

# KEEPING ACTIVE AT HOME

PE Activities for Years 3 - 6

*Stay active for the next month by selecting an activity to do each day*

## SHOOTING HOOPS

If you have a ring and a ball, shoot hoops or have a competition. Don't have a ring or ball? Create a "ring" on the ground using chalk, sticks, old junk - anything! Shoot with a soft object.

## OBSTACLE COURSE

Create a course and time how fast you and others can complete it. You can create one indoors, outdoors or one that involves both! It can also have activity stations, such as do 20 start jumps.

## BALLOON GAMES

So many games and activities can be played with balloons including balloon volley ball, racing, hockey, tennis... the possibilities are endless!



## TAPE GAMES

Use tape or chalk to create lines 30cm apart. You can play a range of jump games (such as long jump) or practise agility with some activities listed [HERE](#).

## JUGGLING

Anything unbreakable can be used and you might even be able to make some using balloons and rice. New to juggling? 3 tissues or hankies move slower than balls and a great way to learn.

## HACKY SACK

A little sack that you do tricks with, only using your legs and feet! Head online to discover some tricks. No hacky sack? Use your juggling balls!



## DANCE PARTY

Put on your favourite tunes, crank up the sound and get moving! Can you create a routine for your favourite song? You could even host a dance off or dance competition!

## SOCK SKATING

Do you have hard floors at home? Put on some socks and skate around! You can compete for the longest slide or create an "ice skating" routine. This task definitely needs permission first!

## TAKING A STROLL

If you're able to get outdoors, take a walk as a family. If you're staying at home, create a "guided tour" for your family to complete. Create a script and show them the sights!

## SCAVENGER HUNT

Create a scavenger hunt for your family to do. Give clues to help find the next location and make sure that each location has an action, such as "Perform 10 star jumps".

## POPCORN PUSHUPS

Scatter some popcorn on a plate below you. Each time you perform a push up, try to eat a piece of popcorn. Give it a try - it's a lot harder than it sounds!

## INDOOR BOWLING

Pins can be created from empty water bottles and anything round can be used as a ball - even rolled up socks.



## DOWNBALL

Using any kind of ball, downball can be modified to suit any number of people. Going solo? Try hitting the ball against a wall.



## CROQUET

Have loads of toilet roll tubes? Create a game of croquet by setting them up throughout the house or yard. Hit a small ball or round object through each tube.

## HALLWAY SOCCER

Ideal for wet days or for homes with limited outdoor space. Using a hallway and a soft ball, try to score a "goal" by kicking past your opponent. No soft ball? Use rolled up socks!

## GARDENING

It seems like an easy thing to do but gardening can be a good way to burn some energy. Clearing weeds and raking leaves are two of the many things you can do in the garden.

## GO NOODLE

Check out the movement activities at [gonoodle.com](http://gonoodle.com) - head to the "Good Energy at Home" section. Make sure you get adult permission before jumping online.

## CREATE A HUT

Using what's around the home, create a hut either inside or outside of the house. Outside, you might use sticks and bark, inside you can use furniture and sheets.

## CREATE A WORKOUT

Create a basic routine that involves little or no equipment. Aim for 6 activities that you can do for 30 seconds each, repeating 5 times over.



## CREATE A NEW SPORT

Find three normal household items and create a new sport or game. Record the rules and trial the new game with a family member. Make modifications and share the sport with others.