

INDOOR GAMES

As long as there's enough space and nothing to break... have fun with it! Look through the below suggestions and see what other games you can come up with.



Dance party – put your favourite music on and bust out your best dance moves, do the conga, the limbo or make your own dance – make sure you get involved too as well as the children!

Balance beam – Put a long piece of masking tape on the floor and have the children walk along it without taking a foot off the line – make it harder by using multiple lines and getting them to hop from one to another!

Indoor hopscotch – While you have the masking tape out, why not set up a game of hopscotch? Use a beanbag/small soft teddy or something similar to toss onto the squares of the area.

Bean bag toss – Set up some targets and have your children toss beanbags/soft toy or balls into it – you can use bowls at different distances worth different points or even cut a hole in some boxes and have them throw through those.

Simon says – there's nothing like a good old game of Simon says. Make sure the commands are related to physical activity e.g – jumping on one foot, running on the spot

Stretching & Yoga – there are lots of free online resources suitable for getting the little ones started with yoga to improve balance and posture, see our website links for some great examples.

Magic/Card tricks – have you always wondered how magicians do their card tricks? Learn yourself by watching how to videos on YouTube, this will improve your co-ordination and you'll find that some are really easy!



Treasure hunt – hide some of your child's favourite objects around the house (iPAD, games, or even their favourite snacks) in sneaky places, and give them some clues and a time limit to find them. Change the hiding spot frequently and if there are siblings get them to create clues and hide on each other.

Hot potato – a simple but classic game, make it trickier by using an egg instead of a ball!

Musical Bumps – play your favourite songs, dance away and bump to the floor when the music stops.



Remember not all physical activity needs to leave children out of breath!

How to engage children - play games with achievable goals – consider their favourite toys/tv shows and try to incorporate them into the activities – if it's too easy for them, make it harder - allow children to lead the play and change rules – but most importantly make sure they have FUN.

OUTDOOR GAMES

Make the most out of your space and please remember this may be the best opportunity for a high intensity activity so use this to your advantage .

Set up a relay race - if you have more than one child – this is good for teaching teamwork and sportsmanship!

Build an obstacle course – have the kids brainstorm the obstacles and set it up outside (or even inside!) and have them do time trials.

Use Hula Hoops – Hula Hoops are so versatile, you can use them as jump ropes, to play bean bag toss, or have a family Hula contest!

Sports day games – ah good old sports day... why not grab some eggs & spoons, or a potato sack if you can find one and play all their favourite sports day games!

Freeze dance – put some music on in the garden (weather permitted) and have your children dance around until the music is stopped by you, if they don't freeze straight away they're out!

Bleep test – depending if you have a garden and how big it is – get your children to start off lightly by jogging to one side of the garden and back and start with a time limit of roughly 20 seconds... as they achieve each lap, reduce the time of the 'bleep' by 1 or 2 seconds until they can no longer make it back before the bleep!



Skipping – if you have skipping ropes at home this is a good way to keep the children active whilst not completely tiring them out, even just 10 minutes of skipping a day has a positive effect on mental health and fitness

Walking – whilst keeping a safe distance from other people, use the time to go for a long country walk if you have one near you.

Gardening – a perfect time for mum and dad to teach you the importance of keeping a fresh, healthy garden... see if there's any new plans/flowers you can plant

Have the kids make up their own game and get Mum & Dad to join in!

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DIFFERENT SPORTS

Don't think that you need the right equipment to try new sports, use whatever you can find around the house to and either play the following sports or games related to them



Football – see how many keep ups you can do, balance the ball on various body parts

Gymnastics – handstands, cartwheels, shapes, balances and sequences

Boxing – practice shadowboxing in the house, use pillows for bags

Dancing – practise your best moves and put on a show

Rugby – practise passing and see if you can run past your parents for a try

Tennis – practise balancing, patting up, and even try to score high in a rally

Hockey – this can be done with bats and tennis rackets, practise shooting and saving

Basketball – practise bouncing 10 times with alternative hands, can you bounce through your legs

Golf – you may already have some clubs around the house or use bats with tennis balls

Netball – use hoops for a net, can you pass and move to score points



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TV/CONSOLE

When the kids are tired out from their activities, encourage learning online through television, Youtube and even games consoles.

Joe wicks - <https://youtu.be/mhHY8mOQ5eo>

Nintendo wii (Wii fit, Wii dance)

Cosmic kids yoga - <https://www.youtube.com/user/CosmicKidsYoga>

Change4life - <https://www.nhs.uk/change4life/activities/sports-and-activities>

Kidz Bop - <https://www.youtube.com/channel/UCKE0Xnj818IDaHvIcRiq0Bg>

GoNoodle - <https://www.gonoodle.com/>

Wiggles nursery rhymes - <http://ab.co/WigglesYouTube>

Brain breaks - <https://youtu.be/388Q44ReOWE>

Going on a dragon hunt
- <https://youtu.be/oyl3qukcTil>

Childrens home workout
- <https://youtu.be/oc4QS2USKmk>



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