

Lots of fun ideas to play  
different games  
and practice our skills  
both indoors and out

Hope you have fun playing them!

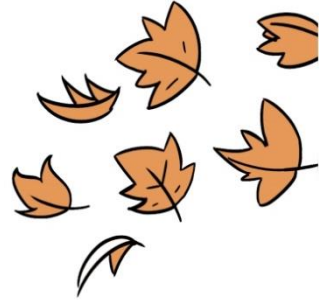


## Alphabet walk

**Play:** Outside

**How to play:**

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', then the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'



## Add it on

**What you need:** Music

**People:** 2 or more

**Play:** Inside

**How to play:**

- One person shows everyone else a dance move.
- The others copy the move.
- The next person shows everyone a dance move.
- Everyone does the first move and then adds on the next move and so on.





## Kerby

**What you need:** 1 ball and two kerbs that are approx. 4m apart or more

**People:** 2 or more

**How to play:**

- Players stand opposite each other on the pavement. The aim of the game is to reach the opposite kerb to score a point.
- One person starts with the ball and attempts to throw the ball so that it hits the opposite kerb and bounces back. If it doesn't, the other person gets a turn.
- If it does hit the kerb and bounce back, the person who threw it gets to take one jump towards the opposite kerb. They attempt to throw the ball to hit the kerb again, if they do hit the kerb, they get to take another jump and so on until either they miss and their turn is over or they reach the opposite kerb and score one point.
- When throwing the ball, if it bounces back and hits your own kerb or if the ball bounces back and you can catch it, you are able to take two jumps at once towards the opposite kerb.



## I spy...

Head to the park and play eye spy with a twist along the way. 'I spy something beginning with T', players race to be the first to touch something beginning with the letter T.



## Rock, paper, scissors



**People:** 2

**How to play:**

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.



## Sardines

**People:** 3 or more

**How to play:**

- One person hides.
- All other players count to 60 together, they are the seekers.
- The seekers attempt to find the hider.
- If they find the hider, they hide with them.
- The last person to find everyone hides first on the next round.



## Red light, green light bike ride

Bike riding is fun in itself but giving this game a go can make things even more interesting.

All riders line up next to each other. One person stands 20m away and says 'green light' all riders can ride towards the end line. When 'red light' is called all riders must stop. Anyone caught moving goes back to the start line. Who can reach the end line first?



## Rock, paper, scissors



**People:** 2

**How to play:**

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.



## What's the time Mr Wolf?

**People:** 2 or more

**How to play:**

- One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m away.
- Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
- Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
- If Mr Wolf calls 'dinner time!' then everyone must try to run away from Mr Wolf. Whoever is caught becomes Mr Wolf in the next round.



## Home base 1, 2, 3

**People:** 2 or more

**How to play:**

- One person starts at a home base and counts to 60.
- All other players hide.
- Once the counter has finished counting they attempt to find the players who are hiding.
- All players who are hiding attempt to get back to the home base without being tagged by the counter.
- If they make it back to the home base, they shout 'home base 1, 2, 3.'
- The first player caught by the counter becomes the counter on the next round. If all players successfully make it home without being caught, the same counter counts again.



## Socks in pots!



**What you need:** 3 pairs of socks and 3 or more pots or pans

**How to play:**

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.

*Play with more people by seeing who can score the most points. The first person to ten points is the*



## Hide and seek

**People:** 2 or more

**How to play:**

- One person counts to 60, they are the seeker.
- All other players hide.
- The seeker attempts to find all other players.
- The first person found becomes the seeker on the next round.
- The last person found is the winner.



## Get dancing!

Put your favourite music on and dance around to it for the whole song.

OR

Make up a dance and perform it to friends and family! Use counts of 8 for a really slick performance.



## Grandmother's footsteps!

**People:** 3 or more

**How to play:**

- One person begins facing away from the others at the other end of the room or space.
- All other people start behind a marker which shows the start line.
- Grandmother says 'go' and everyone else tries to creep up to the Grandmother without being heard.
- If the Grandmother turns around, everyone else must freeze. If the Grandmother sees anyone move, they get sent back to the start.
- When the Grandmother turns away, everyone is allowed to creep again.
- The first person to get to the Grandmother wins the game and starts as the Grandmother in the next round.



## Find three things that are...

**People:** 2 or more

**How to play:**

- One person says 'find three things that are.... blue.' etc.
- The other person then has to collect three things that are blue and bring them back to that person.
- Make this harder by timing the person to see how long it takes them.
- Other things that could be collected include 'find three things that are.... spotty, start with the letter 'C', round, soft to touch.'

*Play with more people by seeing who can collect the three items first.*



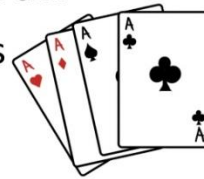
## Cards fitness fun

**What you need:** Pack of cards

**People:** 1 or more

**How to play:**

- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Can you complete the pack?



## Find the spoon

**What you need:** A teaspoon

**People:** 2 or more



**How to play:**

- One person hides the spoon.
- The other person has to find it.
- Time each other and see who can find the spoon in the quickest time.
- Make this easier by saying 'hot' if the person looking for the spoon is close to it and 'cold' if they are moving away from it.

*Play with more people by seeing who can find the spoon first.*



## Bottle skittles

**What you need:** Plastic bottles and a pair of socks

**People:** 1 or more

**Play:** Inside or outside



**How to play:**

- Use empty plastic bottles as skittles and set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

*Play with more people by playing against someone else and seeing how many throws it takes to knock all of the skittles over.*



## Balloon volleyball

**What you need:** 1 balloon

**People:** 2 or more

**Play:** Inside or outside



**Ways to play:**

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net. If the balloon hits the floor on your side, the other team win a point. If you hit the balloon and it doesn't go over the net, the other team get a point. Each side is allowed up to three touches on their own side of the net before the balloon must go over.



## Blindfold obstacle course

**What you need:** A blindfold which could be a tea towel or jumper.

**People:** 2 or more

**Play:** Inside or outside



**How to play:**

- Create an obstacle course using whatever you can find e.g. cushions, chairs, clothes horse etc.
- One person begins blindfolded and the other person guides them around the obstacle course.



## 10-1 workout

Complete the exercises below:



10 x Burpees

9 x Tuck jumps

8 x Lunges

7 x Star jumps

6 x Press ups

5 x Touch your toes and jump up

4 x Sit ups

3 x Squats

2 minute run on the spot

1 minute plank

*Now have a go at making up your own exercise for 10-1!*

## 7 minute workout

**What you need:** 1 clock or stopwatch

**What to do:** complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks

