

Games Activity Sheet

Let's play a game.

Ok.

Let's play a game outside.

But...my console game/ipad/computer is inside, we could play on that.

No. Let's play a game with whatever we can find. Outside.

What do you mean?

What do I mean? Playing games outside is a great way to get fresh air and exercise. Playing games inside the house can bring everyone together for some family time.

Let's find games to play around the house or out in the garden/on the patio or balcony. And we will be using only what we can find and our imagination.

Look around the house/garden—what do you have?

Sports equipment: balls, bats, rackets,
trampoline, scooter?

Chalk, paper, pencils, bucket and spade?

Sticks, string, stones, pegs?

Hats, gloves, scarves, boots?

Anything can be useful in a game.



Here are some of our favourite games. Some you can play indoors, some outdoors, some can be played in tent, in the car, at the table or in the driveway.

Find a game that you would like to play or make up your own game. Get the whole family involved. Even your pets!

Hopscotch

To play Hopscotch you will need a flat area of concrete/pavement/driveway, some chalk and some stones. To see the game being played, research the term “Hopscotch” on the internet.

Each player has their own marker such as a pebble, a stone or a button. The person going first starts behind the starting line to toss his or her marker in square one.



Hop over square one (don't land in that square) to square two (land in this one) and then continue hopping in the single squares. When you get to two squares side by side land on both feet (one in each square) then hop on. Once you get to the end of the court, turn around and come back, hopping or landing on both feet. Once you get back to the square next to the one with your marker, stay on one leg, reach down pick up your marker, hop on and out.

Each turn your marker gets thrown into the square with the next number, 2, then 3, then four etc. If your marker lands in square 4, don't land on both feet, keep hopping by. Only land on both feet if the squares are side by side and don't have stones in them. If you are playing with someone else, you cannot hop or land in a square that has their marker. Can you get all the way through the game without falling over?

Elastics

To see the game being played, research the term “Elastics game” on the internet.



To play you will need 3 metres of elastic and a space to spread out and three players. Two players face each other with the elastic positioned around their ankles, and with enough distance between them to make the elastic taut. The third person does the jumping task. The elastics move from ankle to knees, then to hips, to waist, to chest and to around the neck, as each jumper progresses to the next level. After each jump attempt, swap places. There are lots of different jumping combinations and rhymes which involve jumping in, out and on top of the elastics. Watching the game being played on the internet will show you the variety of jumping options available.

Dress up relay

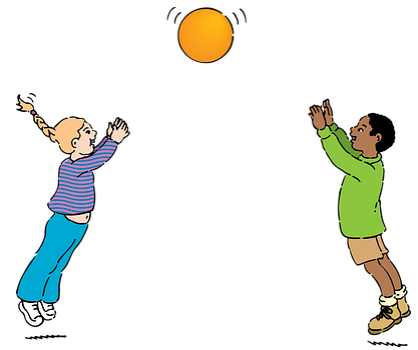
To play you will need an assortment of clothes or items from the dress up box.

Split into teams. The first person puts on all the selected items, runs to a designated point and back, then takes off all the selected items and gives them to the next person. The second person cannot put on any of the items until all items have been removed from the previous person. Run through all the members of the team. First team to finish wins. Or you can run a time trial to beat your best time.



Various Ball Games:

You might have bouncy balls, a basketball, golf balls, table tennis balls, a soccer ball, beach balls and other sports equipment. You can practice the skills for a particular ball game or make up your own game using a variety of sports equipment. You could play various bat and ball games, backyard cricket, downball (if you have a brick wall), tennis, badminton or even learn to juggle. Research online for any game you don't know how to play or search "Learn to Juggle" on the internet.



Story Telling Memory Game

This is a story telling game where everyone adds something to the story as it goes along. The first person might start a story with: "I went camping and I took... a torch." The next person adds to the story and says, "I went camping and I took a torch and a sleeping bag." The next person adds a new item: "I went camping and I took a torch, sleeping bag and a tent". If you forget something you are out. The last person who can remember everything is the memory game winner. This can be adapted to many situations: beach, jungle, supermarket, moon



Squiggle Drawings

Draw a "squiggle" on a piece of paper. This can be a random shape or shapes. It doesn't have to look like anything at all. Pass this piece of paper to the next person but give it to them upside down. They then have to complete the picture and turn it into something that looks like a real picture.

