

Physical activities + games to play as a family at home.

FRUIT SPLIT



Use these simple physical activity ideas to stay active at home. You can follow the instructions or make your own changes.



1 EQUIPMENT NEEDED

- Any soft toys around the house
- Clean and safe recycling
- Soft household items such as cushions and blankets
- Any sports equipment you may have

2 FRUIT SPLIT

Using a piece of paper draw your favourite piece of fruit (don't worry if its not perfect, you'll see why soon!). Standing in pairs, one player holds the paper at head height and then drops it, the other player tries to catch it (or some children might want to just touch it) before it touches the floor. If you manage to catch the paper you take a bite of the fruit (tear it in half) and then try again with a smaller piece of paper. If you don't catch the paper try again (think about ways you can make it easier) keep going until you have cut the fruit up as small as you can.

'CHANGE IT UP' 3

S - Space, can you use a new space
T - Task, can you change the task the players have to perform
E - Equipment, how can you use the equipment differently?
P - People, swap roles around.



- FREE TO PLAY**
- IDEAL FOR EARLY YEARS**
- MINIMAL EQUIPMENT**
- MORE ACTIVITIES ONLINE**

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