

Active schools home games

Balancing act

Equipment- Bean bag, hula Hoop, foam ball, cones,

Alternative equipment – Small cuddly toys, basket or box, pair of socks in a ball, anything small you don't mind being on the floor.

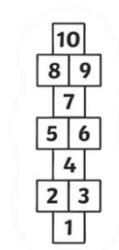
The game- Create a starting point with a pile of bean bags (cuddly toys that can balance on your child's head), with the hula hoop (anything that can have the toys dropped in it) create an end point anywhere in your house or garden. The aim of this game is for your child to balance all the bean bags on their head (One by one), without using their hands and get them to the hula hoop. Once this has become too easy put obstacles in between the two points. Once that has become too easy use the foam ball (ball of socks) to try and knock the toys off before they can get them to the end point.

Hop scotch

Kit- Chalk

Alternative kit- masking Tape, Possibly spaghetti

Using chalk or tape or even spaghetti indoors mark out a hopscotch grid (like the image). Throw a small stone, twig, beanbag, or other marker into the first square. If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn. Hop on one foot



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into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on. At the pairs (4-5 and 7-8), jump with both feet. At 10, hop with both feet, turn around, and head back toward the start. When you reach the marked square again, pick up the marker—still on one foot!—and complete the course. If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number. If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.

Bowling

Kit- Pins, ball.

Alternative Kit- Empty bottles, foam ball or rolled up socks

Find some items that you can stand up, e.g. empty water bottles or plastic cups, grab a big enough ball or ball of socks and start rolling to knock over the “pins”!

Variations – Make a target on the ground using masking tape or a hat or anything that can be used as a target. With each section worth different number of points, the kids can roll the ball trying to stop it within the different target areas, competing for points.

Indoor Obstacle Course

Equipment- Anything that can be used as an obstacle that won't cause injury or be expensive to replace

Obstacle courses make great physical games for children. I loved them as a child. Build a course using some of these ideas in any order:

- Crawl under tables.
- Use a Balance Beam such as dressing gown chords
- Climb over/under beds.
- Children need to jump/somersault/crawl/crab walk from one obstacle to another.
- Put down pillows, couch cushions even woolly hats and the kids need to jump from one to the next. Alternatively, the kids could need to jump over the pillows or cushions!
- Perform various exercises like 20 jumping jacks.
- crawling through a tunnel of blankets or sheets (hang them over chairs, couches, etc)
- Toss 3 sock balls from one point into laundry baskets. You can also throw stuffed animals.

Yoga

Equipment- Laptop, yoga mat

Alternative equipment- Mobile phone, carpet, rug.

Here are 5 youtube channels for you to try out at home.

1-Cosmic Kids Yoga

2- Yoga for kids with Alissa Kepas

3-Story Hive yoga for kids

4- Play in the park yoga for kids

5- Yoga for beginner kids

Indoor basketball

Equipment- basket, ball

Alternative- Box, soft toys

All you need is a bucket and a rolled up sock (or a small, light ball). Each player takes a turn at throwing the sock-ball into the bucket. When a player scores a bucket, he or she takes a step back and throws again until missing. The player who shoots the ball in the bucket from the farthest distance wins. Change the height of the target put it on top of work tops or on a different step

Numbers Game

Equipment- Paper, pens, Blu-tac

Make up a square marked out in the four corners of the room/ garden which will be allocated either number 1,2,3 or 4. On the floor of the room/garden, spread out, numbers from 1-8. Kids will jog/hop/ animal walk around the area in and out of numbers. you shout a number between 1 and 8. At this, the child has to pick up whatever number they are closest to, and using the numbers in the corners have to get the number you shouted using adding or subtraction, e.g. if you shout 3 and your child picks up number 5, then that pupil must run to the corner numbered 2, as 5 minus 2 equals 3.

Tic tac toe

Kit- 9 hula, 6 bibs

Alternative kit- 9 Tupper wear lids or container lids, 3 socks 1 colour, 3 socks a different colour.

No players- min 2

Creating a grid at one end of a room/garden, 3x3 this game is effectively a big version of Knots and crosses. Have the socks at the other end of the room or garden. Each player has to run/hop/jump from the opposite end of the room/garden with one sock at a time and place it in a square in the grid, they then must return and get another sock and get it into the grid making a line of 3 (each participant can only move their own coloured socks. Once they have put all their socks in the grid, if there is no winner the game resets. If one person wins every game, make it harder for them. They have to gorilla walk back and forward.