

Fun games to play at home

These games are all designed to keep children active whilst at home. Please ensure you are playing in a safe space. The games are designed for adults to adapt where necessary in order to keep them fun and safe for all ages.

These games can be played inside or outside. Where the space, weather and situation allows, try and aim for in the garden where possible!

Animal Walk-

Aim: agility, coordination, balance

Ask children to move around as different animals. Can they go into the jungle and find any animals? How can they move through the jungle (jump through a swamp, move through long grass, swing from a tree), what can the children see, can they act out what they see for adults to guess?

Song Suggestion- In the Jungle the Mighty Jungle (Lion King)

Under the Sea Swim

Aim: agility, coordination, balance

Ask children to move around as different sea-life . Can they dive into the sea and look for different sea life? What might they find? How can they move to find the sea-life? How do the sea-life move? Can they show you for adults to guess?

Song Suggestion- Under the Sea (Little Mermaid)

Puddle Jumping

Aim- Jumping

Using clothes/towels, children jump over the objects on the floor. Can you make the object higher for the children to jump?

Teaching points -

Advise children to lift off from both feet, bend their knees and jump forward swinging arms to help momentum.

Land on both feet flat on the floor with bend in the knees, arms out in front of you to help balance.

Simon Says

Always good fun for the whole family, take turns being the leader.

Remember if Simon didn't say it they lose a point!

Hop Scotch

Aim- Coordination, jumping, throwing at a target

Using paper or tape/markers on the floor, set out the Hop Scotch for the children to play.

At the start, the first child throws a pair of socks to square and then has to hop scotch to pick up the socks. Can they do it backwards?

Balance beam

Aim balance and coordination

Using a towel or tape, create a straight line on the floor. Children walk across the beam without falling off. Can the children stop half way and show you a balance? Can they balance something on their head or part of their body when walking across?

Teaching points- children to step one foot in front of the other.

Arms out to the side for balancing (balancing arms)

Head straight looking forward and still.

Dance Party

Something the whole family can join in with. Who can show off their favourite moves!?! (Floss, Fortnite, tiktok)

Musical Statues

Children listen to the music and dance. When the music stops they have to freeze and become a statue. Anyone moving is out.

Musical bumps- Listen to the music and dance. When the music stops you have to sit down as fast as you can, the last one to sit down is out.

Avoid the shark/ Floor is lava

Using clothes/cushions/ towels- taped down (to keep it a safe game) get children to jump from one to another without touching the floor.

Progression- they have to keep away from the shark (adult)

Bean bag toss/ Sock toss

Aim- Throwing and catching, aiming towards a target

Get children to practise throwing with a pair of socks or bean bags. Play catch in pairs or as a family.

Get children to aim it towards a target.

Teaching points-

Catching- Hands out in front of you like a cup shape (little fingers touching) bring to chest to support.

Eye on the object at all times

Ready position- light bend in knees, legs slightly apart looking at the object

Throwing- step into the throw. Using a non throwing hand as a guide to aim for the target.

Underarm motion/ over arm for older children.

Wounded Soldier

As a pair or more. Whilst playing catch if you drop the object when you try and catch it then they have to go down on one knee. When it comes back to them if they drop it again they go onto two knees, then onto bottom, then lose an arm. Then out

If children catch it they can go back up to the one above the injury they are now. For example if they are on two knees and they catch it they can go onto one knee.

Hot potato

One version of this is to pass the socks/ beanbag as fast as you can without dropping it.

To make it more tense, put some music on and when the music stops the person with the object is out.

Pillow Walk

Get all the pillows from sofa, bed etc where suitable. Ask children to walk across the pillows without falling over. This may sound easy, but with all cushions being different heights and materials, it is working on their balancing skills. Make it harder by asking them to go faster or jump etc.

Obstacle Course

Using either your own imaginations or ask the children to create one. Using items in the house can you make an obstacle course to go around? I.e climbing under a table, climbing over a chair, using a towel as a beam. Jumping over objects etc. Remember to keep it safe!

Indoor Bowling/ football Target, push the socks

Using any recycling empty tins, bottles etc can you create your own bowling alley.

You can use a pair of socks as a ball if you haven't got a small one. Can you knock down all the pins at once?

Basketball Shooting

Using washing, a pair of socks or scrunched up paper. Can the children shoot from any distance into a bin or a target. Make it harder each time they get it in by moving it higher or further away.

Finger football

Using a scrunched up piece of paper or rolled up pair of socks to use as a ball. Having two goals (maybe old recycling) you can use only your fingers to pass, dribble and shoot the ball. If more than 2 playing, they can pass it between team mates etc. You can tackle but only using your fingers. Hint- best fingers to use are the index finger and middle finger.

Tic tac toe

Using tape or towels to mark out on the floor 9 squares (in a noughts and crosses style)

Take it in turns to run out putting their own shoe or different objects (max 3 per person) into a square. Aim is to get 3 in a row, column, row, diagonally.

They can block each other. Once all 3 objects are used they can move one from a square and place in a new square.

If more than 2 children are playing, make it into a relay race so one person from each team goes at same time.

Rock paper scissor 2 player game

Using paper or tape to make spaces on the floor in a long line. Each player or teams starts at either end of the line.

First people from each team have to jump on each object. When they both meet in the middle, they play rock paper scissors. The person that wins carries on. The person that lost has to go back into their team and then the next person starts. Once they meet again they play rock paper scissors and so on. If a player gets to the other side of the line it's a point for their team.

Twister

Great family game! The game is excellent for core strength and balance so if you have the game it's a good one to play. If you haven't it doesn't need a lot to make it up.

Writing down on a piece of paper colours or shapes. If a dice or a ball lands on it you have to do that command.

Cross the Swamp

Using paper or towels as a team you have to get from one side of the room to the other without touching the floor (teamwork game). Depending how many players you have, take away a piece of equipment less than a group size. For example 3 players you will have 2 pieces of paper. If you have 2 players you would still need 2 pieces of paper.

4 players would need 3 pieces of paper.

Treasure hunt

Hide an object and children have to follow your clues to get there. I.e 2 steps to the left, 3 steps right and 1 step back.

Another version is that you write down a list and children have to try and remember what is on that list and try to find it and bring it back. This is a memory game as well

Spelling

Using scrunched up pieces of paper write letters on each one to spell a word.

Children have a starting point. They can run or move out one at a time to grab one piece of paper at a time. Once all the paper is in they can spell out the word.

Progression- children can only bring back the right letter in the order of the word.

For example if the word is Sport they have to bring back the letter S first. This is great to get the whole family involved and have a race to see who remembers where the letters are etc.

Tidy my Room

Having toys or objects one side the room/garden, children have to take one piece at a time to the other side or location as fast as they can. Adults can time the children.

Can they beat their own score?

Towels games

You can use towels as a line or equipment. You can get the children to different exercises with the towel.

Balance, jump over forward and back, jump side to side. Press Up's over it (do one one side and another one the other side) Crab walk on hands and feet over it etc.

Paper

Paper is great! You can use it instead of cones.

Put paper in a line spread out, children can run in and out of the paper, jump over the paper, go backwards, press up sideways between each one. Fast feet each one etc.

Free sites that are useful for the whole family to stay active:

Yoga and relaxation - <https://www.cosmickids.com/>

Just Dance- https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg

Songs children like:

Waka Waka Shakira

Who Let The Dogs Out

I'm Alive

Old Town Road

Cotton Eye Joe

Swish Swish

I'm blue daba dee

Timber

Dynamite

Ghostbusters

These can all be typed into Youtube with just dance afterwards for a full version

Dance (education) <https://www.gonoodle.com/>

GoNoodle can also be found on Youtube

Children's favourites:

Banana Banana Meatball

Purple Stew

Milkshake

Joe Wicks Children Workout

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

Joe Wicks Active 8

https://www.youtube.com/results?sp=mAEB&search_query=joe+wicks+active+8

<https://www.youtube.com/watch?v=EXt2jLRlaf8>

There are loads of workouts that are child friendly from Joe wicks that the whole family can do.