

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

# I'M AN ADULT GET ME OUT OF HERE...!



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 I'M AN ADULT GET ME OUT OF HERE !!!

Start with as much equipment as you can find at one side. One adult lays down at the opposite side. Taking turns, one player at a time runs out (or you can be creative and try different movements) and picks up one piece of equipment. Bring the piece of equipment back and bury the adult using the equipment. Set a time limit to see how much equipment you can pile on top of your adult. When the time is up have a go at counting how much equipment you have collected and then let your adult shake off all the equipment, shouting "I'm an adult get me out of here!!!"

## '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**



## 4

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