



FAMILY FUN GAMES



STAY HOME AND BE ACTIVE TOGETHER

GAME 1: ABC Exercise Cards

Resources:

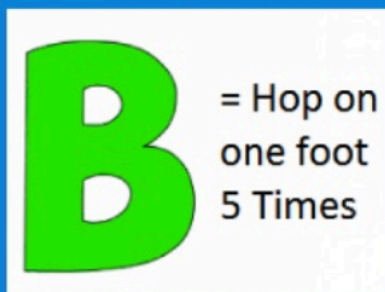
Blank paper or cards

Colouring pencils or markers



Directions:

1. Draw and colour in a big letter on each piece of card
2. Outline a task for each letter e.g B = hop on one foot, R = walk like a bear
3. Pick random letters or the letters of your child's name
4. Child does each task as each letter of the word is spelled out
5. Each task is done for 10-20 seconds





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GAME 2: Bed sheet Ping Pong

Resources:

Bed sheet or flag/ bath towel
Small soft ball, or paper/tinfoil/
sock rolled up into a ball



Directions:

1. Players hold up the sheet at opposite ends (either 2 teams or 1v1)
2. Place the ball or rolled up paper ball onto the sheet
3. By one team or person tilting the sheet a point is awarded to the team who knocks the ball off the sheet
4. The first team to 10 points (or chosen number of points) wins, or the team with the highest score after a certain amount of minutes wins





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GAME 3: Feather Blow

Resources:

A Feather (if you don't have a feather use some ripped up toilet roll)



Directions:

1. In two teams or 1v1
2. Give each child a feather or piece of tissue
3. Say GO and the child starts blowing the feather in the air
4. Whoever can keep the feather in the air the longest with only their breath wins
5. If playing with two teams add up the seconds of each person together to pick a winning team





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GAME 4: Ping Pong Ball Catch

Resources:

Large plastic cups or plastic
bowls/ lunchboxes

Ping pong ball or rolled up paper



Directions:

1. Child stands across from another child
2. Child throws the ball and their partner tries to catch the ball in the plastic cup
3. Each time the child catches the ball they get a point
4. To make the game harder, start with a lunchbox for catching the ball and then use a smaller bowl/ plastic cup to have a smaller target each time. Or you could also have the children stand further apart

Note: A single player can throw the ball in the air and try and catch it with the cup





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GAME 5: Long Jump

Resources:

Tape (if you have no tape then sellotape down paper strips)

Chalk for outside space



Directions:

1. Tape down 5 to 10 separate straight lines evenly spaced apart like a ladder, lines must be side by side and approx 1 foot apart
2. Child long jumps from a standing start to see how far they can jump
3. If space allows, try a running jump
4. Try to hop on one leg and see how far they can jump
5. Make it harder by increasing the distance between the lines





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GAME 6: Action Dice

Resources:

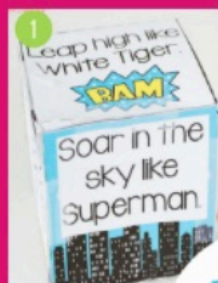
6 cardboard pieces (5 inches x 5 inches)

Colouring pencils/ markers



Directions:

1. Draw or write actions and characters on each piece of cardboard e.g. leap like a frog
2. Tape the 6 pieces together in a box shape, with the actions facing out, this is your dice
3. Roll the dice and whatever action the dice lands on the child has to do that action
4. Make a second dice with times drawn on each side, the time is how long the exercise lasts





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GAME 7: Balance Beam

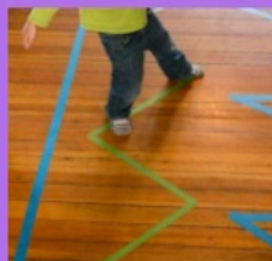
Resources:

Tape (if you don't have tape use sellotape and strips of paper)



Directions:

1. Tape onto the floor a line of any length, have your child walk the line without touching any other part of the floor
2. Make the straight line more difficult by getting your child to take their socks off and close their eyes so they have to feel the line with their feet
3. Walk the line backwards
4. Change it by making zig zag lines to make it more difficult





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GAME 8: Indoor Bowling

Resources:

Plastic cups or bottles

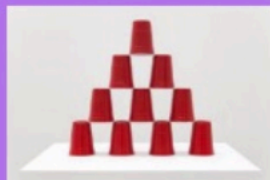
A ball or rolled up
tin foil/ paper/ sock ball

Tape



Directions:

1. Tape a straight line across the floor that cannot be crossed
2. Tape two more straight lines to make a lane
3. At the other end of the lane set up the plastic cups/ bottles like bowling pins - plastic cups could be stacked in an upright pyramid
4. Children "bowl" the ball to try to knock the pins over
5. A child gets 20 points for knocking all of the bottles/ cups at once, otherwise count the number of bottles/ cups knocked over and give 1 point for each





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GAME 9: Number Squares

Resources:

Tape for the floor (if you don't have tape use sellotape and strips of paper)

Chalk for an outside hard surface



Directions:

1. Make a large square on the ground with tape or chalk and then divide into 9 or more small squares (depends on space)
2. Mark any random numbers in each square
3. Ask your child to perform a specific movement to get to the number e.g. Hop on one foot to 29, Zoom to 12, Jump to 5





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GAME 10: Balancing Act

Resources:

Any soft objects: bean bag/
soft ball/ rolled up socks



Directions:

1. Play background music as child walks around trying to balance the object on their head
2. If the object falls the child has to freeze
3. The child remains frozen until you place the object back on their head
4. To make the game harder change the rules and have the child cross the room in a set time or have them pick up and collect other objects e.g. lego and gather them in a box while still balancing the object on their head
5. The child can also try and balance the bean bag/ socks on other body parts



Balance on a bean bag and lift your leg.



Balance a bean bag on your head and move up and down.



Balance a bean bag on your leg.



Balance a bean bag on your knuckles.



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GAME 11: Balloon Balance

Resources:
A Balloon



Directions:

1. Child balances a blown up balloon on the back of their hand, try to stop the balloon from touching the floor
2. Time how long they can balance the balloon, try and beat their time on the next go
3. Change the game by balancing the balloon on their foot, keep moving and hopping on their other foot
4. Make the game harder by having the child lie down on their back with legs in the air and balance the balloon on outstretched foot / feet
5. The game can be made into a team game by having players lie in a circle with feet facing in and try to balance the balloon in the middle of outstretched feet, winning team holds the balloon up the longest



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GAME 12: Sock/ Bean bag toss

Resources:

Paper plates or cut out circles of paper, marker/ colouring pencils

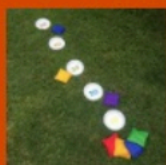
Bean bags or rolled up socks

Cardboard boxes, scissors



Directions:

1. Draw and colour in numbers on paper plates or cut holes in a cardboard box and number the holes. Each number = score e.g. 5, 10, 15
2. Have the child throw the bean bags or rolled up socks at the targets
3. Record the scores and see can they beat their score, this can be timed e.g. score in 30 secs or a number of throws e.g. score every 5 throws
4. If there are more people change the game to 1V1 or team v team - a second set of plates or box could be used





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GAME 13: Traffic Lights

Resources:

Paper plates or pieces of paper/card

Markers/ colouring pencils



Directions:

1. Colour in 3 paper plates/ pieces of paper - Green, orange & red like traffic lights
2. Depending on space e.g. outside have child run or jog around, if inside walk. Green = move, Orange = very slow, Red = stop
3. Have child start moving and you either call out a colour or hold out a colour, they then have to follow that direction
4. Change the game by doing exercises when green is called out e.g. jumping jacks, bunny hops, spin around, touch toes, skip, hop like a frog





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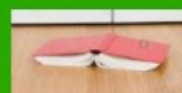
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GAME 14: Alligator Alley

Resources:

Pillows, cushions, stuffed toys, books or paper and sellotape



Directions:

1. Scatter the objects above across the floor - these are "islands" or "boats" and the floor is "water"
2. Safety tip: If the floor is carpeted use the pillows, books etc, if floor is wooden tape down pieces of paper so children don't slip
3. Children jump between "island" and "boat", one by one to avoid falling into the water which is full of alligators
4. Children must balance on the object and not put a foot or feet on the ground
5. Make the game harder by spacing objects further apart or setting a time to cross over all the objects





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GAME 15: Potato Drop

Resources:

A potato / potatoes or small ball/ balls

A bucket or box

Tape or sellotape and paper strips - chalk can be used if outside



Directions:

1. Tape down a start line, if you dont have tape, sellotape paper strips to the floor
2. Place a bucket at the other end of the room or hall
3. The child/ children and family members stand behind the start line and place a potato/ ball between their knees
3. They have to race to the bucket and drop the potato in, if the potato is dropped or if hands touch it then they have to go back to the start
4. Give points for each potato dropped into the bucket and the person or team with the most points wins

