

# Home Activities!

A fun and inclusive 30 minute activity session for you and your family!

## Equipment

No equipment? No problem!

- Smalls Balls or Rolled-up Socks,
- Bean Bags - Make your own with Pasta/Rice
- Sponge Ball or Rolled-up Jumper, Cushion
- Cones or Plastic Cups, Tins, Toilet Roll

## Activities

### Hide and Seek

- Scatter different objects around your space but keep one space clear as a 'home'
- In an allotted time collect as many objects as you can one at a time bringing them back to your 'home'
- You can shuffle, run, hop etc. to collect it, however you want to move!



### Through the Gates

- In your area create 'gates' using pairs of cones
- Go through the gates in an allotted time scoring a point for each one you go with
- Try dribbling or passing a football, balancing a ball on a racket or a tray on your lap if seated

### Target Throw

- Set out a line of cones with something balanced on top
- One at a time throw, kick or roll your balls to knock of your target
- Award yourself points for different targets!



## Cool Down

### Mirror Mirror

- Standing in front of your partner, copy each other's movements and stretches like you are looking in to a mirror
- Be as imaginative as you can, stretching out and relaxing your muscles

## Challenge of the Week

### Hot Potato

- How many times can you throw a ball between your family without dropping it?

Send us your videos & photos online!

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- Hockey Stick or Broom, Mop

## Activities

### Into The Box

- Create a square, or if you have a washing basket or bucket use this
- With a partner, take it in turns to throw objects in your 'box'
- To make it harder, you can move further away, or consider throwing it differently - your weaker side? over your shoulder? blindfolded?
- The person with the most balls in the square wins!



### Follow the Leader

- With a partner, each person has a hockey stick and a ball (or whatever you may have) - You can do this one with all your family!
- Move around your space, with one person as the leader and the other to copy
- Do different skills like dribble side to side, or round different obstacles

### Seated Volleyball

- Clear a space on the floor and create a net - You can use chairs, towels
- With everyone seated, throw the ball over your 'net' as if playing volleyball - A balloon is great swap!
- Count how many you can do without dropping it!
- You can make it easier and take away the net



## Cool Down

### The Floor Is Lava

- Imagine the floor is lava with safe spaces of 'molten rock' - These can be marked areas using cones, tshirts, towels etc.
- Set yourself challenges to move around the room, avoiding the 'lava' floor

## Challenge of the Week

### Tetris

- How high can you stack your different pieces of equipment?
- Send us your videos & photos online!

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