

Games/Activities

(15 Minutes)



In The River

- Children stand in pairs facing one another with an object between them.
- On command children must complete movements to what you are saying:
 - "In the river" - stand tall, arms up on your toes like a tree
 - "On the bank" - children crouch down and pretend to sit on the side of a river.
 - "In the river" - children grab the item before their partner does.
 - Be creative and add any movements you can think of.

Top Ten

- Individual**
- Standing three steps away from a target. Can you make 10 successful throws into target.
 - Take one step back after 10 successful throws.
 - How far back do you get?
 - Can you use a smaller target?
- Partner**
- With a partner, start by standing 3 steps apart.
 - Throw a ball or rolled up socks to each other. Challenge yourself to make 10 catches. Each one you make 10 catches take a step back.
 - How many times can you throw the ball/socks without dropping it?
 - How far back do you get?

Towel Jump

- Have a towel placed on the floor. Children are to think of different jumps they can make over the towel. jumps can be:
- 2 Feet to 2 Feet
 - 1 Foot to 1 Foot (kipping)
 - 2 Feet to 1 Foot
 - 1 Foot to 2 Feet
 - 1 Foot to the Other Foot
 - Can they High 5 while jumping?
 - How high can they jump?
 - Can they tuck their legs up to their chest (tuck jump)?
 - Can they bring their heels to their bum?
 - Can the jump and make different shapes?
 - Split leg jumps?
 - 180 Turn jumps?
 - Side to side jumps?

Balloon Volleyball

- Blow up a balloon of the "round" type.
- Hang a piece of string or ribbon horizontally about one metre above the floor between two chairs, or between counter tops. This is your net.
- Using your fingertips, hit the balloon back and forth across the net.
- If the balloon touches the floor on either side the other person who hit it get a point.
- Play first person to 5 points and then start again.
- Your hands are not allowed to cross over the top of the net.
- You are allowed to touch the balloon more than once on your side.

Tabletop Football

- Having 2 people sit at either end of the table using a pair of rolled up socks. Have 2 rolled up towels/blankets/sheets on either side of the table as blockades to each end of the table trying to score.
- Scores are made with the ball falling off the table at either end. Players can move their arms to block and defend the ball/socks on their end to stop the other player.
- Scores can be tallied for each player. Players can move to different side of the table after each round.

(20 Minutes)

Wacky Races

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?
- Which way of moving was the easiest and which was the hardest?

Jumping Dice

- Play with a partner, take turns to roll a dice or numbered object.
- Look at the number you have rolled and then complete the correct jumping exercises:
 - Roll 1: Perform 20 star jumps
 - Roll 2: Perform 20 tuck jumps
 - Roll 3: Perform 20 pencil jumps
 - Roll 4: Perform 20 jumps with a 1/2 turn
 - Roll 5: Perform 20 jumps with a full turn
 - Roll 6: Perform 20 squat jumps
- The first person to complete all of the activities above is the winner.

Battleships

- With a partner, each player places three targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Player are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.

Keep on the Move

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space.
- Players move around the space in a creative way.
- When a person reaches a pair of socks they jump 10 times. When a person reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?

Topic Run (Subject Based)

- Have some paper on a wall with some questions (these can be subject based e.g. English, Maths, Science, Geography)
- Get the children to stand on the other side of the room away from the paper.
- The aim is to answer the questions on the wall correctly by writing the answer on the paper.
- This can be against each other, individually or a team game.
- On the word 'Go', give the person a way to move towards the paper (run, hop, skip, jump etc).