

Being physically active is an essential ingredient for our health and wellbeing. It positively benefits us by, building our confidence, gives us the opportunities to learn new skills, enhances our concentration and learning, improves our sleep and energy levels, and helps our emotional wellbeing. With the lockdown extension you might be looking for further ways to keep your children active. Here are some ideas that may be of help.

Keeping Active: Indoor Activities

Balloon Games

Duck Waddle: Place a balloon between your child's/children's knees and have them waddle across the room without dropping it. If they drop it, they go back to the start. You can develop this by making an obstacle course.

Hop To It: Place a balloon between your child's/children's knees and have them hop across the room without dropping it. If they drop it, they go back to the start. You can develop this by making an obstacle course or making it into a relay game.

Balloon Tennis: Make a net by tying a piece of string between two chairs. You can play with your child/children by hitting the balloon over the net as many times as they can without it falling.

Balloon Volleyball: Make a net by tying a piece of string between two chairs and have your child/children to hit the balloon back and forth by running from one side to the other, trying to keep it off the floor.

Keep it up: Have your child/children to hit the balloon up in the air but don't let it touch the ground. Time them to see how long they can do it for. They could also count how many times they could do this for.

Balloon Blow: Set up a course for your child/children to see if they can blow the balloon all the way to the finish.

Hand Balance: Challenge your child/children to balance the balloon on the back of their hand and see how long they can do this before it hits the ground.

Foot Balance: For a real challenge have your child/children to lie on the floor with their legs up in the air and try to balance the balloon on their feet. Time how long they can do it for.

Over and Under: {Family Activity} Stand in a line facing the back of the person in front of you. {Arms - length apart} The first person in the front of the line passes the balloon over their head to the second person. The second person passes the balloon through their legs to the third. This sequence is repeated until the balloon

reaches the last person in the line. The last person then runs to the front of the line. This process is then repeated until everyone in the line moves to the front. If you drop the balloon you start again. Time how long it takes you. Try to improve your time.

Indoor Skittles

You can make your own skittles by collecting plastic bottles, preferably the same size and shape. Using a funnel fill the bottles one third with sand or soil. Paint around the top of the bottle with some glue and screw the lids on tight. Paint your skittles and add a number for a scoring game. Arrange the bottles into a triangular shape and mark a line from where your children are to roll the ball. The aim is to knock over as many skittles as is possible. You can keep score if you wish.

Ping-Pong Basketball

This is a game that can be played by one person or more. You will need plastic or cardboard cups and a ping-pong ball. The aim of the game is to throw the ping-pong ball into the cup. You place the cup on the floor or table. Decide on a distance from where you are going to throw the ping-pong ball. You have three attempts and you score 2 points for each shot that lands and stays in the cup. You can play this against another person, on your own or in teams. You can increase the difficulty by using smaller cups or increasing the throwing distance.

Musical Statues

This can be played in a family group. The rules are simple. You dance when the music plays and when the designated DJ stops the music, everyone freezes. Those who move when the music stops are out. This continues until only one person is left in.

Alphabet Treasure Hunt

The idea behind the alphabet treasure hunt is that the children go around the house or outside in the garden and find things that start with the different letters of the alphabet. {You can use the template below.}

Treasure Hunt

Provide your child with a treasure hunt sheet {See below} and a small box or bag to put their items in. They then tape or stick their items to the sheet. Once all collected, they could get a prize. You could also make a treasure hunt for outside.

ALPHABET TREASURE HUNT

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

TREASURE HUNT

Can you find these things and complete the activities? When you manage to find the things, tape them to your sheet!

Find a button	Add $9+6=$	Draw a tree	Find 3 apple pips
Find a stone	Find a daisy	Draw a foot	Find a pen
Find a grain of rice	Draw a boy	Find a piece of Lego	Find a piece of dry pasta
Find a leaf	Add $7 + 3 + 2=$	Draw a girl	Find a 10p coin

Yoga For Children

You can find great ideas for this activity on Cosmic Yoga -YouTube.

www.youtube.com/user/CosmicKidsYoga.