

LET'S HAVE FUN AND GET ACTIVE

Why not spend 10 to 30 minutes each day trying to get a little bit more active.

Below are 6 fun and easy games to play on your own or with your families in your homes or in your garden.

If you and your family have been coming up with new and fun ways to get active we would love to hear all about it.

Let the fun begin

Penguin Waddle Place a balloon between your knees and waddle across the room without dropping it. Make it more challenging by having to go around a few obstacles. If you drop it, you have to go back to the start. Or play as a team with the balloon placed between your hips. Once you got the hang of it, get out your timer to see how fast you can do it.	Balloon Taps Hang a balloon by a string from your doorway so it is a few inches higher than your arm reach (ask parents to help with this). The challenge is to try and tap it with your hand. Count how many you can do in a row without missing (this gets tiring very quickly!). Make it more challenging by seeing if they can jump and touch the balloon with the top of their head!	Balloon Blow Set up an obstacle course and see if you can blow a balloon along the floor all the way to the finish line. You will have to do lots of army crawls working on your upper body and core strength along the way. If you have siblings why not make it a competition to see who can complete it the fastest.
Mirror, Mirror Stand face to face with someone in your household about a foot apart, and have them attempt to copy all your movements. For example reach up and stretch, do 10 star jumps or act like a monkey. Make it fun and you'll both be working up a sweat in no time. Then switch roles and copy the other person. The person who is copying the movements is not allowed to laugh. Your aim is to try and make them laugh.	Scavenger Hunt Ask someone in your household to create a list of items that you could go hunting for around your house or garden. Make it fun by including specific things like "your favourite book" or "a pink sock" to more general categories like "something that begins with the letter T". To make it more entertaining, you could do it in the dark using a torch.	Target Practice Set up some targets (empty water bottles or paper towel rolls work great) for you to try and knock them down by throwing soft objects, and repeat this. The exercise comes from running back and forth between the start line and picking up the targets. Why not make it more challenging by moving the targets further back each time you hit it, or a penalty for if you miss the target.

