

BEING ACTIVE AT HOME



Make sure you spend plenty of time without looking at a screen. Find a way to entertain yourself in a safe and sensible way. Stuck for ideas? Why not give some of these activities a go! Make sure you ask your adults before playing. They may want to join in too!



BALLOON VOLLEYBALL

ALL YOU NEED IS A BALLOON! SELECT AN OBSTACLE TO TAP THE BALLOON OVER (SOFA, CHAIR, STACK OF DVDS, CUSHIONS, THAT PILE OF CLOTHES YOU SHOULD HAVE ALREADY PUT AWAY). IF IT HITS THE FLOOR ON YOURS OR YOUR TEAM'S SIDE, THE OTHER SIDE WIN A POINT.

HAVE AS MANY TAPS AS YOU NEED TO GET IT OVER THE OBSTACLE, JUST REMEMBER YOU'RE NOT ALLOWED TO CATCH IT.

CHANGE IT UP. MAKE SOME NEW RULES, TRY IT SITTING DOWN. SEE HOW BIG OF A RALLY YOU AND THE OTHER PLAYERS CAN GET TOGETHER (OR BY YOURSELF!)

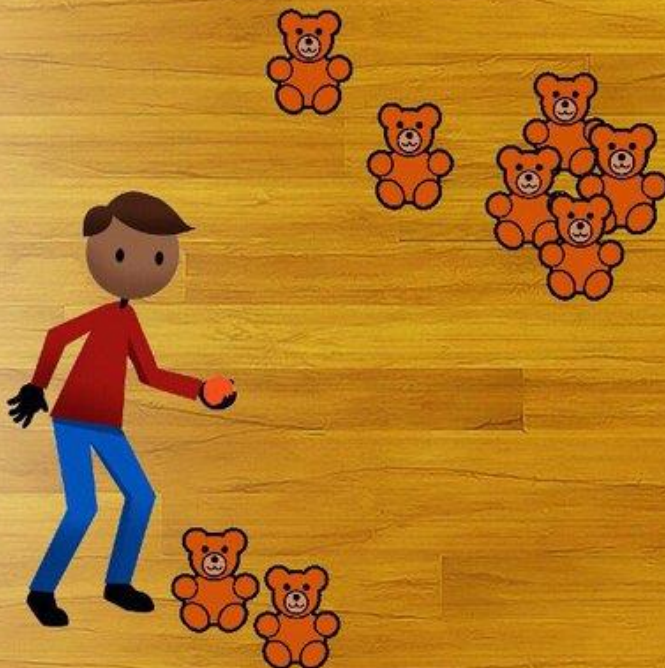
CATCH 10

FIND A LIGHT OBJECT WHICH YOU CAN TOSS AND CATCH TO YOURSELF (SMALL BALL, BEAN BAG, TEDDY, THE SMELLY SOCKS YOU'RE WEARING). LIKE A VIDEO GAME, SEE IF YOU CAN UNLOCK EACH LEVEL AND ACHIEVE LEVEL 10! PERFORM EACH TASK 5 TIMES BEFORE MOVING ON TO THE NEXT LEVEL!

COMPLETED IT? CREATE YOUR OWN LEVELS AND CHALLENGE YOURSELF AND SOMEONE ELSE!

- 1: TOSS UP AND CATCH
- 2: TOSS UP, CLAP AND CATCH
- 3: TOSS UP, CLAP, CLAP AND CATCH
- 4: TOSS UP, TOUCH SHOULDER AND CATCH
- 5: TOSS UP, TOUCH KNEES AND CATCH

- 6: TOSS UP, TOUCH SHOULDERS THEN KNEES AND CATCH
- 7: TOSS UP, TOUCH FLOOR AND CATCH
- 8: TOSS UP, SPIN AROUND AND CATCH
- 9: TOSS UP, CLAP IN FRONT OF YOU AND BEHIND YOU AND CATCH
- 10: TOSS UP, 5 CLAPS AND CATCH



TARGET PRACTICE

FIND A SAFE SPACE AND COLLECT YOUR TARGETS (TEDDIES, EMPTY BOTTLES, SHOES, DVD CASES ETC).

FIND A SOFT OBJECT YOU CAN UNDERARM THROW (BALL, A TEDDY, ROLLED UP SOCKS)

SELECT A POSITION TO STAND AND PUT YOUR TARGETS OPPOSITE YOU (CLOSER FOR EASIER, FURTHER AWAY FOR A HARDER CHALLENGE)

USE AN UNDERARM THROW AND AIM FOR A DIRECT HIT. IF YOU HIT YOUR TARGET, BRING IT BACK TO YOUR STARTING POSITION.

DON'T STOP UNTIL YOU'VE COLLECTED ALL OF YOUR TARGETS!