to find creative ideas



PARTNER CHWARAE GYDA'N GILYDD PLAY TOGETHER PARTNER





# Chwarae Gyda'n Gilydd Play Together

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**TOP TIP**  
Ask everyone what they would like to play

**TOP TIP**  
Involve the whole family when creating a game

# STEP

STEP is a great way to plan your home sessions

## SPACE

How can the space you have suit the games you want to play?

Where can you Play?

Can you increase or decrease the size of the area by using markers?

Can you divide the playing area up into different sections?

## TASK

How can you adapt the activity to suit everyone who is playing?

How can you change the activity to increase success?

How can you change the activity to challenge children?

Can the activity be played in different positions e.g. sitting/standing/kneeling?

## EQUIPMENT

How can you change the equipment to suit a person's need?

What alternatives do you have in your house?

Can you use lighter equipment?

Can you use larger equipment?

Can you use different coloured equipment to suit an individual?

Can you use equipment with different textures or materials?

## PEOPLE

Who is involved in the activity?

Can you create games that only need a small number of people?

Can you change the number of people playing?

Can you give different challenges to each individual?



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Example adaptations:

#### SPACE

Consider games that suit your Garden, Living Room, Landing, Hallway, Dining Table etc.

Give one child a large area to help them learn the activity

Divide an area up so each person has room to play in

#### TASK

Make a race shorter or longer in length

Change the way of scoring e.g. throw into a goal instead of kick

Give players the choice of playing whilst sitting down/on knees/on the floor

#### EQUIPMENT

Soft toys as throwing objects instead of balls

Use a plastic milk container as a bat together with a light ball

Pillow case over a balloon to change the texture and feel.

#### PEOPLE

Each person gets an activity suited to their ability

Getting people to work together to complete an activity

Teams don't have to be even in numbers, as long as it's fair

