

# BEING ACTIVE AT HOME! CREATE A GAME

Ever wondered who the first person was to kick a ball into a net and call it a goal? Ever wondered who decided a basket was worth 2 points? Ever wondered why Tennis is called tennis?

Well someone had to come up with these rules and create a new game! How about you create a brand new sport which we can then play in school?



## HOW TO DO IT:

### 1 FIND A SAFE SPACE



ASK YOUR ADULTS FOR SUGGESTIONS

THE BIGGER THE SPACE, THE BETTER

COULD BE YOUR BEDROOM, GARDEN, LIVING ROOM, CORRIDOR

MAKE SURE IT IS A SAFE PLACE TO PLAY

DECIDE HOW MANY PEOPLE ARE GOING TO PLAY YOUR GAME (THIS WILL HELP FOR STEP 4)

### 2 HOW MANY PEOPLE ARE PLAYING?

CAN YOU GET EVERYONE IN YOUR HOUSE INVOLVED? THE MORE THE MERRIER!



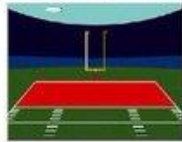
### 3 WHAT TYPE OF GAME ARE YOU CREATING?



#### TARGET

SCORE POINTS FOR GETTING CLOSER TO A TARGET OR FOR KNOCKING THE TARGET DOWN

(BOCCIA, DARTS, BOWLING)



#### INVASION

WORKING AGAINST ANOTHER TEAM TO MOVE AN OBJECT INTO A GOAL OR INTO AN AREA

(BASKETBALL, FOOTBALL, RUGBY)



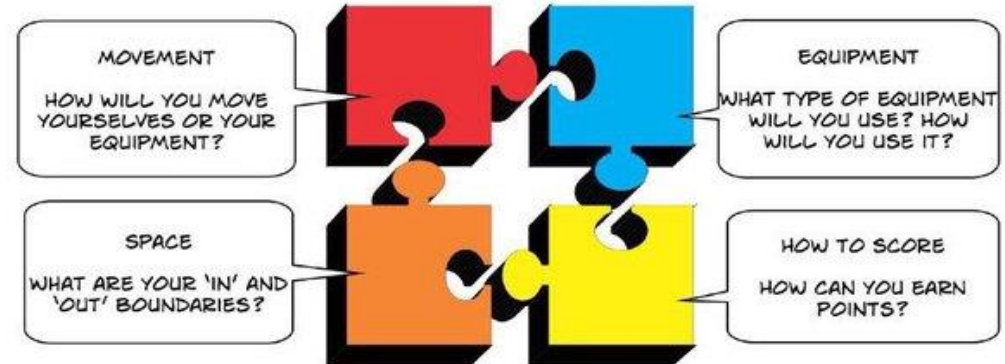
#### NET/ WALL

MOVING AN OBJECT AGAINST A WALL OR OVER A NET WHERE YOUR OPPONENT CAN NOT RETURN THE OBJECT

(TENNIS, TABLE TENNIS, VOLLEYBALL)

## 4 SELECT THE RULES

Great opportunity to work as a team. If you're playing with a small group or in pairs, share the responsibility and pick a new rule each. Bring the rules together and 'boooooom' there's your game!



## 5 PLAY THE GAME!

THE BEST PART! MAKE SURE EVERYONE KNOWS THE RULES AND GIVE YOUR NEW GAME A GO!

TWEAK YOUR RULES AT THE END IF YOU NEED TO

MAKE A TOURNAMENT/ LEAGUE IN YOUR HOUSE

TEACH IT TO SOMEONE ELSE

NAME YOUR GAME!

## WHAT'S NEXT?

MAKE A POSTER EXPLAINING YOUR NEW GAME AND ITS RULES

CHALLENGE SOMEONE TO CREATE A GAME

CREATE A NEW OR DIFFERENT TYPE OF GAME