

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

TIDY UP YOUR BEDROOM



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 TIDY UP YOUR BEDROOM

Split your playing area in half, and split players evenly over the two sides (bedrooms). Spread soft toys across the bedrooms so there is an even amount. Set a time limit to play the game (don't tell the players how long the time limit is). On 'GO' players collect one toy at a time and throw it to the opposite bedroom, players repeat and try to throw as many toys as they can (keeping their side tidy). On 'STOP', count the number of toys in each bedroom, the player with the least amount of toys will be the winning team! See who can keep their bedroom the tidiest! Keep changing the time limit and maybe types of throw players perform. You could even try the game sat down and use balloons.

'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



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