

SCHOOL GAMES



WARM UP



ACTIVITY 1



Balance! - Use a soft toy to balance on different body parts (head, foot, back, bent knee etc.). How long can you keep it on there without it falling off?

Can you move around the room balancing the toy on different body parts without it falling off?

Balance the toy on your head and start counting. Lift one leg off the floor without the toy falling off. Repeat with the other leg. Try standing up and squatting down while balancing the toy.

City Traffic Lights – Someone in your house calls out different commands and you complete the different actions.

Red = stop

Amber = walk

Green = jog

Speed Bump = jump

Motorbike = hop

Roundabout = spin around

Can you create your own movements?

CHALLENGE 1



Partner Throwing & Catching

With another person, can you:

Throw and catch with each other.

Throw, clap and catch with each other.

Complete 10 successful catches without dropping the toy. Take a step back after each catch.

Throw and catch one-handed as many times as possible without dropping the toy.

ACTIVITY 2



Throwing & Catching – with your soft toy, can you do the following:
10x catches (different height throws).

Claps before each catch.

One-handed catches.

Throw from left to right hand.

Move and catch at the same time.

ACTIVITY 3



Target Throwing

1. Using a bin or a basket, can you throw your toy into the target from 2 metres away? For each successful throw, take a step backwards and try to throw into the target from further away. How far can you go without missing?
2. Challenge someone in your family. Take alternate shots into the target. For each successful throw, you earn a point. Who can score the most points out of 5 throws each?
3. Add in additional target that is further away that is worth two points. How many can you score this time?
4. Be creative. Add more targets/points to create your own game!

