



**BE ACTIVE!!!!!!**

**Indoor ideas!!!**

**Freeze Dance**

**Turn on the music and get moving – when the music stops, you stop.  
FREEZE!!**

**Balloon Volleyball**

**Make a net by tying a piece of string from one chair to another. Then blow up a ballon and start playing!!**

**Make Activity Stations**

**‘Indoor Activity Stations’ Make signs at several station which instruct which activity needs to be completed in that area – eg Jumping Jacks, Running on the spot & Sit ups!! ( Set a timer for each activity)**

