



FAMILY



FUN GAMES

STAY HOME AND BE ACTIVE TOGETHER

GAME 16: Indoor Croquet

Resources:

Toilet paper tube / paper

A small ball - golf ball, ping pong ball or rolled up paper ball

A bat, racket or stick e.g. hurl/ hockey stick/ tennis racket or a sweeping brush

Tape or sellotape



Directions:

1. Make an indoor croquet course by taping down toilet paper rolls/ paper in a tube/ tunnel shape, these can be spaced apart in a zig zag or randomly placed
2. Different points given for hitting the ball through each roll, miss a roll move on to the next one, add up points at the end and winner has most points
3. The game can be changed by writing activities on each roll and child performs that task e.g. 15 jumping jacks as quick as you can , run up and down stairs





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GAME 17: Balloon Volleyball

Resources:

A Balloon, string, chairs and a sheet or towel



Directions:

1. Tie a string between two chairs/ stools spaced apart
2. Child hits the balloon into the air and over the string, they have to run to the other side and repeat, keep the balloon off the floor
3. If two or more children or family members, play in teams on either side and hit the balloon over the net as many times as they can without it hitting the floor
4. Award a point to the opposite team if the balloon hits the floor
5. Change the game by giving each team a sheet/ towel, hold the sheet together, with the balloon on top and try and throw it over the string, repeat above game. This could be done outdoors with a ball or water balloon





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GAME 18: Spider Web Maze

Resources:

Long strips of paper/ tissue / newspaper
Sellotape & scissors



Directions:

1. Cut long thin pieces of paper and tape together, tape to walls or across halls or doorways , cross paper over in angles, directions to create shapes and gaps like a web make sure to have a few sections like a long maze
2. Children have to try and pass through te maze in different movements without touching or ripping paper
3. Change the game and place the maze higher up or in a door frame and children try and throw rolled up paper balls or small balls through different gaps





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GAME 19: Angry Birds

Resources:

Cardboard tubes - empty kitchen , toilet or tin foil rolls or paper rolled into a tube, tins, empty plastic or paper cups , small boxes or lunchboxes

Markers or colouring pencils

Small ball or rolled up socks/ rolled up paper ball



Directions:

1. Draw and colour in Angry Birds characters on tins and rolls
2. Balance them on boxes, tubes and other objects available like an angry birds game
3. Throw your small ball or rolled up socks to try and knock all angry birds down
5. Make the game harder by only allowing a certain number of attempts to knock all the angry birds down





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GAME 20: Follow the Line

Resources:

Chalk if outdoors



Paper strips and tape or coloured tape if indoors

Directions:

1. Tape down or draw down a course for children to follow
2. Make different stations with actions/ directions
3. Have the child perform tasks at the stations as they go
4. Begin with a square marked START and a straight or wavy line to balance on
5. Add any exercises you like along the course, e.g. footprints or circles to hop between/hop on one leg/ stomp, ziz zags to balance on/ side step on, a box /boxes with an activity - jumping jacks, bunny hops ,twirl etc.





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GAME 21: X's and O's

Resources:

Tape for the floor or chalk for outside

Small markers - paper plates /cones/ socks/ tea towels

Colouring pencils/ Markers



Directions:

1. Tape /chalk down a start line, and a hashtag grid 10 yards away (or smaller with space in your house /garden)
2. Get 8-10 markers in two colours, these can be items from your house - socks or tea towels or make your own
3. To make your own draw X's and O's onto paper plates or paper or colour these in two different colours - 1 colour for each team or person
4. On GO - the first person runs up to the hashtag and places their marker down and runs back to the start line
5. The next person goes repeats and places their marker .Or the players go at the same time and run back to get the second set of markers
6. Repeat, whoever gets 3 of their symbols in a vertical/horizontal/ diagonal line in the grid is the winner





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GAME 22: Movement Chain

Resources:

No resources needed, just at least 2 people



Directions:

1. The first person starts by performing a certain action, this could be simple like jumping 2 times
2. The next person has to perform the first task and add on their own, forming a chain
3. The following person does the previous two movements and adds their own and so on
4. Continue like this until the chain is broken (someone forgets)
5. The person who breaks the chain is out
6. The last person left is the winner





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GAME 23: Tape Maze

Resources:

Tape for indoor floors or chalk for outside

A small ball / football or rolled up paper ball

A straw



Directions:

1. Tape down a path on the floor like a maze
2. If you have enough space add dead ends into the maze
3. Child has to dribble a ball on the ground like soccer through the maze and keep the ball inside the lines
4. If you have a smaller area, make a smaller maze and smaller ball and the child has to blow the ball around with a straw
5. If the ball goes over a line, go back to the start
6. Time how long it takes to dribble through the maze without crossing any lines
7. Have them try and beat their time





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GAME 24: Sock Basketball



Resources:

Laundry basket or similar bucket /box

Rolled up socks or paper balls / small balls

Tape



Directions:

1. Use small balls or make balls out of paper or rolled up socks
2. Place the basket or bucket across the room
3. Mark down a free throw line or some shooting spots with tape, away from the basket and at different angles
4. Children take turns shooting for a score
5. Give more points for further away scores
6. Player with most points wins





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GAME 25: Target Practice



Resources:

Any small ball or small soft object that can be thrown - rolled up socks/ rolled up paper ball etc

Objects that can be knocked over e.g. empty plastic bottles/cups, empty toilet rolls

Tape or chalk



Directions:

1. Tape down a start line if indoors or chalk if outdoors
2. Stack up the objects at the other end of the room or garden area in a pyramid shape or set out in a line - if more than one child or player set up a few sets of these
3. Child has to stand behind the start line and throw their ball to knock the objects over, they have to run and collect the knocked over objects and take them back behind the start line and repeat until all objects are returned
4. The winner has all objects returned behind the start line first





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GAME 26: Tape Shape Game

Resources:

Tape for inside or chalk for outside



Directions:

1. Tape down different shapes or numbers/ letters on the floor or chalk if outdoors
2. Child stands on any number or shape they wish, and follow your directions that will lead them to the next shape
3. Bear crawl to square, hop like a Frog to T, run to rectangle etc
4. Keep the game going by changing movements and directions
5. To make the game harder play music, child has to stop when the music stops
6. If more then one child give points to the child who gets to the shape first, the winner has the most points at the end of the game





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GAME 27: Ring Toss



Resources:

Empty toilet rolls or kitchen rolls for hooks

Paper plates cut into a ring shape

Tape

Directions:

1. Tape the kitchen/ toilet rolls onto a board/door or onto the floor and number or colour them in for different points
2. Tape down a line 2-3 metres away from these hooks - or whatever space allows
3. Cut the middle out of paper plates to make them into rings
4. Stand at the line and throw the rings over the hooks
5. The person with the most points from 5 throws wins
6. Make the game harder by throwing from further away or taking away some hooks





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GAME 28: Pillowcase Race

Resources:

An old pillowcase or tshirt

Tape



Directions:

1. Child sits on a smooth floor on a old pillowcase or tshirt and uses their arms and legs to scoot around
2. Children can race each other or try and navigate around the house/ rooms
3. To make it harder you could tape down a course or track for children to race each other
4. Children could pair up and one holds two corners of the tshirt/ pillowcase and drags the other child around the course

