

# SCHOOL GAMES



## ACTIVITY 1



### Indoor Bowling

Get creative in your house by playing 6 pin bowling using everyday items such as bottles and boxes for pins and rolled up socks for the bowling balls. Check out this [video](#) for hints and tips for indoor bowling at home!

## WARM UP



### Pick a Card

Pick 4 activities and assign each activity to a suit in the deck of cards. For example, diamonds = high knees, hearts = squats, spades = heel flicks, clubs = star jumps. Pick a random card from the deck and perform the activity that relates to the suit you have chosen. The number on the card is the reps you need to complete (4 of hearts = 4 squats). Jack, Queen and King = 11 reps. Repeat 10 times.

## ACTIVITY 2



### Gymnastics Balances

**Points of Balance** - Try to create balancing positions using 1 to 4 different points of contact. A 1 point balance is 1 body part touching the floor (standing on one leg), a 2 point balance is 2 body parts touching the floor (handstand) and so on. Try to make the most creative balance using different points of contact.

**Partner Counterbalance** - Try to make the most creative counterbalance position with a partner. A counterbalance is when you and your partner are doing equal amounts of work to hold each other up.

## CHALLENGE 1



### The Keep Up Challenge

Using a pair of rolled up socks, see how many keep ups you can do with your feet without the socks touching the ground. Alternatively, you can also see how many keep ups you can do with your hands.

**Check out the video [here](#) for how to complete the challenge!**

