

# 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



# BUILD A FORT

**Equipment Needed:** chairs, blankets, duvet, duvet covers, cushions

## How to make a fort:

- Place the chairs into a square.
- Cover the chairs with sheets
- Place blanket, duvet and cushions inside the fort.

You can have hours of fun playing in your fort.

When it's time to tidy up and put away all the items you have used, why not make it into a game.

## Example:

Have a race to see how long it takes the children to put the duvets, sheets etc away,



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# HIDE THE COIN

**Equipment Needed:** Coin, 3 cups

## How to Play:

- place the cups in a row
- place the coin under a cup
- move the cups around
- get someone to guess which cup the coin is under
- don't forget to take it in turns



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# MUSICAL STATUES

**Equipment Needed:** music

Anyone can play, take it in turns to be the person to stop the music.

## How to Play:

- Start the music
- Get everyone dancing, make it fun and try some silly dances.
- Get someone to control the music.
- Stop the music and everyone must freeze.
- The first person to move is out
- Take it in turns to be the person to stop the music.



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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.

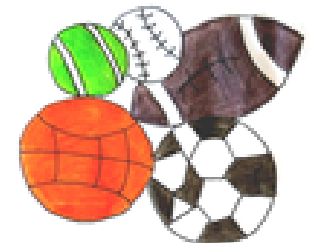
## How to Play:

- Lay the objects out on the floor in a random pattern.
- Take it in turns 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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# CRAFT TIME, MAKE A MEDAL

**Equipment Needed:** Card, this can be from a cereal box. Glue or sticky tap, colouring pens, scissors, ribbon, or string.

## How to make a medal:

- Mark out circles large and small on the card and cut out, this is something an adult will need to help you with
- Start being creative, colour in add stickers, use some fabric and thing you like.
- Once you have finished and the glue has dried, put a hole in the top and thread through the string or ribbon.



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# BALANCE BEAM

**Equipment Needed:** Tape

## How to Play:

- Place the tape on the floor in your hallway or living room
- Take it in turns walking in a straight line, one foot in front of the other
- If you step off the line, then you need to 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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# TREASURE HUNT

**Equipment Needed:** Small or medium object to hide, for example a teddy bear, a small football or a small cushion

## How to Play:

- Decided which person is going to hide the object
- The rest of the players need to close their eyes until the person tells them the object has been hidden.
- The person who hides the object can help the other player out, whilst they try to find the object by telling them if they are warm or cold.
- Whoever finds the object is the winner and the next person to hide the object.



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# INDOOR BOWLING

**Equipment Needed:** Plastic bottles, water, tap and a rolled-up sock

## How to Play:

- Place a horizontal line using the tape, this will be your starting line.
- Grab a medium-sized indoor ball or a rolled-up sock and start bowling!

Keep score and give out trophies at the end. (Note: if you need to stabilize the water bottles or make the game more difficult, simply fill them up with some water. Don't forget to screw the tops on tightly!)



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# HOT POTATO

**Equipment Needed:** Rolled up sock and music

## How to play:

- Sit on the floor in a circle.
- Turn on some tunes and have them pass the potato (a bean bag, soft ball or a rolled-up sock) around the circle as fast as they can.
- When the music stops, the player holding the potato leaves the circle.
- Keep going until only one player is left and wins the game.



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# PICNIC MEMORY GAME.

**Equipment Needed:** None

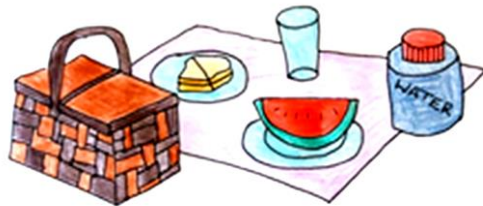
## How to play:

- Sit in a circle.
- Decide who will go first.
- The first player says, "In my basket for the picnic, I packed...", and then says what item he or she packed, for example an apple
- The next player then says, "In my basket for the picnic, I packed...", and then recites what the first player packed and adds his or her own item to the basket, and so forth.



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# THE LISTENING GAME

**Equipment Needed:** Examples of items might be a comb (run your fingers along it), a glass (gently tap it), shakers, sandpaper, blocks rubbed together, a pot and spoon. Be creative and have fun!

## How to Play:

- Take out several miscellaneous items, for example a bottle with water in it.
- Have the children and adults look at all the items, and then take them away.
- Ask one child to cover his or her eyes and listen as you pick up an item and make sounds with it.
- Ask the child to guess which item made the sound.

Examples of items might be a comb (run your fingers along it), a glass (gently tap it), shakers, sandpaper. blocks rubbed together. a pot and spoon. Be creative and hav



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# SIMON SAYS

**Equipment Needed:** None

## How to Play:

- choose one player (probably a parent for the first round) to be Simon.
- The rest of the players will gather in a circle or line in front of Simon as he calls out actions starting with the phrase "Simon says": "Simon says...touch your toes." The players then must copy Simon's action, touching their toes.
- If Simon calls out an action without uttering the phrase "Simon says," the kids must not do the action. If a child touches his toes when Simon didn't say..., he or she is out of the game.
- There are lots of great ways Simon can trick players into doing actions when Simon didn't say: Simon can perform an action without uttering a command, for example, or he can perform an action that doesn't correspond with the command. Fun! The last player left in the game wins and becomes the next Simon.



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# THE GREAT WIND BLOWS

**Equipment Needed:** Chairs or Cushions

## 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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# BEANBAG GAME

**Equipment needed:** One Bean Bag, you could also use a balloon,

**How to Play:**

- The children pass the beanbag from one to the other and then back again, in a 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 you left or right foot only.



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# TOUCH AND FEEL BOX

**Equipment Needed:** any size box, scissors, items to place in the box.

**How to Play:**

- Cut a hole in one of the sides of the box —large enough for your child to fit his or her hand in.
- If you want, get creative and decorate the box with glitter and question marks.
- When you're ready to play, put an item inside the box and have your children guess what it is. They can ask questions about the item if they need to, or you can offer clues.
- Get as ooey-goopy as you wish (fresh pumpkin seeds or slimy spaghetti are great choices), or use such simple objects as a brush, a toy, a piece of fruit.

To make it competitive, you can give a point to the first child to name the object.



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# INDOOR BASKETBALL

**Equipment Needed:** small ball or rolled up sock, a box, a bucket or a small paper waste bin

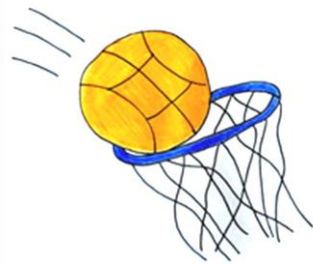
## How to Play:

- Each player takes it on turns to try and get the ball in the bucket.
- When the player scores, they need to take a step back, they keep on throwing until they miss
- The player who shoots the ball in the bucket from the furthest distance wins



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# PASS THE BALL

**Equipment Needed:** Ball, Balloon, cushion, rolled up sock

## How to Play:

- Place the balloon, ball or the cushion between your knees and try and pass it to the other players without touching it with your hands or dropping it.
- The first to drop or touch the balloon, ball or the cushion is out, the last person with the balloon, ball or the cushion is the winner.

Why not try this sitting down using your feet, pass the balloon, ball or cushion to the person next to you without dropping it? Why not make it a challenge and time yourselves to see how fast you can get it around the circle.



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# BEANBAG CROSS CHALLENGE

**Equipment Needed:** six Beanbags, Cushions

## **How to Play:**

- Start by placing the cushions on the floor and number them.
- Spilt the children into two teams.
- Give 3 beanbags or Socks to Each team.
- Each team must throw all the beanbags or Socks onto the targets.
- Get an Adult to mark all the scores.
- Highest score Wins.



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# LIMBO

**Equipment Needed:** music and a scarf

## **How to Play:**

- Two people hold the scarf parallel to the ground
- Children and adults then attempt to pass under the scarf
- After everyone has a go, the bar is lowered an inch or two and the process repeats.
- When passing under the bar, players must bend backwards (not too far as we don't want any injuries). No part of their bodies may touch the Scarf and no part other than their feet may touch the ground.



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# BOARD GAMES

Everyone has some old board games in the attic, why not brush off the dust and introduce your children to the likes of monopoly, twister, Guess who mouse trap or just find a pack of cards and teach them a card game, play memory games with the card.

The most important thing is to have fun, get creative and make some great new memories for the whole family.



# NOTES

