Active Play

We have listed below a few games which can be played indoors and outdoors

Animal Fun

Can you:

* walk like an elephant – place your arm in front of your nose like a trunk
* waddle like a penguin
* hop like a kangaroo
* lie on ground and slither like a snake
* climb like a monkey
* walk tall like a giraffe
* shake your body and shiver like a polar bear
* crawl like a snail or tortoise
* run like a panther
* gallop like a horse
* run and roar like a lion
* clap like a sea lion
* jump and leap like a frog
* leap like a lemur
* flap your arms like a bird
* twirl like a dolphin
* stretch like a cat

**Balance Beam**

Using a long piece of wood/taped line can you walk along this without falling off.

Great activity for balance coordination.

**Balloon Tennis**

Using your hands as the rackets, how long can you bat the balloon for or before it bursts!

You can even fill the balloon with water to give it more weight.

 **Basketball**

You will need: a bucket and rolled up socks (or a soft ball).  Lots of fun trying to throw the ball into the ‘basket’.   Great for hand to eye coordination.

 **Balls in the Box**

Ideal for younger children.  Get a large box and cut holes in the top of the box the size of coloured balls, like the ones you use for a ‘ball pit’ and let them place the balls through the holes.

 You could colour code each hole for colour learning fun.

Beans!!

There are different actions for each type of bean.  Each time the name of the bean is called out, the child(ren) should do the correct action.  Great fun!

* Runner Beans – run on the spot
* String Beans – stretch up tall and be as thin as possible
* Dwarf Beans – bend down and be as small as you can be
* Broad Beans – hold arms out wide and stand with wide legs
* Chili Beans – shiver
* Frozen Beans – everyone has to stand still
* Jumping Beans – jump and down
* Beans on Toast – lie on your back with arms across your chest

**Blow bubbles and catch them**

One person blows the bubbles the others try and catch them before they fall to the ground.

Good for family fun.

**Dance Party**

Put music and dance.  You can also play freeze.  Every time you stop the music you have to stand still.

**Simon Says …**

One person is picked to be ‘Simon’, you must then do everything that ‘Simon’ says.

‘Simon’ **must always start** by saying “Simon says” example “Simon says touch your nose” everyone in must touch their nose.

“Simon says scratch your head” everyone must scratch their head.

But if ‘Simon’ just says “scratch your head” and you do the action you are out the game.  Last person in the game takes the turn to be ‘Simon’.

 **Lava Floor**

Object of the game is to get from one side of the room to the other without standing on the floor!  You can use cut up carpet tiles, pillows, cushion, cut out cardboard as stepping stones.

You can also play this outdoors!

 **Indoor hopscotch**

Using electrical or masking tape mark out the hopscotch on the floor and use rolled up socks for the ‘peever’.

###  **Rainbow Hunting**

Find an item that matches every colour of the rainbow.  This can be played anywhere