

GLOUCESTERSHIRE

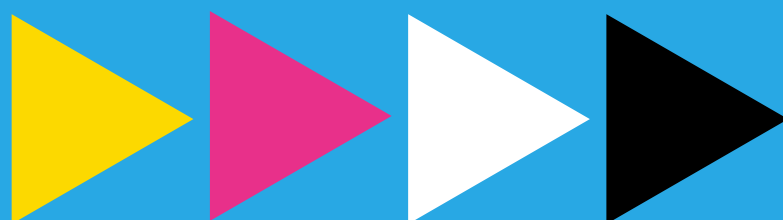
SCHOOL GAMES



Active
Gloucestershire



HOME ACTIVITY IDEAS



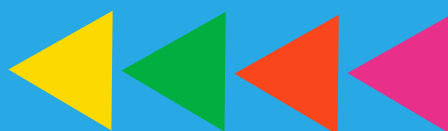
JOIN IN THE FUN AT HOME! HERE'S HOW...

In this booklet you will find activities to play;

- - In the garden
- - In your bedroom
- - Using little equipment
- - You can play on your own or with your family

All the activities can be adapted to your child's skill level. Some of the activities will have adaptations or a challenge on them. Encourage children to use their imaginations to develop the games; add rules and vary the equipment. Here are some ideas...

- - Socks into a ball or scrunched up paper instead of a ball
- - Use a bucket, cereal box, pillow, soft toy as a target.
- - Use a broom stick, string, sticks or a pillow to create a line.
- - Use a thick book, sticks, broom stick to create a bat or racket



CEREAL BOX

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE: Living room/bedroom/garden

EQUIPMENT: Cereal box

HOW TO PLAY:

Place an empty cereal box standing upright on the floor. You must use your mouth to pick up the cereal box whilst keeping your feet on the floor. When everyone is successful, tear a bit of the box to make it lower.

Key Skills:

Balance and flexibility



SOCK SHOOTOUT

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE: Living room/bedroom/garden

EQUIPMENT: Socks and a bin or box

HOW TO PLAY:

Roll up 5 pairs of socks per person. Once the socks are rolled, each person will take it in turns to throw a pair of socks into a bin or box.

Whoever gets the most socks in, wins!

Key Skills:

Throwing and Accuracy



BODY BALL

AGE: 7+

NUMBER OF PEOPLE: 1+

SPACE: Living room, bedroom, garden

EQUIPMENT:

Soft ball or a pair of socks rolled into a ball and a bin or box

HOW TO PLAY:

Children to use either a soft ball or a pair of rolled up socks. Children will use a different part of their body to get the ball or socks into a bin or box.

Key Skills:

Coordination



REACTIONS

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE: Living room, bedroom, garden

EQUIPMENT: 4 objects

HOW TO PLAY:

Children to stand in the middle of space and place 4 objects on the floor at 3, 6, 9 and 12 o'clock about 1 metre away from them. The other person calls out an object to which they have to touch that object.

Key Skills:

Coordination, reactions, balance

CHALLENGE:

Moving the objects closer, this time, balance on one leg and try to pick the objects up.



BALLOON TENNIS

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE: Living room or bedroom

EQUIPMENT: Balloon, bat or racket or book

HOW TO PLAY:

Children to hit the balloon with their hand to their partner and count how many times they hit the ball without the balloon hitting the floor.

Key Skills:

Coordination, reactions, counting



COIN FLIP

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE: Any table in the house

EQUIPMENT: Any coin

HOW TO PLAY:

Flip a coin into a cup. Place a 2p or 50p on the edge of a table and flick it up so it lands in a cup or any other container. The smaller the container the harder it is.

Key Skills:

Power



TOWEL JUMPING

AGE: 4+

NUMBER OF PEOPLE: 1+

SPACE: Living room or garden

EQUIPMENT: Towels or jumpers

HOW TO PLAY:

Using rolled up towels or jumper as a marker, children can practice jumping forwards, backwards or sideways over the towels.

Children to count how many towels they can jump over.

Key Skills:

Jumping and balance



FOOTBALL SOCK NECK

AGE: 7+

NUMBER OF PEOPLE: 1+

SPACE: Living room, bedroom or garden

EQUIPMENT: Socks, paper or a ball

HOW TO PLAY:

Children to make a ball out of a pair of socks. The aim is to throw the socks in the air and catch them on your neck.

Key Skills:

Coordination, balance

CHALLENGE:

If a sock or paper is too easy, try using a ball to catch on your neck.



CLAP CATCH CHALLENGE

AGE: 5+

NUMBER OF PEOPLE: 1+

SPACE: Living room, any outdoor space

EQUIPMENT: Socks, paper, ball, teddy bear

HOW TO PLAY:

Children to either use their favourite teddy, a pair of socks made into a ball or a ball. Children will throw this object in the air and see how many claps they can do before catching the object again.

Key Skills:

Coordination, counting



EGG AND SPOON RACE

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE: Living room, bedroom, garden

EQUIPMENT: Hard boiled egg, spoon, obstacles

HOW TO PLAY:

Children to create a course using bottles, teddys, towels etc. The course must have a start and finish point. Children to balance a boiled egg on a spoon and walk/run around their course whilst keeping the egg on the spoon.

Key Skills:

Coordination,
balance, imagination



BOWLING

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE: Living room, garden, bedroom

EQUIPMENT: Ball, socks, bottles

HOW TO PLAY:

Children to use a ball or socks of their choice and try to knock over as many bottles as they. Use any empty bottles such as shampoo, shower gel, drinking bottles.

Key Skills:

Rolling, counting

CHALLENGE:

How many bottles can you knock over using one ball or sock?

KURLING

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE: Living room, bedroom, garden

EQUIPMENT: A target, ball, socks

HOW TO PLAY:

Children to have a target such as a teddy, bottle, colouring pencil etc. Children will then use a ball or a ball of socks and see how close they can get to their target.

Key Skills:

Rolling



BALANCE DANCE

AGE: 5+

NUMBER OF PEOPLE: 3+

SPACE: Living room, bedroom, garden

EQUIPMENT: Music

HOW TO PLAY:

Someone plays music out loud from a speaker or through a phone, laptop or tablet. Children to dance around and when the music stops, children have to demonstrate a balance of their choice.

Key Skills:

Balance, creativity,
imagination



TIDY YOUR BEDROOM

AGE: 3+

NUMBER OF PEOPLE: 2+

SPACE: Living room, bedroom, garden

EQUIPMENT: Soft toys or clothes

HOW TO PLAY:

Split the room or garden in half. Evenly place clothes and/or soft toys on either side of the room. The aim of the game is to throw the items onto the other side. The person with the least amount of items on their side wins.

Key Skills:

Throwing



TOY HIDE AND SEEK

AGE: 3+

NUMBER OF PEOPLE: 2+

SPACE: Living room, bedroom, garden

EQUIPMENT: Soft toy, clothes

HOW TO PLAY:

Using a soft toy, find anywhere to hide the toy. The other person has a time (set the time yourself) to find the toy. To make it harder, start to hide more than one toy or item of clothing

Key Skills:

Imagination



POPPING POPCORN

AGE: 6+

NUMBER OF PEOPLE: 3+

SPACE: Living room, bedroom, garden

EQUIPMENT: Soft toy, bed sheet, blanket

HOW TO PLAY:

Children with the help of an adult to hold the bedsheet or blanket. Two people hold the bedsheet or blanket whilst the other person places loads of soft toys onto the bedsheet or blanket. The two people holding will shake the bedsheet trying to get the items off whilst the person who is not holding on will try to put the items back on. Swap roles after 30 seconds to a minute.

Key Skills:

Coordination



TOY TAG

AGE: 6+

NUMBER OF PEOPLE: 2+

SPACE: Living room, bedroom, garden

EQUIPMENT: Soft toy, string or sticks

HOW TO PLAY:

Two players stand behind a line and place a soft toy in the middle. The aim is to grab the toy and take it back behind your line without being tagged. You can only be tagged when you have the toy in your hand. You win the game by either tagging the other player when they have the toy or by taking the toy over your line without being tagged.

Key Skills:

Running, agility



KEEPY UPPIES

AGE: 6+

NUMBER OF PEOPLE: 1+

SPACE: Living room, bedroom, garden

EQUIPMENT: Balloon or ball

HOW TO PLAY:

Inflate a balloon and see how many times you can kick the ball in the air without the balloon hitting the floor. Count how many keepy uppies you do and try to beat your score.

Key Skills:

Kicking and counting

CHALLENGE:

Try and use other body parts for example; just use your knees or shoulders
If a balloon is too easy, move on to using a ball.

SEATED VOLLEYBALL

AGE: 6+

NUMBER OF PEOPLE: 2+

SPACE: Living room, bedroom

EQUIPMENT: Balloon or ball

HOW TO PLAY:

Inflate a balloon and use sticks to make a large square. Children to create a line in the middle of the box using water bottles to use as a net. Players to sit down on either side of the bottles and hit the ball over to their partner. To get a point the balloon has to hit the floor on your opponents side or if your opponent hits the balloon too hard and it lands outside the square.

Key Skills:

Striking and power



PAPER AEROPLANES

AGE: 6+

NUMBER OF PEOPLE: 1+

SPACE: Living room, bedroom

EQUIPMENT: Paper airplane and a target

HOW TO PLAY:

Children to make a paper airplane and colour the plane. Once the paper plane has been designed, the player or players will practice throwing their paper plane anywhere they like. After 5 minutes, have a throwing line and get player or player to throw their paper plane at a target e.g. teddy bear, bottle etc. Every time they hit their target, move the line back making the player throw further.

Key Skills:

Throwing, creativity, imagination

