

SCHOOL GAMES



WARM UP



ACTIVITY 1



The Opposites Game - Ask someone in your house to call out different instructions and you must perform the opposite. For example if someone says stop, you jog on the spot and if they say go, you stand still. Other examples are high (squat) and low (jump) or forwards (move backwards) and backwards (move forwards). Are there any other opposite instructions you can think of to include in your game?

Can you complete each of the following exercises 20 times? Ask someone else in your house to get involved with you!

Star Jumps

Jogging on the Spot

Squats

High Knees

Arm Circles

What other movements can you think of?

ACTIVITY 2



Throwing & Catching – using a soft ball or rolled up pairs of socks, can you do:
10 catches (vary heights of throw).
Claps before each catch.
Throw with 2 hands and catch 10x with your right hand and 10x with your left.
Throw from left to right hand.
As many catches as possible in 60 seconds.

CHALLENGE 1



Boccia At Home

Roll up 7 pairs of socks (3 of one colour, 3 of another and 1 other colour). Sit down and throw the individual pair of socks and use this as 'the jack'. Players then take it in turns to throw their colour socks and get closest to the jack. Whoever is closest wins and you get 1 point for each sock of the same colour which is closest to the jack. First to 10 points wins. Use this challenge as practice for your entry into the **SLSSP Quad Cup - Boccia Challenge**. Click [here](#) for more information and to enter the competition!

ACTIVITY 3



Target Game

Using 5 empty water bottles or plastic cups, stand them up in an open space or a room in your house and stand 5 steps away from them. With your soft ball or rolled up pair of socks, roll your item using an underarm swing towards the targets to try and knock them over. Take 3 throws to see if you can knock all of the targets down. Stand the bottles or cups back up and have another go. Challenge someone else in your house to a game. Who can knock the most down from 5 throws each?
Get creative by adding more targets or changing the shape you set up.

