

Games Pack

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Be creative
Have fun

Body Parts

Set up

- Play inside or outside.
- Work in pairs or a bigger group.

Task

- Players decide on a leader.
- Players move around the area.
- The leader will call out a body part (e.g., knee)
- Players must balance using that body part on the floor.

Challenge

- The leader shouts different movements and body parts.
- running, hopping, skipping, jumping, side stepping.
- Hold for 30 secs or 60 secs

Examples



Bottom



Hands & Knees



1 foot



2 feet

Be creative
Have fun

Knee tag

Task

- Find a space for 2 people.
- Stand with your feet shoulder-width apart.
- Face each other with your hands on your own knees.
- Try to touch the unguarded knee of your partner.
- Score a point every time you touch their knee.
- After 1 minute, the person with the most points is the winner.

Challenge

- Try playing for 2 or 3 minutes and keep score.
- Each player folds their left hand behind their back.



Jump the River

Set up

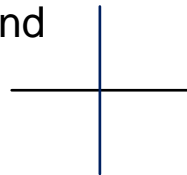
- Do this activity indoors or outdoors.
- Find 2 straight lines on the ground or make them (use 2 sticks or a stick and a line, be creative)

Task

- Jump over both lines (the river)
- How many jumps can you do in 1 minute.
- Write down your personal best score.
- See if you can beat it each day!

Challenge

- Add an extra line to make a plus sign.
- How many times can you jump around the corners in 1 minute?



Get active!
Have fun!

Partner fun!

- Play with a sibling
- See which of you can get the most 'jumps' in 30 secs or 1 minute.

Knobbly Knees Race

Equipment

- Tennis balls or rolled up socks
- Two buckets or baskets
- String for the start line
- Work 1v1 or in teams

Task

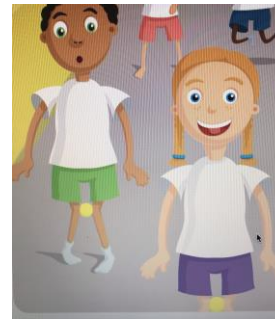
- Grip the ball or sock between your knees
- Hop/waddle as fast as you can
- Drop the ball/socks into bucket.

If you drop or miss the bucket, take it back to start (or end of line)

First team to get all the balls in the bucket wins.

Set up

START



bucket

bucket

Challenge

- Add more balls/socks
- On your own? Time how fast you can complete the activity
- Use a smaller target like a cup instead of bucket

Balloon Pro Volleyball

Equipment

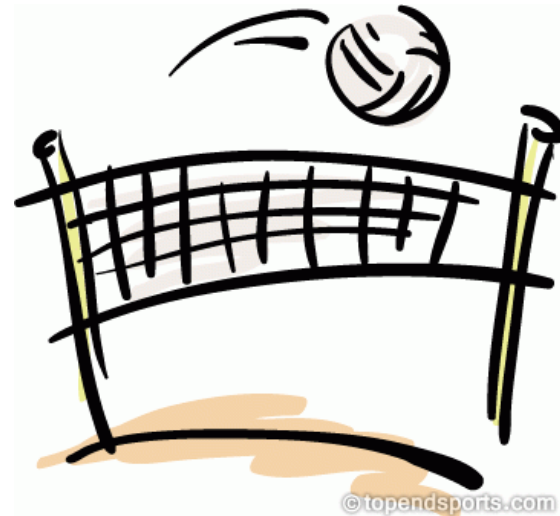
- A balloon
- Something for a net, a piece of string, broomstick across two chairs, a line of cushions!

Task

- Hit the balloon over the "net".
- Get a point if the balloon touches the ground on the other side.
- 3 touches and over
- First to eleven points is the Winner!

Challenge

- On your own? Play Beat Your Record.
- How many hits can you get?
- How long you can keep it in air?
- Use different parts of your body to keep the balloon in the air.



Dress up relay

Call the fashion police!

It's time to find all those weird clothes lurking in the back of the wardrobes.

Equipment

- Two boxes/baskets
- Lots of old dress up clothes
- String for a start/finish line
- You can play this 1v1 or in larger team depending on household numbers.

Task

- Lay the string across the floor(start/finish line).
- Fill each box with the same number of clothes. (6 things per box)
- Sort out 1v1 or teams.
- **Start** - run to the box, put everything on over your clothes. All zips, buttons, Velcro and laces must be done up. Then take it all off again, quickly, and dash back to the finish line.
- If you have teams then tag the next player
- The first person/team that finishes wins!

Start / finish line



boxes of clothes



Pillowcase Race

Set up

- Mark two lines as far apart as you can get them with the string.
- Make sure you have plenty space.

Task

- Stand inside your pillowcase and hold on to the top
- Take your marks at the start line, then GO!
- Hop as fast as you can to the finish line.
- First to the finish wins.

Equipment

- String
- One pillowcase per player
- Make sure you ask!

START



Multi-sport individual circuit

Task

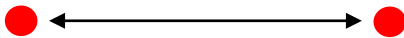
- Complete each activity for 60 seconds.
- Can you do 2 or 3 rounds of the circuit?
- Count how many you get at each activity
- Can you improve on round 2 and 3?

Equipment

- Any object to use as markers.
- Shuttle or rolled up socks.
- Basketball or rolled up socks.
- Basketball hoop or bucket.

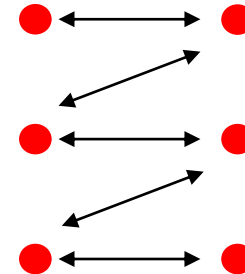
1. Shuttle run – Athletics

Run fast from one marker to the next and count your laps.



2. Shuttle hoopla - Badminton

Sidestep to each marker and place shuttle into each one. Sidestep backwards and pick shuttles back up.



3. Shooting the hoop – Basketball

Practice shooting into the basket from different sides of the hoop.

- If you don't have a basket use a bucket.

4. Skipping – boxing

- Count how many times you can skip.
- Can you skip backwards.
- No skipping ropes? Quick jumps and how many?

5. Balancing – Yoga

Hold a yoga balance for the 60 seconds



Scavenger Hunt- The



Hunt



Task

Search for the things that make you happy!!

- Something that smells good.
- Your favourite t shirt.
- Something that makes you laugh.
- A leaf in your favourite park.
- Something you like to share.
- Something outside that is your favourite colour.
- Something inside that is your favourite colour.
- Something that tastes good.
- Something that keeps you warm.
- Your favourite place outside to look at the view.

Challenge

- Create your own happy scavenger hunt.
- Along with someone in your house, take turns of hiding your favourite items around your house or garden and challenge each other to find them.



Skipping

Task

- Hold one end of the rope in each hand. Circle the rope over your head then down to your feet. Jump over it with two feet.
- How many skips can you do?
- Can you skip for 30 secs?
- Can you skip while changing feet from one to the other?
- Can you circle the rope backwards while skipping?

Equipment

- Skipping ropes or a length of rope.
- Space indoors or outside with plenty of room around you for the rope to swing without hitting anything.

Challenge

- Can you beat your score?
- Skip for 35, 40 or 45 secs.
- Hop on one foot while skipping.
- Move around the, garden, street or park while you are skipping.



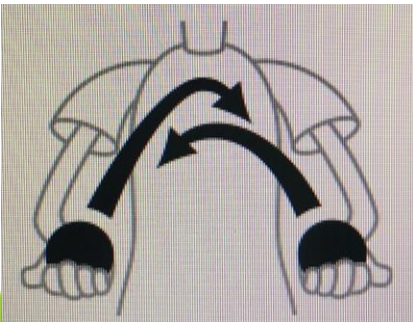
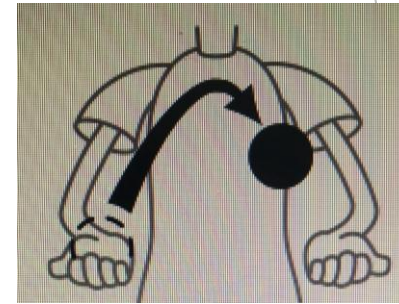
Juggling Challenge

Equipment

- Three small balls or rolled up socks of similar shape and size.
- To make easier use tissue paper, hankies or fabric squares.

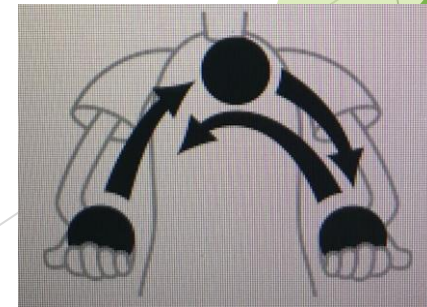
Task

- Toss the ball from one hand to the other.
- Keep your eyes looking ahead.
- The picture shows you how high to throw the ball.



- Next try with two balls.
- One in each hand.
- Throw one ball just before the other so they swap hands.
- See the picture.

- Add a third ball.
- Put two balls in one hand and throw from this hand first.
- The balls will be moving in a sideways figure eight pattern.
- The picture shows you what it should look like.
- It will take a lot of practice.



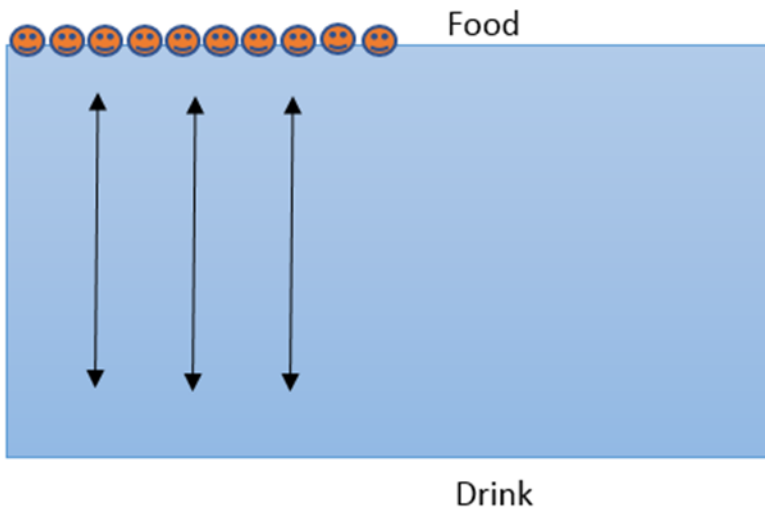
Food and Drink Activity

Task

- Line the pupils up along one of the lines on the pitch or markers already set out (as diagram below)
- One line is food and the other is drink.
- When teacher shouts a food item, pupils must run to that line or stay on it if they are already there.
- When teacher shouts a drink, pupils must run to that line or stay on it if they are already there.

Equipment

- Markers to make 2 lines if there are no lines on the playground/pitch.
- Using penalty box or area of similar size.



Challenge

- After some practice the last person to the line is out.
- Knock out more than 1 person at a time.
- Shout some challenging food/drink.
- Pupils who have been put out can help with line judging and giving teacher food/drink ideas.
- Choose a pupil to shout the food/drink.