

ST HELENS SCHOOL GAMES HOME



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Sports Development





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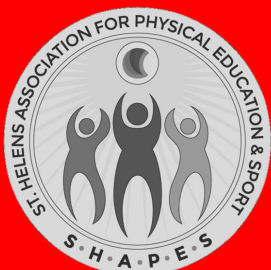
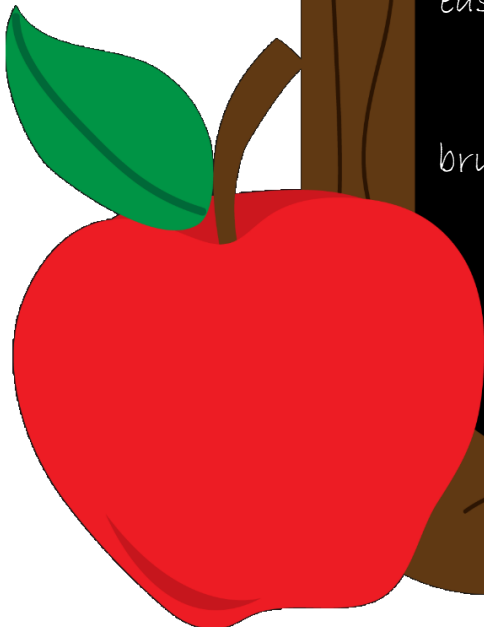
Primary Age Home Activity Ideas

Introduction

In this booklet, you will find a variety of fun activities that you can do at home, inside or out, and using very little equipment.

The activities can be adapted by age and skill levels. You can use your imagination to adapt the games to make them easier or harder or to use different rules or equipment.

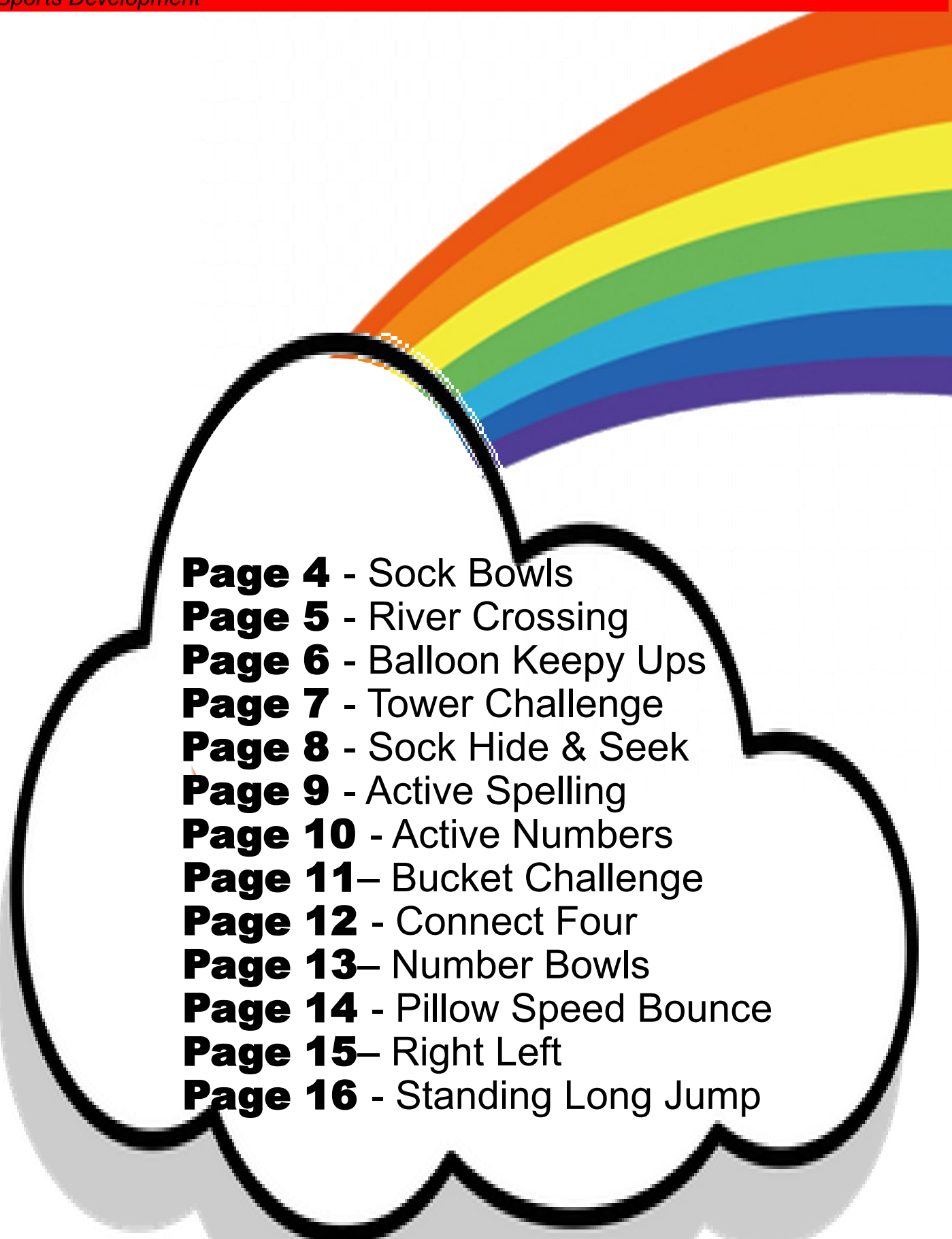
Use rolled up socks instead of balls, brush handles for lines, pillows for targets or a book instead of a racket.



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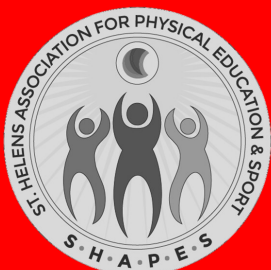
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SOCK BOWLS



How to play:

- Each player has three rolled up socks
- Place a toy or pillow on the floor
- Players take it in turns to throw their socks towards the target
- The players closest to the target wins that round
- Best of 5/7/9 is the winner



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River Crossing

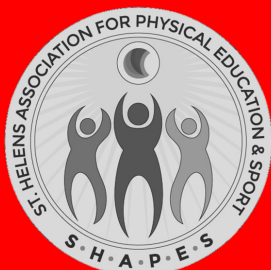


How to Play:

You have to try to cross from one side of the 'river' (living room floor or garden) to the other without falling in the water (touching the floor)

You can use any items (books, cushions, pillows etc) to help you cross

Try to cross using the least number of items possible



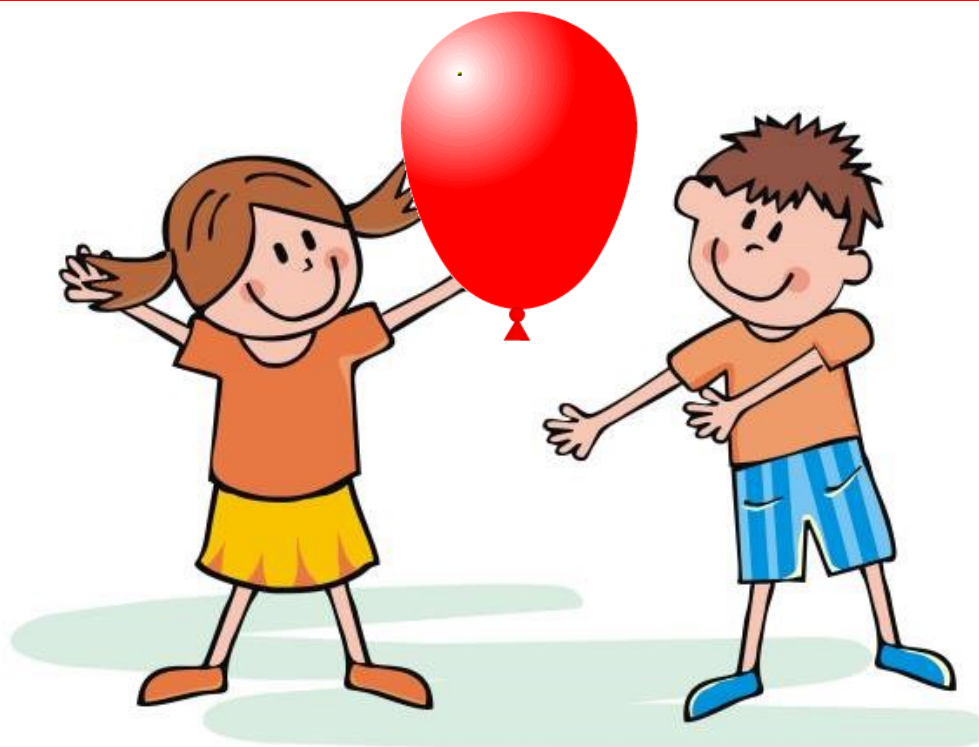
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Balloon Keepy Ups



How to play:

- Inflate a balloon and play keepy ups on your own or in teams
- See how many times you can keep the balloon up without it touching the floors
- Make it harder by sitting down and only using your hands

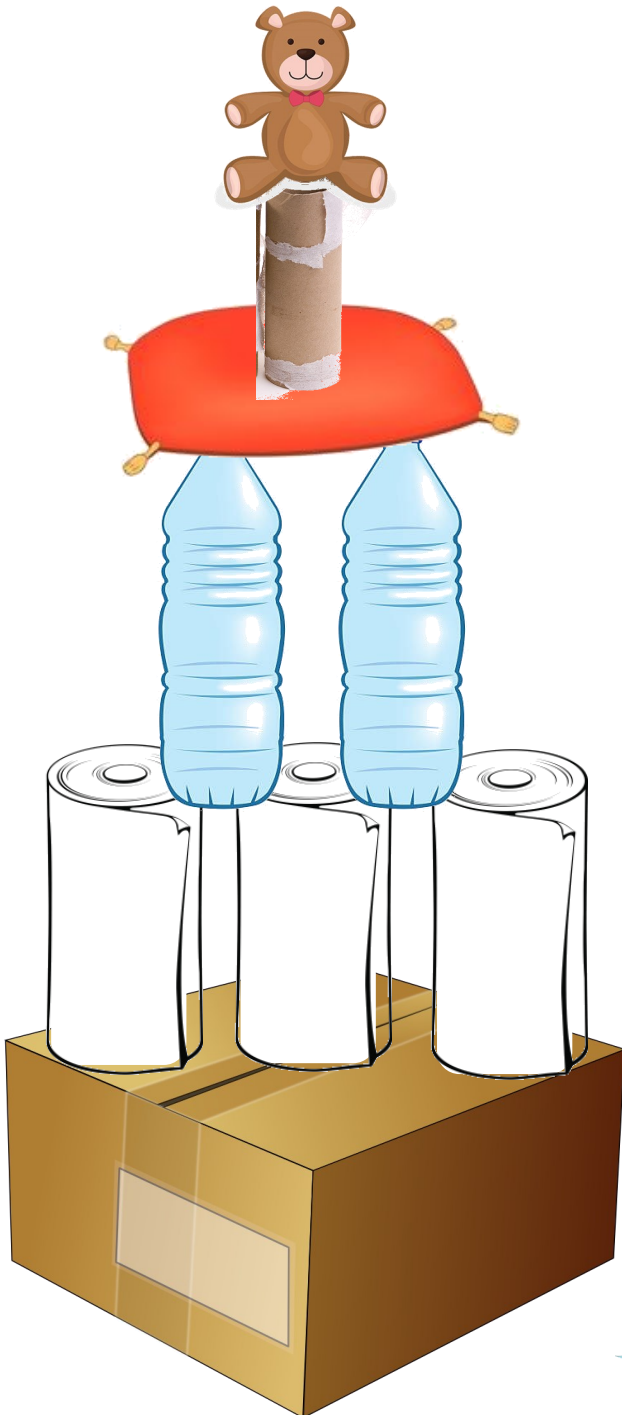


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Tower Challenge



How to play:

- Using cardboard boxes, plastic bottles, kitchen roll tubes, pillows etc, build a tower
- Once completed, use rolled up socks to throw at the tower to destroy it
- If playing in pairs, take it in turns to throw the socks to see who can destroy their opponents tower first



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Sock Hide & Seek



How to play:

- Each player should unpair 5 sets of socks
- Each player should hide one of each pair of the other players socks around the house
- Try to find your other socks to make a pair by looking around the house, the first to do so is the winner



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Active Spelling

Q P W O I E R U Y
T A L S K J D F H
G M Z X N C B V

How to play:

- Write the letters of the alphabet in a random order on a wall using chalk or by sticking pieces of paper onto the wall or floor
- Stand a few metres away from the wall and ask a family member to shout a word
- Touch the letters to spell the word and go back to your start point (you could run, hop, jump, skip)
- See how many words you can spell in a minute



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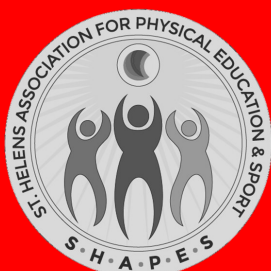
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Active Numbers

0 2 9 4 7
6 5 8 1 3

How to play:

- Write the numbers 0-9, in a random order, on a wall using chalk or on pieces of paper stuck onto the wall or floor
- Stand a few metres away from the wall and ask a family member to give you a maths question
- Touch the numbers that make up the answer and go back to your start point (your could run, hop, jump, skip)
- See how many you can work out in a minute
- Make it harder– throw something at the number eg. Balled up socks instead of running



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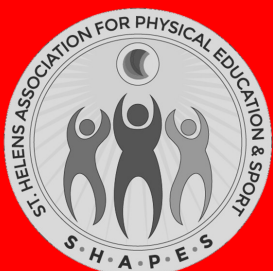
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Bucket Challenge



How to play:

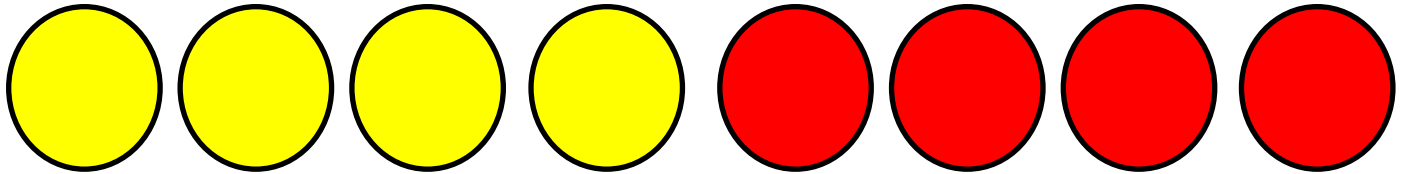
- Start 1 stride away from the bucket/ pillow or marked out area
- Using balled up socks if you hit the target move back a stride
- See you many steps back you can take before you cant hit the target anymore
- Remember your furthest distance and see if you can beat it next time



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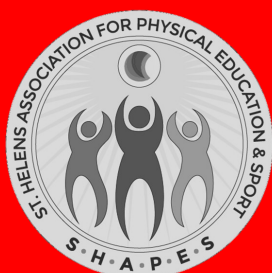


Connect 4



How to play:

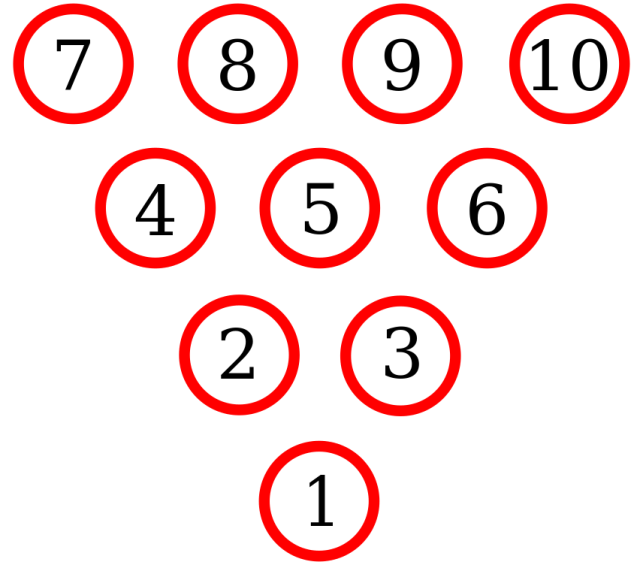
- This game needs two players
- Mark out a grid that is 4x4 you could use string/ pieces of paper or chalk outside
- Each player needs four items the same colour this could be socks/ pieces of paper or anything else that matches
- Players start away from the grid and then move towards the grid with just one of their four items (be creative you could hop, crawl, jump, army crawl)
- Then choose a spot on the grid to place your item then get back to your start to pick up the next all the time trying to be the first player to connect four together
- Once you have used the four items you can then move just one piece at a time making sure you go back to the start after each go
- Make it harder– start close to the grid in a plank position and play the game connect four all the time remaining in the plank position





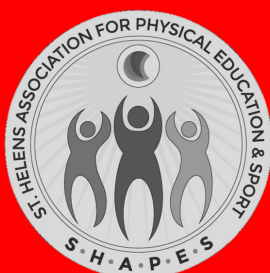
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Number Bowls



How to play:

- For this game you will need 10 cylinders. This could be kitchen roll tubes or plastic bottles or anything that stands up like a bowling pin
- Label the pins 1-10 and set them out as in the picture above
- The aim of the game is to score exactly 50 points by knocking over the pins using balled up socks. Once you have had your turn and knocked down some pins, count your total and stand the pins back up where they fell
- Each turn you add to your total and the first to hit 50 wins. If you go over 50 (bust) then your total goes back to 25 and you carry on
- Make it harder– step further back

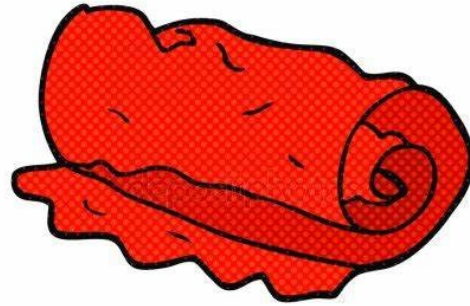


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Pillow Speed Bounce



How to play:

- Using either a cushion or a rolled up towel you have 20 seconds to complete as many speed bounces as you can
- A speed bounce is jumping from side to side over the obstacle without standing on it. If you stand on it that jump doesn't count
- Keep track of your personal best and see over the weeks if you can beat it



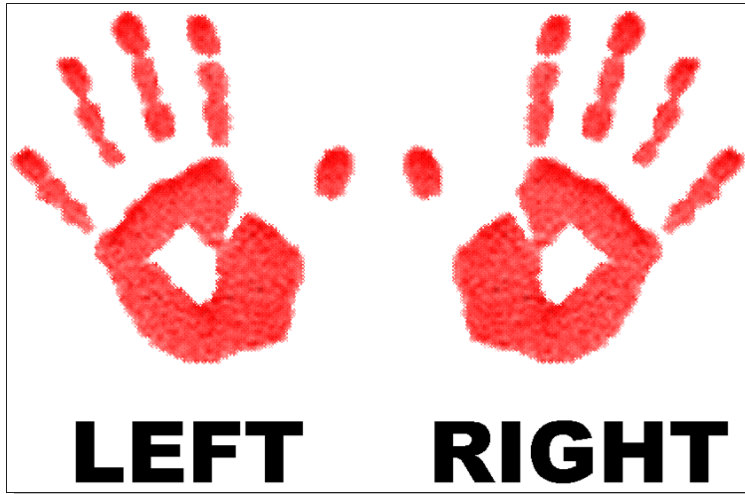
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Right Left



How to play:

- Bounce a ball using your right hand then catch with your left, then bounce with your left hand and catch with your right
- You could also do this with your feet. Kick a ball against a wall with your right foot, control with the left foot then kick against the wall with the left foot and control with the right.
- As well you could try keeping a balloon or a pair of socks up in the air using alternative left and right hands

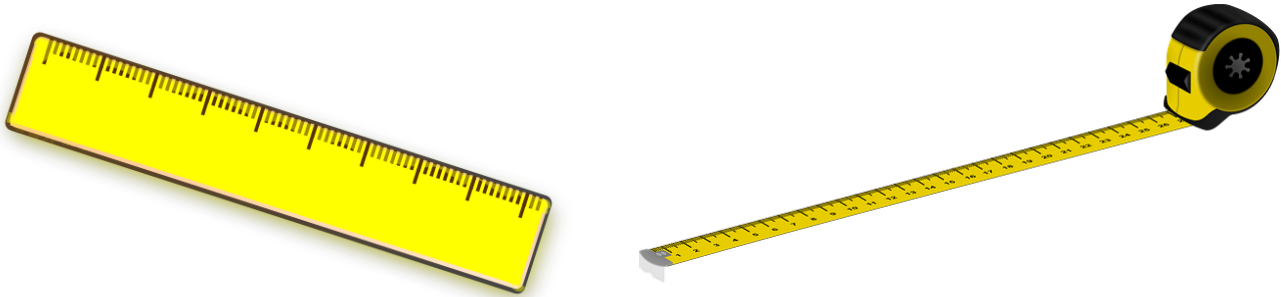


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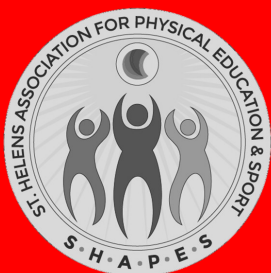
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Standing Long Jump



How to play:

- Using a tape measure (or if you don't have a tape measure use a ruler and mark out up to 2m on either paper or using chalk on the floor outside)
- Lay the tape measure out to the side and with your toes starting at zero jump two footed, landing on two feet
- You measure from the closest point to the zero (so if you land standing up it's your heels) if you drop your hand back that's the point you measure from
- Keep track of your personal best over the weeks and see if you can beat it



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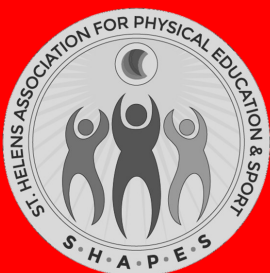


HOME

We hope you enjoy these games and activities. Make sure you show us your attempts on twitter using the twitter handle @StHelensSG.

Stay Home, Stay Safe and we will see you again soon.

Danny, Dani and Becki



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