

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

LET'S GO FOR A DRIVE



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 LET'S GO FOR A DRIVE

Using the largest space you can find we are going to go for a drive (pretend of course). Start off by choosing your car, what colour will it be? Now, find an object to be your steering wheel. When your car is ready step inside and put your belt on, wind the window down and start your engine. One player controls the speeds 1- slowest, 2-medium 3-fastest.

- Watch out for other cars
- Look out for the traffic lights
- drive through a tunnel or over some bumps in the road
- Go around a round-about
- If you get a flat tyre you should hop back to the garage.

Be creative and try different moves.

'CHANGE IT UP'

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- 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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SHARE YOUR PICTURES WITH US ON OUR SOCIALS

