



## Games for inside

- **Indoor hopscotch** - Make a hopscotch game out of tape on the floor – any non slip surface works fine. Use a rolled up pair of socks as the scotch
- **Indoor Golf** - Make golf clubs out of rolled up newspaper and tape. Lay down or tape a piece of paper on the ground and mark out a 'hole'. Use a small ball – (ping pong or tennis ball) and see who can get around the course in the least amount of shots – you could have a hole in each room
- **Beam** - Tape a gym beam shape to the floor, do a routine of tip toes, forward rolls and leaps on the beam pretending it is in the air
- **Marbles** - Make a circle out of string or wool and place some marbles inside the circle. Flick other marbles to knock the marbles out of the circle – the winner is the person that knocks out the most marbles
- **Use a couple of boxes of different sizes** – throw tennis balls or bat or throw ping pong balls, or make newspaper balls and throw them into the box – who can get the most in? You can get higher points for smaller boxes. You could also cut holes into a big cardboard box
- **Play twister**
- **Alphabet dance** - Who can perform the alphabet using their body to form the letters? Can you spell your name, or do your spelling homework?
- **Paper planes** - Make paper planes and fly them
- **Practice juggling** – use balls, or scarves
- **Simon Says** - Have a game of Simon Says
- **Four square** - Play four square or two square with a soft ball if you have the space

### Balloon games

- How many times can you hit the balloon and keep it in the air using your hands, head, elbows, knees, feet, shoulders etc
- Can you keep several balloons up in the air at once?
- Play balloon volleyball over a rope or towel or use cardboard rolls and play balloon tennis or volleyball





## ***Basketball maths***

*Have fun shooting hoops – but you have to answer a maths sum correctly to have a shot at the basket*

### **What you need:**

- Waste paper basket
- Masking tape
- Newspaper balls

### **Activity:**

Place the waste paper basket on the floor and take three paces away from it. Mark a line with masking tape on the floor. Line children up behind the line and have a pile of paper balls handy. Call out a maths sum to player one. If the child answers correctly, they get a chance to throw a paper ball at the basket.

For every paper ball that goes in the basket, one point is earned. Incorrect guesses go to the back of the line. Give each child the same amount of turns and add up the points to see who the winner is. Equations can be altered to suit the age level of the participants. Only paper balls that make it in the basket earn a point, not just a correct answer.



## ***Rainy day obstacle course***

*You can help build your child's coordination, control and balance by making an obstacle course.*

### **What you need:**

- Furniture, Pillows
- Towels
- Balloons
- Household items and your own creativity

### **Activity:**

The idea is simple - build an obstacle course out of your own furniture and household items. You can do it inside on rainy days, or set up outside. Here are some suggestions, but really the possibilities are endless.

- Line up the dining room chairs to make a tunnel to crawl through. You could also throw a blanket over the top to make it really dark in there.
- Crawl under a coffee table.
- Balance on one foot on a cushion.
- Throw a newspaper ball into a bowl.
- Tie a cord between two chairs for the kids to slide beneath, commando-style on their tummies.
- If you want to do this outside, you can set up a leap frog section with towels spaced apart - kids then have to leap from towel to towel.
- Tie some balloons under the table and crawl through them without moving any.
- Roll up some towels and make a long 'balance beam'



**Sport Bay of Plenty**  
more people, more active, more often

## ***Statues***

*Kids love to dance like crazy but when the music stops they have to freeze into statues.*

### **What you need:**

- Music

### **Activity:**

Have the children spread out in a room. Start the music and the children can go nuts dancing and being silly. Stop the music and the children must freeze in whatever position they are in. Watch the children for any movement - the first person to move goes out. Then restart the music and repeat until only one person is left - the winner!

## ***Bowling pins***

*Make some skittles and knock them down.*

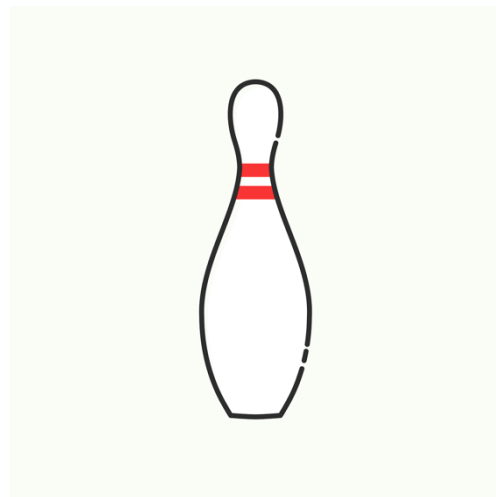
### **What you need:**

- Plastic bottles
- Sand
- Dirt or water
- Tennis ball

### **Activity:**

Try and use empty plastic bottles the same size.

Fill the bottles 1/3 with sand, dirt or water, line them up in a triangle shape and see how many you can knock down with your tennis ball. Put some paper around them and decorate them if wanted.



## ***Birds of a feather game***

### **What you need:**

- Feathers

### **Activity:**

Hand out a feather to each player. Tell everyone to take a deep breath and when you say go everyone has to start blowing their feather to keep it in the air. The player that keeps their feather in the air the longest is the winner.

