

HOW WILL YOU GET ACTIVE TODAY?

PUT
DOWN THE
SCREEN
ROLL SOME
DICE

1. Statues    

2. Name It  

3. Knee Tag 

4. French Cricket  

5. Obstacle Leap   

6. Target Golf  

1. Soccer  

2. Treasure Chest  

3. Skipping Rope  

4. Moving Target  

5. Dance to Music   

6. Home Run  

1. Hide and Seek  

2. Tricky Catches   

3. Sack Race   

4. Ride a Bike  

5. Run Around  

6. Go for Distance 

1. Touch Football  

2. Fetch  

3. Distance Throw  

4. Shape Jumping 

5. Cave Crawler  

6. King Kong   

1. Shadow Tag  

2. Dodge Ball  

3. Forbidden Fruit  

4. Pin Point   

5. Stocking Strike   

6. Ship Captain  

1. Hopscotch 

2. Balloon Tap   

3. Lily Pad   

4. Clap, Clap, Clap

5. Basket Bounce   

6. Mini Olympics   



HOW TO USE

The activity resource is aimed at children aged between 4 - 6 years old, but can be used for children of any age. The resource encourages your child to be more physically active every day, across a wide range of activities and games to continually develop their fundamental movement skills.

INSTRUCTIONS FOR USE:



Find some dice



Roll a die and this number selects the activity group



Re-roll the die and this number selects the activity



Go play

GAMES EXPLAINED

BASKET BOUNCE - Place basket or box somewhere and try to bounce a ball into it. Try bounce off walls and different objects.

BALLOON TAP - Stop a balloon or ball from hitting the ground by tapping it up in the air. Count how many times you touch it before it hits the ground. Use different body parts to keep the balloon in the air. e.g. Hands, feet, head, knee etc.

CAVE CRAWLER - Line up chairs and place a blanket or sheet over and crawl on your belly through the cave.

CLAP, CLAP, CLAP - Bounce a ball a high as you can and count how many claps you can do before the ball lands on the ground.

DISTANCE THROW - Use a variety of objects and see how far you can throw them.

FETCH - Using a bat or similar object to hit a ball to another player, who then hits it back to you.

FORBIDDEN FRUIT - Hang an object up high e.g. tree, clothesline etc. See if you can jump and touch it, for each successful jump move the object higher. How high can you jump?

FRENCH CRICKET - Batter stand with legs together facing forward, their legs are the wicket. Bowl a ball and if you hit their legs or catch the ball you swap batters.

GO FOR DISTANCE - Mark a line and see how far you can jump. Try a standing jump or even a running jump etc.

HOME RUN - See how far you can hit a ball.

KING KONG - Make lots of paper planes and have someone throw them. then try hit out them of the air.

KNEE TAG - Count the number of times you can tag your partners knees whilst avoiding being tagged yourself.

LILY PAD - Set up targets on the ground to jump onto. Count how many times you can jump between the targets before you land outside the target areas, how quick can you jump between them.

MINI OLYMPICS - Combine other activities in an Olympic style event and see who comes out with the gold medal.

MOVING TARGET - Tie some objects to a clothes line, tree or similar. Throw or kick a ball and try to hit them.

NAME IT - Player one throws a ball against a wall and attempts to jump over the ball on the rebound and player two tries to catch the ball. Each time a sequence is completed successfully participants add a letter to word they are trying to spell

OBSTACLE LEAP - Place a variety of objects to form an obstacle course to jump/leap through (cloths, boxes, hoops etc).

PIN POINT - Use rope or similar to create a circle on the ground. Kick, throw or roll a ball and try have it stop within the circle.

RUN AROUND - Start timer and name something within the playing area. Time how long find and touch it and run back to the start.

SACK RACE - Use old pillow cases or tie your feet together and race each other or make a course and time yourself.

SHADOW TAG - Can your partner stand on your shadow.

SHIP CAPTAIN - One person pretends to be the Captain of a ship and calls out orders. The orders are specific actions the crew members need to perform e.g. Climb the ladder (crew members pretend to climb a ladder), Scrub the deck (crew members drop to their knees and pretend to clean the deck of the ship) etc. What can you come up with?

STATUES - Play some music and move around, when the music stops "FREEZE" until music starts again

STOCKING STRIKE - Place a ball inside an old stocking and tie it to something. See how many consecutive hits you can do.

TARGET GOLF - Pick a target and see how many throws it takes to hit. If you miss the target, you throw the ball from where the ball stops. The player with the lowest number wins.

TREASURE CHEST - Spread a range of items around an area. Time the person who has to gather all the items back into a box.

TRICKY CATCHES - Throw the ball up making up a tricky catch e.g. throw, clap twice, catch or throw, spin, catch etc

CAN YOU THINK OF OTHER ACTIVITIES YOU COULD DO?

= can be played by one person, = need more than 1 person, = some equipment needed, = can be played inside