

Games to play at home

No equipment

Mark your partner: Put the children into pairs. One is the leader; one is the follower. The follower must try to stay close enough to the leader to touch them on the shoulder, without touching them. The children move around the space. When the parent says "freeze!" the follower checks to see if they can still touch the leader on the shoulder. Then swap roles.

Everyone's it, or infinity tag: Many students will know this one, on 'go' everyone is in. If you get tagged, you sit down and watch the person who tagged you. When they are tagged you come back to life.

Captain's Orders: In a room (or backyard) you have one person to be the leader or "Captain". They call out different actions. Pick and choose the best actions for your group. Or make up your own!

Man Overboard-Players have to drop to the floor into planking position.

Captain's Coming-Players must stand at attention and salute the 'captain'.

Starboard-Players must run to the right side of the room

Port-Players must run to the left side of the room.

Scrub The Deck -Players must squat on the ground and scrub the deck.

Climb The Rigging-Players must stand up and pretend to climb the rigging.

Secret Dancer: Set up the group to stand in a circle, and choose one player to be the detective. Send the detective outside. When the detective has left the room, choose a player to be the "secret dancer". They will need to pick a dance move and everyone will then start copying them. When everyone is dancing, the detective is called back into the room and has three guesses to choose who the original dancer is. To make things interesting, the secret dancer then needs to change dance move, and everyone needs to change with them. This allows the detective to discover the secret dancer.

Make an obstacle course: Using anything in the house! The kids will be great at coming up with these, challenge them to make new courses every couple of days. Add another level by changing the movement, ie you can walk, you can hop, you have to crawl etc.

Some equipment

Table ball: Set up is one long table and one ball (start big) and two players. Ball is served by rolling long ways across the table, it has to bounce once on the floor before it can be returned. It has to hit the table at every return. If the ball cannot be returned, you win a point. <https://www.youtube.com/watch?v=KPg1dOccGRU>

Cereal box game: Basically you take it in turns to pick up a cereal box from the floor but the hard part is you're only allowed to use your mouth, you can put your hands on the floor and you must stay on both feet at all times. Once everyone has done it you tear a bit of the box off to make it smaller and continue until there is only one person left and most likely just a flat piece of cardboard on the floor.

Cup challenge: Learn this one, then put it to the music (from Pitch Perfect) <https://www.youtube.com/watch?v=Y5kYLOb6i5I> To extend those skills- <https://www.speedstacks.com/home/>

Four Square: Some students may know this game, very similar to handball. 4 squares set up, the ball has to bounce in your square before you serve it to another square. You can use a big or small ball, and can also be played with 2 players. Find help on: <https://www.thepespecialist.com/foursquare/>

Simple, fun games

Make either calls at random parts of the day: **The floor is lava** (no one can touch the floor) or **gecko** (everyone has to be flat on a surface, think wall, floor, table)

Minute to win it: Quick 1 minute challenges, there are some big lists of games here but I bet your kids could come up with some awesome ones too!

<https://keepingkidsinmotion.com/2018/11/21/master-the-minute-14-active-1-minute-challenges-for-pe/> <https://keepingkidsinmotion.com/2019/02/23/8-more-master-the-minute-challenges/>