

home play



Home Play Games

56 active games to play at home

home play

'How to' guide



What

- Active tasks for children and their families to play at home.

How

- Include in newsletters or homework books.
- Include regularly or as 'one-offs'.

When

- Some tasks can be done over a whole week, some can be done every night of the week.

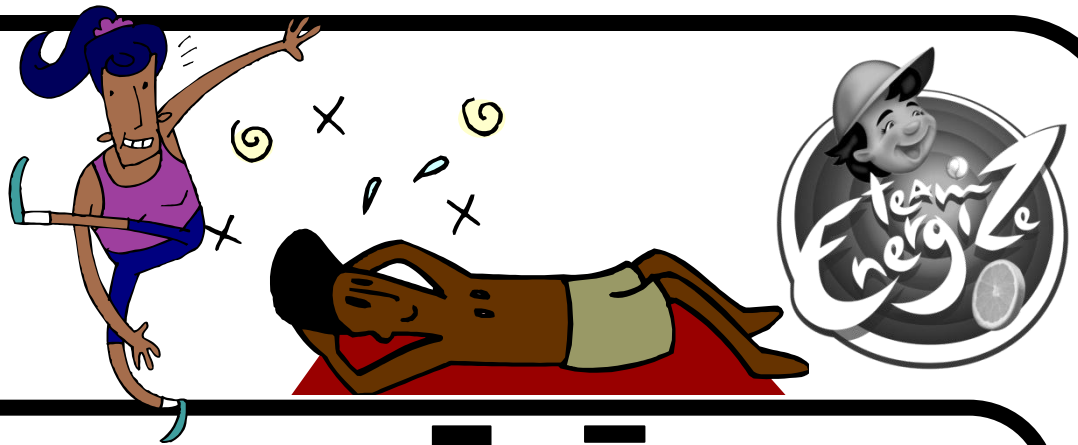
home play

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aerobics

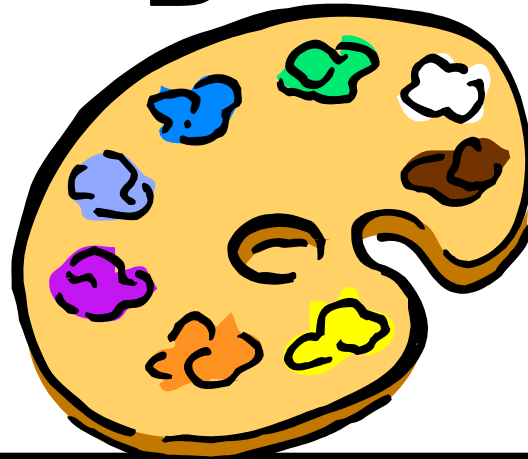
Hold your own jump jam or aerobic session. Put on some music and create your own exercises and moves. Gather some friends or family together and take turns leading the class.

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Collect sticks, rocks, leaves, feathers, petals and anything else that you can find and make a picture on the lawn.



backyard art

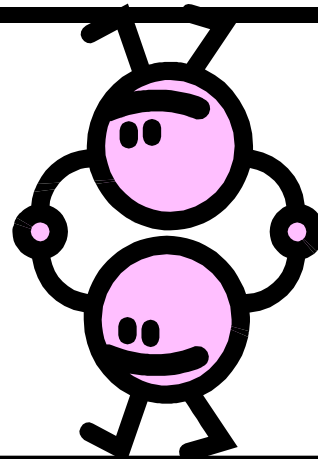


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Try to balance on one foot, one foot and one hand, on your side, on your front, sitting on your knees. How long can you hold each balance for?



Balance that body



home play



Ball tricks

Throw a ball in the air with one hand and catch it with the other. Hold a ball between your knees and jump up and down without dropping it.



home play



balloons

Blow up a balloon and try to hit it without it touching the ground. Each round choose a different body part as the part you use to bounce the balloon. For example, try bouncing it on your head or your knee. How many times in a row can you hit the balloon before it touches the ground? If you have someone else to play with, how many times can you hit the balloon between you?

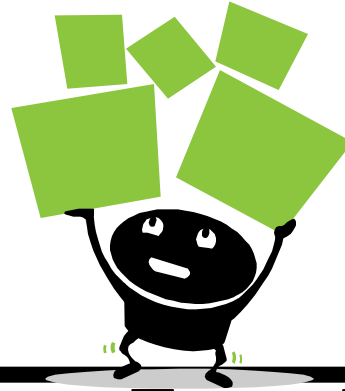
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Beat the Ball

Play with a buddy. One rolls the ball and the other tries to stop it before it goes out of the area. How fast can you roll the ball? How slow can you roll the ball? What objects can you roll the ball around?

home play



Body balance

Try balancing different objects on your head. Try using things like rolled up socks, soft toys, a book, a bean bag. How many steps can you take with each object on your head? Can you sit down & stand up without it falling off? Now try balancing the objects on other body parts, like your shoulder or elbow.

home play

Can you bounce a ball with two hands? See if you can bounce it to 10. Count out loud. Bounce in your right hand to 10. Then bounce in your left hand to 10.



Bounce it



home play



Bubble Trouble

Make up bubble mixture with dishwashing liquid and water. Make a wand out of a piece of wire. One person blows the bubbles and the other tries to catch the bubbles with a towel. Count how many bubbles you can catch. Swap turns

home play



balancing

Find a chair and balance on it in a wide shape, a long shape, a curled shape, and a twisted shape. Are there other ways you can balance on a chair?

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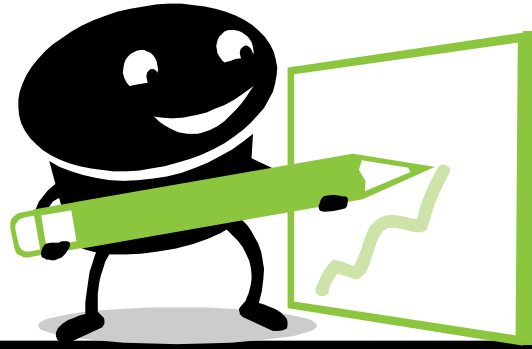
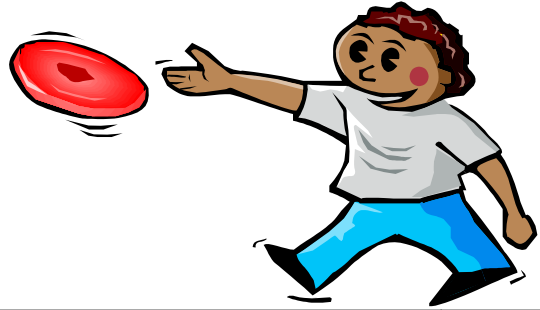


Chart your exercise

Keep a chart of all the exercises you do in a week. Record the time you spent doing the activity as well as what you did. Aim for at least 20 minutes of exercise every night. Keep a record for another person you live with. Have a competition to see who can do the most!

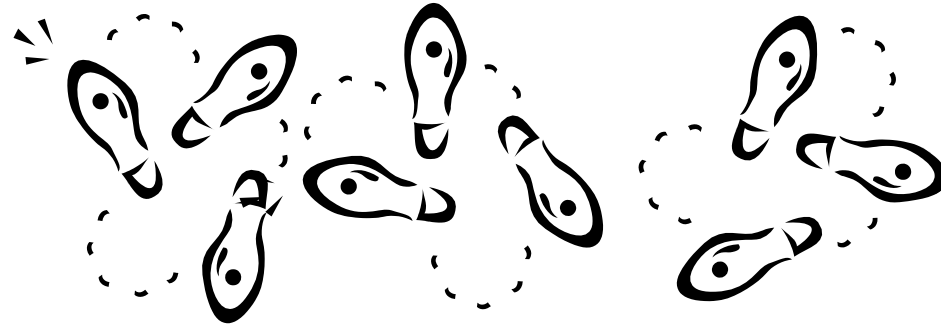
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Clap and catch

Try throwing different objects into the air and then see how many times you can clap before you have to catch it. Try using things like soft toys, rolled up socks, a bean bag. What else can you use?

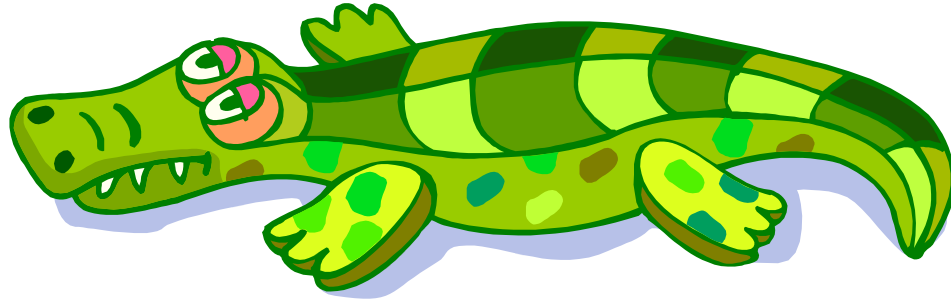
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Count the steps

Count the number of steps it takes for you to walk from your front door to your letter box. Now count on your way back – did you get the same number? How many steps does it take when you walk placing your heel so that it touches the toes on your other foot? Try walking different paths around your house, counting aloud as you go. Write down a course that takes you 50 steps to walk.

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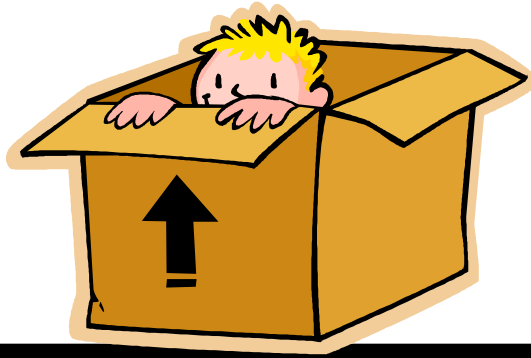


Crossing the river

Place two bits of string (or wool/ rope) parallel to each other about 30cm apart.

Jump from one side to the other without getting caught by the crocodiles!

home play

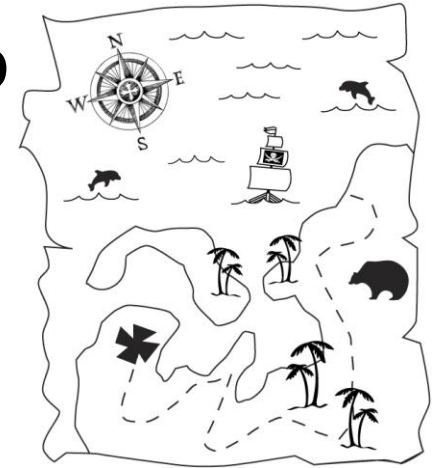


Cubby house

Build a cubby house out of cardboard, towels, blankets and anything else you can find.

home play

Discover your neighbourhood! Find out cool places to walk, ride a bike, find a favourite tree to climb - create an active tourist guide of things to around your neighbourhood.



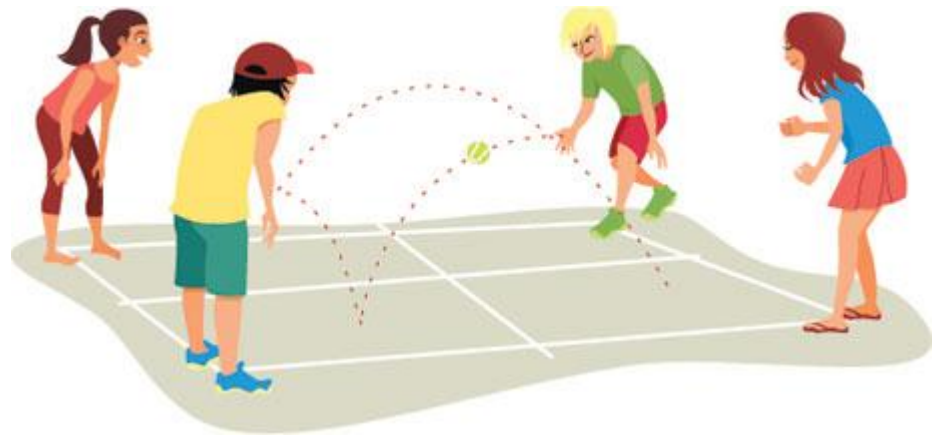
**Discover your
neighbourhood**

home play

Four Square



Use cracks in the concrete or tiled areas to play four square with a group of people using a ball.



home play



Frisbee Golf

Set up between 1 and 18 'holes.' Holes can be hoops, rubbish bins, poles, cardboard boxes or trees (nothing breakable). Players start from a designated point (tee off). Take turns to throw the Frisbee towards the 'hole' (hoop, etc.). Count the number of throws it takes. This is your score for that 'hole'. Total score is the total number of throws to complete the course.

home play

Giant jump



How far can you jump?
Mark a spot with your
shoe and stand beside
it. Jump as far as you
can with two feet. Put a
marker down to show
where you landed. See
if you can jump any
further.



home play

Healthy rap



Colourful veggies may be the key
To keeping happy and healthy
Crunch on some veggies every day
Believe it kids – it will pay!
Now it's your turn....
Make up a jingle
about eating healthy
or being active.
Add actions
to your song.



home play

Make a heart with your skipping rope (or a piece of string). Jump in and out of it 10 times. Remember to take off and land on both feet together. Can you jump forwards and backwards? Can you jump to the left and to the right?



Hearty fun

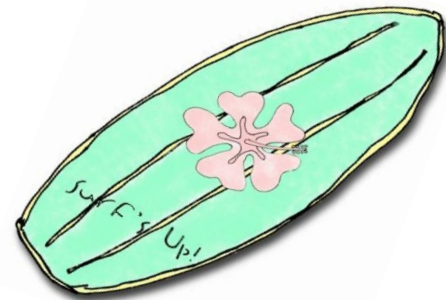


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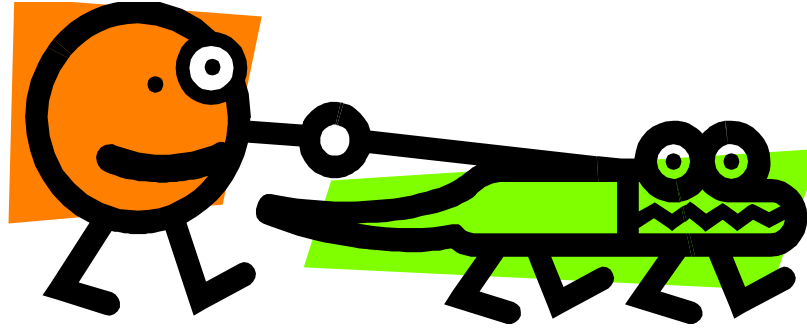
Hill Surfing



Is there a slope nearby that you can slide down on a cardboard box? Time how long it takes for you to slide down and run back up the hill. Can you race your friend?



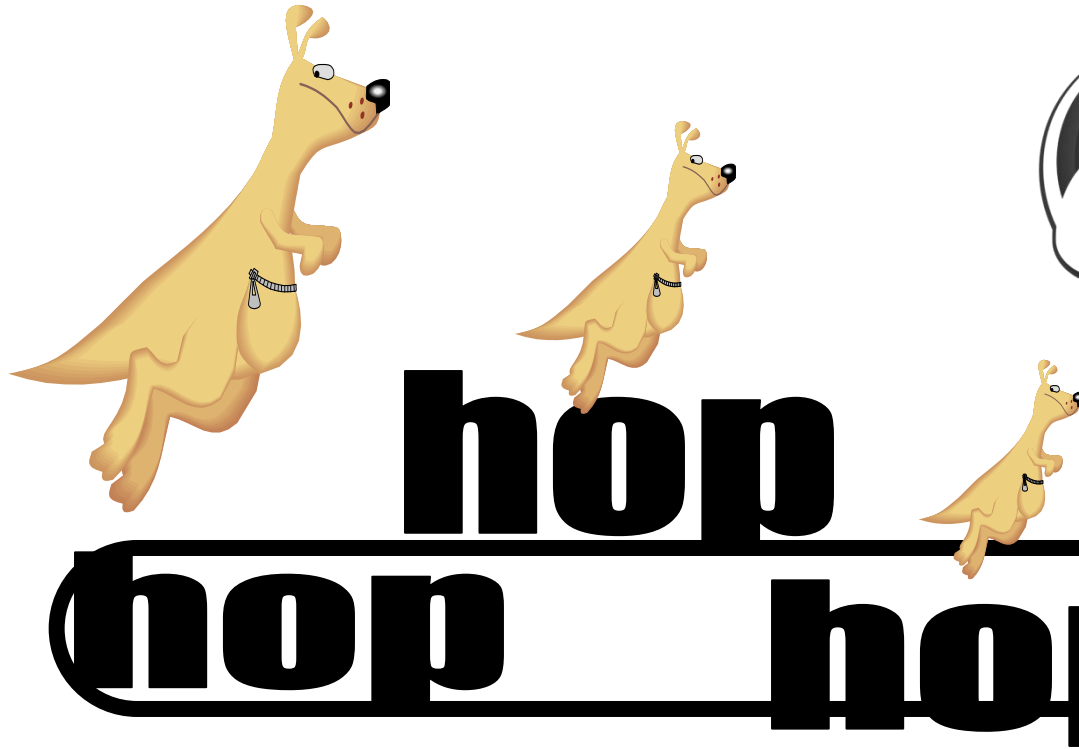
home play



Hit the pavement

Take a friend or family member for a walk. Take the dog if you have one! Walk for at least 15 minutes.

home play



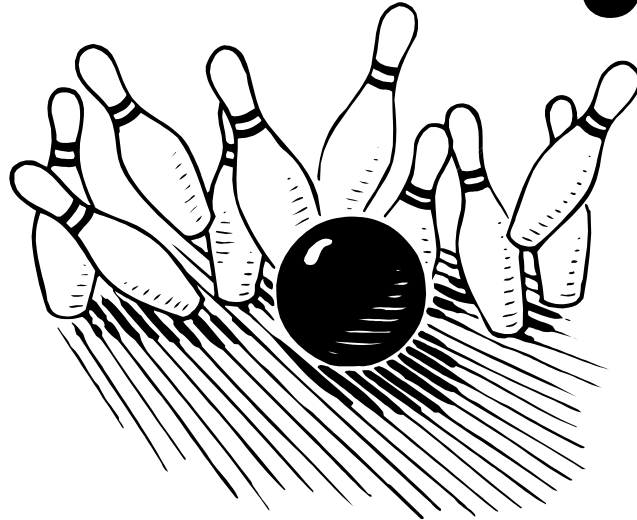
Practise hopping. Which leg can you hop with best? Try hopping backwards. Can you hop around a room or around your yard or driveway on one leg? How many different ways can you find to hop? Try big, long hops or short, quick hops.

home play

Set up an indoor bowling alley down the hall using – use empty plastic bottles or empty tin cans as pins and a rolled up pair of socks to knock them down.



Indoor bowling alley



home play



Indoor volleyball

Use rolled up newspaper batons and a balloon to play a game of volleyball. Try playing while sitting down or on your knees.

home play

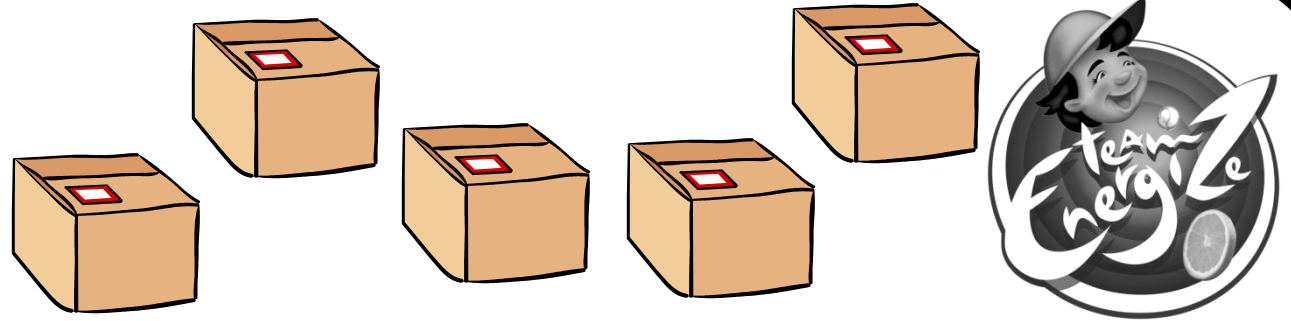
Invent A Game



Invent your own sports game. You can use existing sports equipment or use other objects you can find around your house. It can be a team game or a game with just two people. Play your game with family or friends if you need to play it in teams, otherwise play the sport with a partner. After inventing the game, write down a short description of how to play and include a set of rules (and penalties for breaking the rules!) Draw a picture of the sport environment where your game is played.



home play



Jump the box

Find some old cans or boxes and place in a row with a gap in between. Can you jump with two feet over each of the boxes? Bend those knees!

home play

Jump forwards x4

Backwards x4

To the right x4

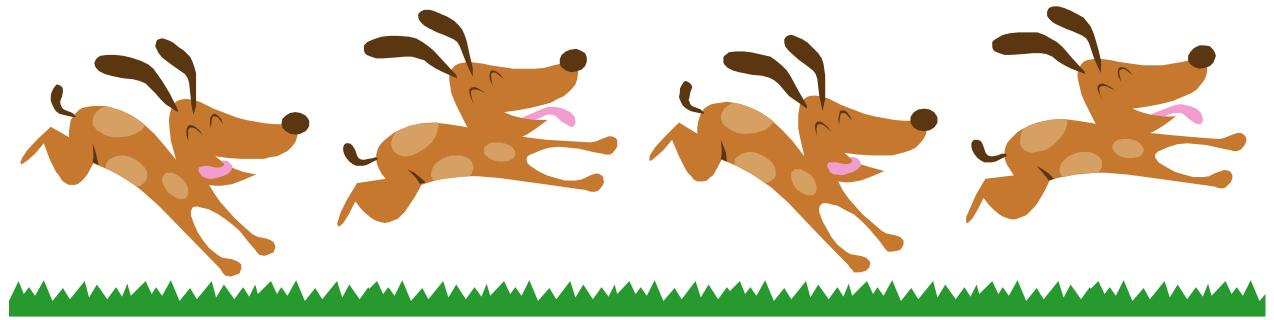
To the left x4

Make up your own jumping pattern.

Teach a parent.



Jumping pattern



home play

Kick the can



A version of hide and seek with a tin can (that makes a noise). When found, stand by the can. Anyone not found can sneak up and kick the can to release the people who are found. They can then go back into hiding.



home play

Make a putt-putt course indoors or out. Use cardboard boxes, plastic cups, obstacles and any other bits and pieces lying around. The style of the course is only limited by your imagination! Count the number of shots it takes to 'sink' the ball. Make the game even more fun by playing with family or friends!



Mini putt



home play

Mountain Climbers



Find out how high the nearest mountain is to your house (or to the school). Try and walk this distance in one go this week after school. Take an adult with you (and other family members or friends if you like).

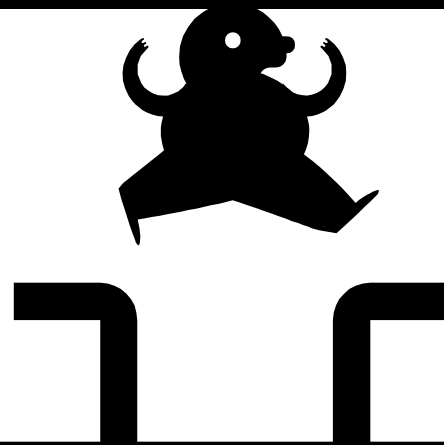


home play

Set up a miniature obstacle course and see how long it takes you to complete it. Now try doing the course carrying a cup of water – don't let the water spill!



obstacle course



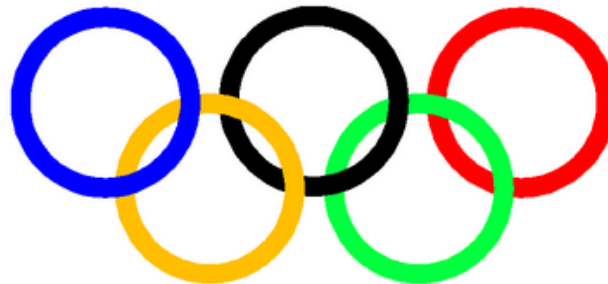
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Olympic Athletes



Pretend you are training for the Olympic/ Commonwealth Games.

1. Choose your favourite event and train for it for a week.
2. Record your training schedule.
3. Think about what sort of food you should eat most often if you were an athlete.
4. Make a shopping list that includes the best foods for athletes.



home play



Parent Coach

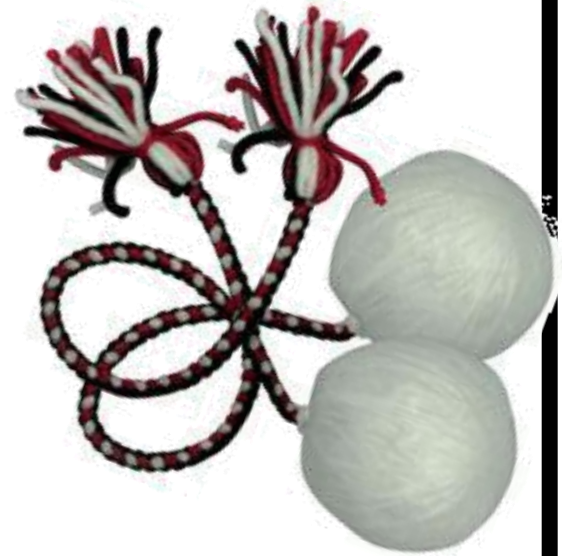
Get your parents to set a physical activity goal for the week and help them to achieve it. Make a chart and give them rewards (for example, stickers). You can encourage them by being a good role model too.

home play

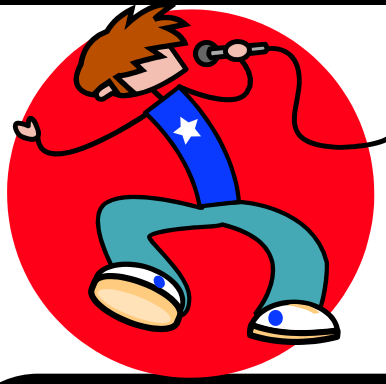
Make two poi using newspaper, a plastic bag and string. What different movements can you do twirling your poi? Try moving the poi in different ways, crossing them over your body and moving your body as you twirl the poi.



Poi



home play



Pop stars

Put on some music and act like one of your favourite pop stars or TV stars. Make up and add some of your own moves.

home play

Practice

Play



Each night of the week practice doing a different activity for at least 20 minutes. Try juggling, handball, throwing and bouncing a ball against the wall, dancing to music, skating, skateboarding, jump rope, running – you choose! Ask an adult or friend to join you.

home play



Puffing play

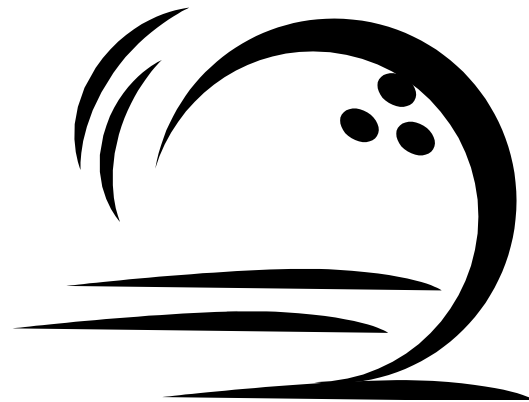
‘Huff n Puff’ is an activity that makes you puff. This includes activities like jump rope, playing on playground, tag games, etc. Enjoy some huff n puff for 20 minutes – either on your own or with friends or family.

home play

Find some old boxes or tin cans. Stand them in a row. Find a ball at home and roll the ball so it knocks over the cans. Strike! Play the game with an adult.



Roll it



home play

Run the Gauntlet



A marked lane on the grass, people on the outside have sponges, water bombs, cups, bottles, water pistols. Each person has a turn to run through the gauntlet.



Shoot Out



Get a cardboard box and throw soft toys into it – see how far you can throw! Score 5 points if it lands in the box, 2 points if it touches the box, and 1 point if it lands close to the box.



home play



Spider walk

Spider walk around the house. Be as quiet as a mouse. Keep your hands on the floor. Be sure to touch every door. How slow can you go? Is there anyone you can race? What other insects can you walk around the house like?

home play



Sprinkler Dodge

Set up the sprinkler, turn it on and players then travel across the middle of the sprinkler, the person who is the driest wins after 10 runs through.

home play

Try standing or sitting still or holding a count of 5-10 on 1 foot, 2 hands and 2 feet, 1 hand and 2 feet, 2 hands and 1 foot, bottom and 2 hands, bottom and 1 hand, 2 hands and 1 knee, and more!



statues



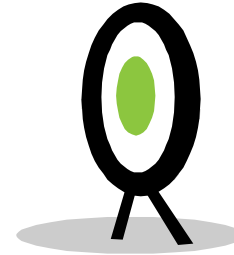
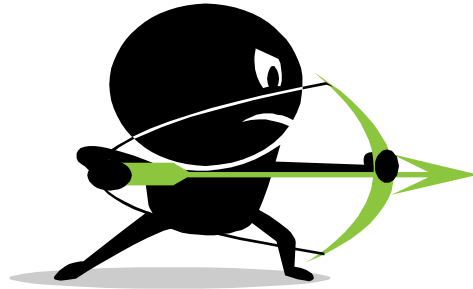
home play



Ask an adult to go to the supermarket with you one day this week. Take a pen and paper with you so that you can list three different types of fruit and vegies that you find. See if you can find at least one food in a box, one food in a can, and one frozen food that contains real fruit or vegetables.

Supermarket Challenge

home play



Target ball

Pick a target (eg. a tree, the fence post, the clothes line). How many kicks does it take to reach your target? How many kicks does it take you to get from one place all the way around your house and back to where you started?

home play

Invent your own exercises
Create an exercise for your arms,
one for your legs and two
others (you choose).



Teach one of your exercises to a parent or
another adult. Take turns – see if they have
an exercise which they can teach you!

Teaching exercise



home play



Tightrope walkers

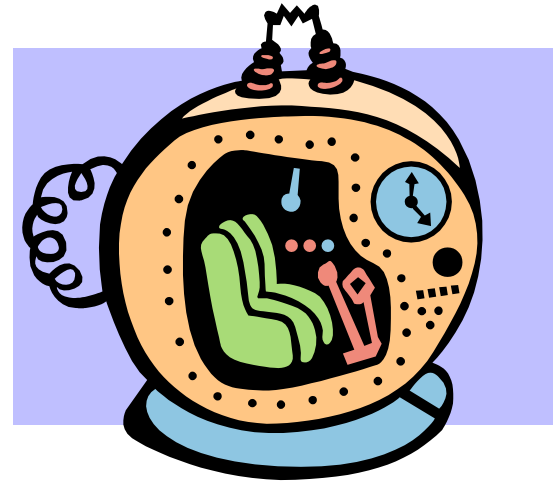
Use a line, long piece of wool or string on the floor – in any design – walk along the line forward, backward, sideward, arms in different positions; try balancing a balloon (or another object) as you go. Add jumps and hops along the line.

home play

Time Travel



For one week, each student is a time traveller. They must try to walk as far as possible after school with an older family member or adult. Each night record the distances that were walked and bring the total distance to school at the end of the week.



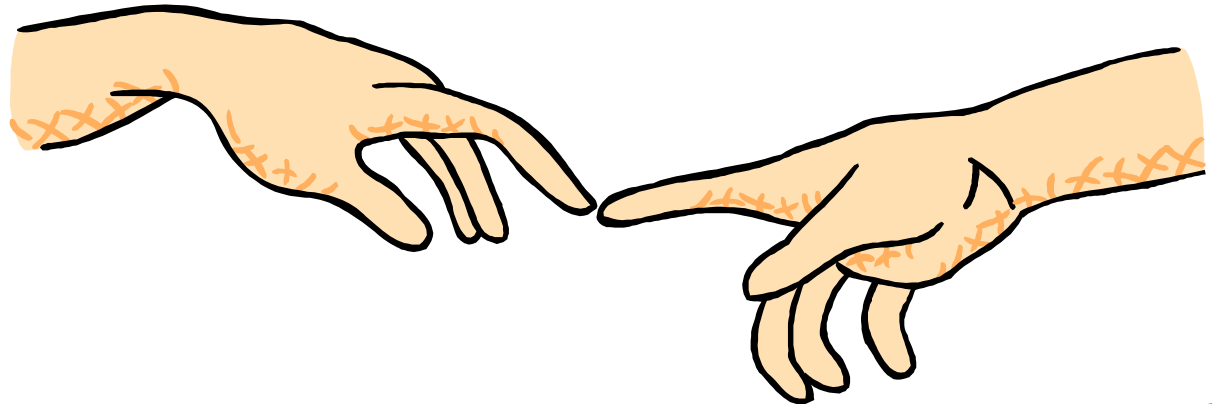
Every 100 metres is equal to one decade back in time. See how far back in time the class can travel. What year do you end up in? What was it like in that year?

home play

Touch 2 body parts together (e.g. elbow and knee) and hold for 5 seconds. How many different parts can you touch and hold? Can you do this with a partner?



Touch and hold



home play



Treasure hunt

Have a treasure hunt. Hide clues throughout your house or yard and then follow the directions to find the treasure. See if a friend or family member can follow your directions to get to your hidden treasure.

home play



wall ball

Hit a ball against a wall or target with your hand or using a racket or bat. Now try bouncing a balloon the ground using one hand. Try it with the other hand. Count the number of times you can bounce the ball with each hand – which side can you do the most on?

home play



Water Attack

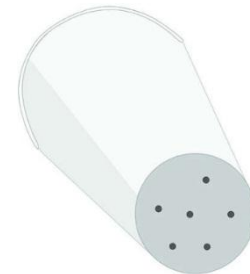
This is a great game to play in your togs. In two teams using cups, bottles, balloons and water pistols, try to attack the other team. Only use outside tap/hose to refill with water. Remember to slip, slop, slap and wrap!

home play

Water Relay



Put an empty bucket at one end of your backyard, and another bucket filled with water at the other end. In teams, use paper cups with pinholes in the bottom to carry water to the empty bucket. The team with the most amount of water transported in 5 minutes wins.



home play



Worm in the Grass

One person holds a skipping rope and runs around wiggling it. The other person tries to catch the wiggly worm.