

KEEPING ACTIVE AT HOME

PE Activities for Years F - 2

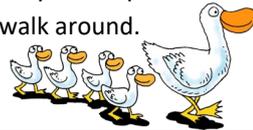
Stay active for the next month by selecting an activity to do each day

I'M GOING ON A BEAR HUNT

Read or sing the classic "We're Going on Bear Hunt". If you can get outdoors, see if the neighbours have bears in the window. If you're staying at home, perform the actions.

FOLLOW THE LEADER

Take turns at being the leader. Think about the places you can go and the actions you can perform as you walk around.



A-MAZE-ING

Have an adult or older sibling create a maze on the driveway. Can the younger kids also create one for the older members of the household to complete?

ANIMAL WALKS

Use some imagination and come up with different movements for a variety of animals, such as waddling like a duck and swimming like a fish.

CLEAN UP RACE!

Pick a room or area that needs to be packed or tidied.



MR WOLF

An oldie but a goodie. Play this game in a large space if it's available. You can even adapt it so there are different actions or movements during the chase.

KEEP THE BALLOON UP

Simply keep the balloon off the ground by tapping it! This exercise can be modified to egg and spoon balloon race and using objects such as a wooden spoon to tap it up.

LEAF PLAY

If Autumn leaves have fallen, rake them into a big pile and jump on in!



BALANCE BEAM

All you need to set this up is some chalk or masking tape. Have the kids balance and perform routines on the "beam". Mix it up with spirals and zigzags!

JUMP ROPE

Don't have a rope at home? You can make one from plastic bags - click [here](#) for instructions. You can also jump over a drawn line or use sticks.

HOT POTATO

Using a soft ball or rolled up socks, pass the "hot potato" around as quickly as possible. Try using music - if you're holding the potato when it stops, you're out.

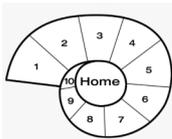


CRAB WALK

This is much harder than it looks! Sit on the ground, with hands and feet touching the ground. Raise the torso, then start walking. Need to see it in action? Click [here](#).

HOPSCOTCH

This classic game can be played anywhere you have a bit of space. If you're after a variation, try the "snail", pictured here.



PARACHUTE

Using an old, large sheet, have the family grab different parts around the edge and fan it upwards. Take turns running under and pop some soft balls or toys on top for extra fun!

KNOCK OUT

Set up some empty cans, bottles or Tupperware in an open space. From a distance, try to knock them all over using a soft toy, tennis ball or rolled up socks.

BUBBLES

Have the kids blow bubbles or add some extra activity by making them pop the ones that you blow!



DON'T TOUCH THE LAVA!

The floor is lava and you need to get from one space to another. Use pillow cases as "islands" spaced at different distances apart.

SPIDER WEB

Use any kind of tape to form a web over a door frame. From a distance, kids throw rolled up paper balls at the web.



COTTON BALL CRAWL

Using cotton balls and a spoon, move a pile of cotton balls from one room to another, only taking one ball at a time. This can be turned into a friendly competition with other family members!

PUZZLE HUNT

Hide parts of a puzzle throughout the house. Have the kids collect the pieces and create the puzzle. Basic wooden puzzles and floor puzzles are ideal for this activity.