

RECOMMENDED PHYSICAL ACTIVITY LEVELS

Guidelines for 5 – 18 year olds:

- At least 60 minutes of exercise every day

These activities should ideally vary to incorporate a range of games:

- **Muscle strengthening** - Cycling, running, riding a scooter, walking, rollerblading, swimming, rugby or playground activities

As well as

- **Bone strengthening** - Jumping, football, martial arts, tennis, tree climbing, gymnastics, dancing or tug of war



ISLAND RUN

Equipment Needed: None, two players minimum

How to Play:

- Get from one side of the island/beach (i.e., room/playground) to the other using a variety of movements except walking or running.
- Parents (or another child) can be the sharks circling the island.
- When they reach the destination (island), you must use tiny movements (i.e., tip toeing, heel to toe walking) to avoid being captured by the pirates (parents or another child).
- When the words 'shark attack' are shouted, you must stand still and balance on one foot to avoid being caught by the pirates.
- When the words 'big wave' is shouted, you must jump as high as you can to avoid the sharks.



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FRUIT SPLIT

Equipment Needed: Paper, crayons, two players minimum

Objective: Catch the paper before it falls to the floor

How to Play:

- Draw your favourite piece of fruit on a piece of paper so that it fills the page, then colour it in.
- One person holds the fruit picture high in the air, then let go of the paper.
- The second person tries to catch it before it touches the floor.
- Once they catch the paper before it touches the floor – tear it in half.
- Then drop just one half, continue the game and see how small you can get the fruit.



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LEAP FROG

Equipment Needed: Paper, blankets/material, one person minimum

How to Play:

- This game can be played individually or as a team and indoors or outside.
- Make space and mark out a river and then place the paper or material as lily pads within it.
- Using the lily pads, try to get from one side of the river to the other by jumping.
- No part of your body can touch the water (floor), if you end up in the water you must start again.



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BALLOON VOLLEYBALL

Equipment Needed: Balloon, pillow or blanket, two players minimum.

How to Play:

- Using the pillows or blanket make a line in the middle of the room/outside so that there is space for people on both sides.
- Each player chooses a side to stand or sit on, (equal numbers on both sides).
- Push a balloon in the air and try to not let the balloon touch the floor on your side of the line.
- Each time the balloon touches the floor, start the game again and see if you can count each point scored.



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ROLLERBALL

Equipment Needed: Ball, non-breakable household objects, two players minimum.

How to Play:

- Lay the objects out on the floor in a random pattern.
- Take it in turn to roll the ball, one at a time.
- Roll the ball and try touching one of the objects you placed on the floor; if successful retrieve the object and the ball for the next player.
- If multiple objects are touched, the player should only take the first object they hit.
- The player who collects the most items wins the game.
- Space the items further away or select smaller items to make the game more difficult



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CIRCUIT ACTIVITIES

Equipment Needed: Various, stopwatch, one player minimum.

How to Play:

- Using your imagination and objects in your house or garden to make your own circuit.
- These can be themed or just general activities.
- Place the equipment you have randomly around the room or outside space.
- Spend 90 seconds doing each activity and then move to the next station.

Activity Ideas: Hula Hooping, jumping, running, catching, skipping



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BODY PARTS

Equipment Needed: None, two players minimum

How to Play:

- One player needs to be the caller, rotate this role to ensure everyone gets a go.
- All players need to keep moving around the room or outside space by either hopping, side stepping, jumping, or running.
- When the caller shouts out the name of a body part, you need to place that body part on the floor, i.e. hands, elbow, or knee.
- Hold that position for 10 seconds and then start moving again.
- If multiple players, the last person to place the body part on the floor is out, until you start again.



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FISH TAILS

Equipment Needed: Paper, magazine/book, or straws, one player minimum.

How to Play:

- Draw a large fish onto paper, then colour and cut out the fish shapes.
- Create a start and finish line.
- Once you have got your paper fish, line them up on the floor with a finish line in sight.
- Using a straw start the race and try to blow your fish shape to the finish line, the first fish to cross the line wins.
- You could also use a book or magazine to move the fish by flapping the magazine or book behind the fish.



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HEEL TO TOE

Equipment Needed: None, one player minimum

How to Play:

- Set out a start and finish point within the room or outside space.
- Once at the start line, you must walk toward the finish line, but to move you must always put your heel against your toe and so on.
- The fastest person to reach the finish line wins.

To make more difficult.

- Walk whilst balancing a beanbag on your head at the same time.
- Close your eyes at the same time and ask someone to guide you.
- Carry an object in your hands with your palms facing the sky.



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HIDE AND SEEK

Equipment Needed: None, two players minimum

How to Play:

- One player is chosen to close their eyes and counting to a number between 10 and 100
- The other players go and hide.
- After reaching this number, the player who is "it" calls "Ready or not, here I come!" and then attempts to locate all players hiding.

This game can be played in the home or garden.



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HOPSCOTCH

Equipment Needed: chalk, stone and water to wash the chalk off afterwards. One player plus.

How to Play:

- Hopscotch is a children's game that can be played with several players or alone.
- This is a popular playground game in which players toss a small object into numbered triangles or a pattern of rectangles outlined on the ground and then hop or jump through the spaces to retrieve the object.



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TAG

Equipment Needed: None, minimum of 2 players

How to Play:

- Tag, also called it, tiggy, tig or tick, is a playground game that involves two or more players chasing other players to "tag" or touch them with their hands
- When a person is tagged, the tagger says, "Tag, you're 'it'!". The last one tagged during tag is "it" for the next round.



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CAPTURE THE FLAG

Equipment Needed: 2 flags or Markers (anything bright and light weigh. Such as a T-shirt). A large area in which you can roughly divide into two areas

How to play:

- Split the children into two teams and allocate each team with one half of the area.
- Each team chooses a base position, where they keep their "flag", this is also the area where they will keep their prisoners from the other team.
- Each team now tries to capture the other team's flag. Whenever a team member ventures onto the other team's territory, he is at risk of being caught (tagged) by the opposite team.
- When caught he is taken to that team's goal, where he must remain until he is freed (touched) by one of his team members.

When someone manages to capture the other team's flag and return it to their own territory, their team wins.



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FREEZE TAG

Equipment Needed: None, Minimum of 3 players

How to Play:

- One child is chosen to be "it".
- Whenever the child that is "it" catches another child, that child must remain frozen in place, with their feet wide apart.
- The frozen player can only be "unfrozen" if another child crawls between his legs!
- The last player to be frozen becomes "it" for the next round



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CAT AND MOUSE

Equipment Needed: None, Minimum of 5 children

How to Play:

- One child is chosen to be the Cat (the chaser) and one child is chosen to become the Mouse.
- All the other children form a circle, holding hands, with the Mouse inside and the Cat outside.
- The children in the circle move around while calling out the following rhyme:
"What time is it?"
"Just struck nine."
"Is the cat at home?"
- When the rhyme stops, the children stop moving and the Cat starts to chase the Mouse, weaving in and out of the ring of children to do so. However, the Cat MUST follow the mouse's path. When he catches the Mouse, he can enjoy pretending to "eat" him, and then two more children take a turn.



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BEANBAG GAME

Equipment needed: One Bean Bag, you could also use a balloon, Minimum 6 children.

How to Play:

- The children pass the beanbag from one to the other and then back again, in a particular style, the beanbag must not hit the floor.

For Example:

- Pass the beanbag only using your right or left hand.
- Pass the beanbag using both hands.
- Pass the beanbag over your right shoulder using your left hand.
- Pass the beanbag using your left or right foot only.



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THE GREAT WIND BLOWS

Equipment Needed: Chairs or Cushions. Minimum of 5 children.

How to Play:

- Arrange the chair, cushions etc in a circle, facing the middle. All the children sit down.
- An adult stands outside the circle and calls out "A great wind blows for everyone who....", fills in the blank with a statement that will affect some of the group (see ideas below).
- Anyone who is affected must stand up and find another chair which is at least 2 chairs away from their own.
- If a large group of children stand up, the adult should quickly remove one of the chairs from the circle as soon as the kids stand up and begin moving.
- Any child who cannot find a chair moves outside the circle and helps the adult come up with ideas for the next "great wind blows".

Here are some ideas:

A great wind blows for everyone who ate cornflakes for breakfast this morning.



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SIMON SAYS

Equipment Needed: None, minimum 3 players

How to Play:

- Make a circle and pick the person who is going to be "Simon"
- One player takes the role of "Simon" and issues instructions to the other players, (see ideas below) which should be followed only when prefaced with the phrase "Simon says".
- Players are eliminated from the game by either following instructions that are not immediately preceded by the phrase, or by failing to follow an instruction which does include the phrase "Simon says".

Here's an idea:

Simon says rub your tummy and pat your head



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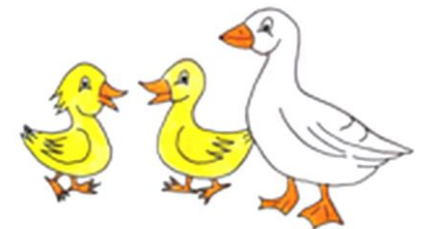


DUCK, DUCK, GOOSE

Equipment Needed: None, minimum of 6 children

How to Play:

- This game may be later adapted for the playground, playing field or back garden.
- The object of this game is to walk in a circle saying Duck, Duck, tapping on each player's head or shoulder until one is finally chosen as the goose;
- The chosen player (Goose) must then chase the picker around the circle and get back to their place before the picker takes their spot.
- If the picker gets to your spot before you, then you become the picker.



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BEANBAG CROSS CHALLENGE

Equipment Needed: six Beanbags, Chalk to mark out the targets. minimum of 8 players.

How to Play:

- Start by marking out the targets and number them.
- Spilt the children into two teams.
- Give 3 beanbags to Each team.
- Each team must throw all the beanbags into the targets.
- Get an Adult to mark all the scores.
- Highest score Wins.



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RED LIGHT, GREEN LIGHT

Equipment Needed: None, minimum 3 players

How to Play:

- One person is designated as the "stoplight."
- The stoplight stands with his back toward the other players, who stand about 15 to 20 feet away from him.
- The stoplight calls out "green light!" which signals the players to begin moving toward him. Then the stoplight yells, "red light!" and turns around. If any player is caught moving when the stoplight turns around, that player is out.
- The game is over if all the players are out before anyone reaches the stoplight or if someone tags the stoplight.
- If a player reaches the stoplight, that person gets to be the stoplight in the next game.



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MUSICAL STATUES

Equipment Needed: music, minimum 3 players

How to Play:

- Children dance around while the music plays
- When the music stops, the children need to stand still as statues
- Anyone seen moving after the music has stopped is out.

Hints:

- The children who are out can help find anyone moving once the music stops.
- You can also play this games as musical Bumps, instead of the children standing like statues, the children will need to sit in the floor when the music stops, the last child standing is out.



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WHAT'S THE TIME MR WOLF

Equipment Needed: None. Minimum of 5 children

How to Play:

- One child stands with their back to the other children, who should be a good distance away. He or she is Mr Wolf.
- The group calls out "What's the Time, Mr Wolf?"
- Mr Wolf replies with a time - for example, "'It's 2 o'clock"
- The group then takes 2 steps forward towards Mr Wolf.
- The group is attempting to reach Mr Wolf without him first catching them. When Mr Wolf senses that somebody is close, he can call out, "It's Dinner Time!", Mr Wolf then turns around and see where everybody is, then try to catch somebody before they can make it back to the starting line.



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40/40

Equipment Needed: None, Minimum 4 players

How to Play:

- The children agree on a home base like a bench.
- One child is the searcher and stands facing the base with their hands covering their eyes. They count slowly to 40 whilst the other children hide.
- When 40 is reached the searcher shouts "40-40" and goes to look for the other children.
- The hiding children now must try to get back to the base without being seen.
- If the searcher spots a hiding child, they race back to the base and shout "40 – 40 out" and the child they've spotted name. The spotted child is then out. If the child that was hiding gets to the base first, then they shout "40 – 40" in and their name. They are then home and safe.
- The first child safely home becomes the next searcher.



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