



# Winter warm up

Winter can bring low temperatures, buckets of rain, gusty winds, fog and if we're lucky sometimes even snow, forcing you and your family to stay rugged up inside. Why not get the blood pumping and your body temperatures rising, by playing some fun, safe and active indoor games?

You don't need a lot of expensive equipment or a lot of space to get moving around. Below are a few game and activity ideas to PUSH PLAY and get huffing and puffing.

## **RELAY RACES**

*You will need:*

- A pillow case or sack each.*
- A selection of small balls, soft toys, spoons and dress ups.*
- A hallway/garage/a cleared area inside*
- A stopwatch/timer (optional)*

1. Decide on what type of relay race you will have e.g. sack race; dress up relay; ball and spoon relay.
2. Designate an area/length that you will race between and decide on the number of times you will race the course.
3. If you have enough space you will be able to race each other, otherwise individuals or teams can race one at a time, using the stopwatch to time one another.

**Challenge:** Add exercises e.g. 10 star jumps, 15 knee lifts, 12 hops, to different sections of the race to add more of a cardiovascular challenge to the race.

## **BALLOON VOLLEYBALL**

*You will need:*

- A balloon*
- Chairs*

1. Warm up by seeing how many times you can hit the balloon without it touching the floor. Try this standing up, sitting on chair, sitting on the floor or kneeling.
2. Line up the chairs so that they create a 'net'.
3. Put the family into teams, who stand on either side of the 'net'. Hit the balloon to one another over the net, keeping it in the air and off the ground for as long as possible.
4. If a team lets the balloon fall to the ground on their side of the net, it is one point to the other team.

**Challenge:** Only allow a maximum of three hits on either side of the net before the balloon has to go over and/or don't allow team members to hit the balloon twice in a row. You could also challenge yourselves to play on your knees or sitting on chairs.

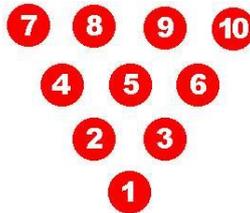


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## **TEN PIN BOWLING**

*You will need:* Empty milk bottles  
A pair of rolled up socks. You might need to roll up a few to make it heavier enough to knock bottles down.

1. Set up the bottles in the below formation.



2. Decide on how far back to roll the socks from and place a marker there e.g. an empty plastic cup.
3. The first person has two 'bowls' at the ten pins, adding and recording the number of pins they bowl over e.g. Bowl 1=3 pins knocked over, Bowl 2=4 pins knocked over TOTAL for first turn is 7.
4. Each player repeats this until everyone has had 10 turns.
5. Add up each player's total scores.

**Challenge:** Number each of the ten pins 1-10 as in the above picture and decide on an exercise that will be associated with that pin.

For example: Pin number 4 (5 star jumps) and pin number 10 (4 pushups) weren't knocked down in their turn, so those exercises must be completed.

## **ANIMALANTICS**

*You will need:* Yourself and your imagination!

1. Take turns to decide on how you will move around the house. Hop like a rabbit, waddle like a duck, jump like a kangaroo.
2. Have races moving like these animals.

**Challenge:** Have family members decide on an animal they will move like around the house for the whole day!

