

# SCHOOL GAMES



## WARM UP



### ACTIVITY 1



**Keepy Ups** - Using a racket, bat or a book and soft ball (or balloon/rolled up pair of socks), how many times can you hit the ball up before it hits the floor? Hold your bat/book with two hands and tap the ball upwards using small, controlled tapping movements. For an added challenge, try holding the bat/book with 1 hand. How many hits can you do with 1 hand?

**Body Parts** - Move around the room or the space you are in and get someone to call out different body parts (left knee, right elbow etc.) which you must then touch to the floor. Try and do as many different body parts as possible. Repeat the above but this time touch the body part to the floor and create a balance shape with the rest of your body.

**How many different shapes can you create?**

### ACTIVITY 2



**Partner Keepy Ups** - With someone else in your house, get them to throw your soft ball, balloon or socks towards you and see if you can hit the ball back towards them using a racket, bat or book with a steady swinging action. Practice this lots of times while trying to keep the ball off the floor. Challenge yourself to get as many successful hits as possible without the ball touching the floor. Once you've practiced this, ask your partner to get their own bat or book and see if you can both hit the ball to each other and make a rally. This takes lots of patience and practice so keep score each time and try to beat your best score!

### CHALLENGE 1



#### Home-style Badminton

With someone else in your house, mark out a court (A rug could be the playing court). Build a net in the middle of the court with household items. Players sit either side of the net. Using your racket/bat/book and your soft ball/balloon/rolled up socks, player 1 serves to player 2 and player 2 must return the serve without the ball touching the floor. You win a point if your opponent fails to return your shot, hits their shot out of the court or hits the net. There are no attacking shots in the game, so you can't hit the ball directly down. First to ten points wins. **Check out this video [here](#) for more co-ordination games and ideas!**

## ACTIVITY TRACKER CHALLENGE

From 23rd February to 24th March, every minute of exercise you complete goes towards the SLSSP Quad Cup - Activity Tracker Challenge! **Click this [link](#) for more information and details on how to track your exercise!**

