



KIDS LOVE TO PLAY

Kids Love to play – Tip sheet

Human Bop It

Who's got the moves and the memory? A Fun away to get your body moving indoors on a rainy day or outdoors

How to play:

- Learn these key commands below and the associated movements.
- Have a leader who calls out the commands in a random order.
- Continue to call them to see who has the best reactions.
- Don't be afraid to design new commands that you can call your own.

Bop it – Touch the ground (bend your knees to touch the ground)

Jump it – Jump off the ground

Punch it – Punch out in the air with one arm

Twist it – Twist down to the ground and back up

Step it Right or Left- Take one step either way depending on which command is given

Spin it – Spin around on the spot to face the front again.

Clap it – clap once above your head

Balloon Volley

A great way to test your hand eye coordination, reaction time and fitness. Can be played inside your living room, bedroom, garage and outside on your lawn.

Equipment needed

Couple of balloons, chairs put together to form a line, or some sort of rope or long elastic for a net.

How to play:

- Set up your preferred net or line to mark a centre and blow up a couple of balloons.
- Try these fun activities before hitting the balloon over the net
 - Hit the balloon and try touch the ground, spin around, hop on one foot 10 times, how many star jumps can you before the balloon falls towards the ground.
 - Challenge yourself and make up your own movements to complete before the balloon touches the ground.
- Now try a competition with your family or friends, hit the balloon over the net but before you can hit the balloon back over the net you have to do a movement like the ones you practiced before.
- Get creative!

Peg wrestling

Are you ready to RUMBLE?? A unique challenge to discover your strength and speed.

Equipment needed

2-4 pegs per player that can clip onto your shirt

How to play:

- Clip your pegs onto the back of your shirt
- Mark out a playing area, you have to be on your knees.
- Crawl around on your knees and try to take pegs from other players, clip extra pegs onto your shirt as you take them.
- Re start the game when there is an obvious winner or who has the most pegs.



TIP! Break the hour into snacks of activity with ad-break and family challenges.





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Ping Pong Soccer

Get ready to play a popular sport in a unique way. Test out your tactical blowing skills as you try to score a goal by blowing a ping pong ball into your goal. Played inside.

Equipment:

Straws are optional, couple of ping pong balls, something to set up two goals.

How to play:

- Give each player a straw and one ping pong ball.
- Have everyone lying on their tummies to blow the ping pong ball towards their goal.