

MORE FUN GAMES

1

Kick and Catch (👣👣)

Start with just placing a beanbag on the foot and flicking it up to the catcher. Progress to kicking and using a ball.



Name It (👂)

Pairs. Person 1 throws ball against a wall and attempts to straddle jump the rebound. Person 2 catches the ball.

Each time a sequence is completed successfully participants add a letter to a word they are trying to spell.



Wasps (👂👣)

Chase a partner with a soft ball or beanbag. Try to hit them below the knees. If successful swap.



French Cricket (👂👣)

batters legs are the wicket. Hit the legs or catch a returned hit and you get to hit.



Backyard Cricket (👂👣)

Hit the house or over the fence on the full is out.



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2

Golf (†/•)

Plant a couple of plastic cups in the ground in the backyard – nearest the pin, lowest score... whatever.

Tennis, Volleyball, Sockball, Badminton or Squash (♻/•)

Tie a rope off between two chairs. Shoes mark off the boundaries, a ball or some rolled up socks and the grand slam is underway.

Soccer, Hockey or Touch (♻/•)

Remember the smaller the playing area the smaller the goals. Shoes make ideal goal posts. Try three legged soccer ie. Divide teams into pairs and tie their legs together.

Hide and Seek (•)

a variation that increases running is '44 Home'. The person who is in ('It'), counts to 44 while other players hide. 'It' tries to catch everyone before they sneak home. If you get spotted trying to get home, you need to get home and yell "44 home", and your safe. If 'It' touches you first then you're out. Whoever gets out first is 'It' for the next game. Players that have made it home can form a chain so that other players need only reach the end of the chain.

KEY: † = can be played by one person,
♻ = needs more than 1 player,
/ = some equipment needed,
• = organisation required,
‡ = can be played inside



Q4: Family ACTIVation Pack



Health
Central Coast
Local Health District