

Home Activities!

A fun and inclusive 30 minute activity session for you and your family!

Equipment

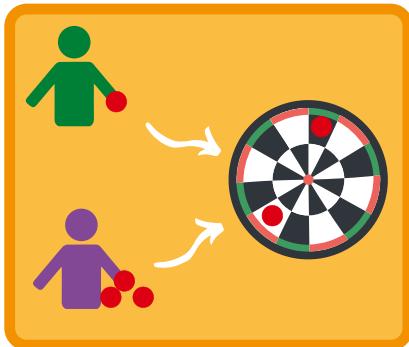
No equipment? No problem!

- Smalls Balls or Rolled-up Socks,
- Bean Bags - Make your own with Pasta/Rice
- Sponge Ball or Rolled-up Jumper, Cushion
- Cones or Plastic Cups, Tins, Toilet Rolls
- Towel or blanket

Activities

Ball Sandwich

- You need a small ball, and two objects that could be tennis rackets - 2 plastic plates, 2 DVD cases...
- Have your partner throw the ball and try to catch it between your rackets
- Swap over once you have reached 5 successful catches



Darts

- Create a Dartboard on the floor
- Each person has 3 bean bags or small balls and throws on to the Dartboard - Add up your score each time
- The aim is to be the first person to add their scores and get to 101

Roller Ball

- Using a towel or blanket, each grab a corner or edge
- Place a ball or other soft object in the middle of the towel
- Move the ball around the towel, make it fly in the air, and try and catch it to
- This works best with the more people who do it



Cool Down

Hop Scotch

- Create your own hopscotch grid
- You can do it with chalk outside or with t-shirts, towels or cushions inside
- Hop, jump, step around your grid!

Challenge of the Week

Side to Sides

- Roll a towel and see how many times you can jump/step over it in a minute?

Send us your videos & photos online!

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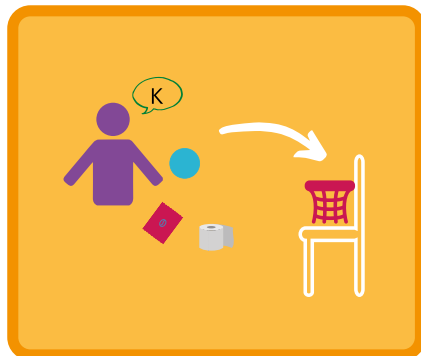
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Activities

Pirates and Sharks

- Set out a square and choose one person to be a 'Pirate' and one to be a 'Shark' - If you have more people, they can all be 'Pirates'
- Pirates jump to get away from the Sharks, but you can only make one jump, push, or step at a time
- If a Shark jumps and tags a Pirate, swap over

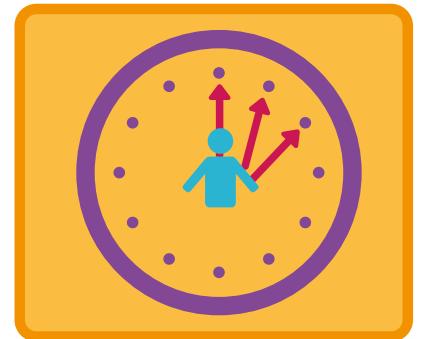


Shoot Your Name

- Create a goal or net - You could use chairs, a bucket, anything
- You have to aim to get your ball in to the goal or net
- Each time you score, you step back but also get a letter of your name
- You keep going till you have spelt your name
- You can choose different words to try and spell too!

Stop the Clock

- Create a clock on the floor, with 12 cones or cans marked on the floor
- You have to move and touch each number coming back to the middle each time working your way from 1 to 12
- To make it easier, bring your numbers closer to you



Cool Down

Balance Beam

- Create a balance beam using a towel on the floor
- See how you can balance and do different stretches without stepping off your towel/beam

Challenge of the Week

Washing Machine Challenge

- Can you kick or throw a pair of socks in to your washing machine?
- How many goes does it take?

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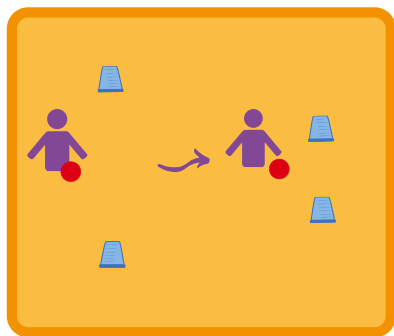
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Activities

Simon Says

- You can do this one with or without equipment
- Choose someone to be a leader who will give different instructions
- You should only do the instruction if the leader says 'Simon Says' first
- If they do not say 'Simon Says...', you should carry on and not do the new instruction
- LEADERS - Be imaginative with your directions, get people moving with different parts of their body
- Make sure you swap leaders so everyone has a turn moving around and being active

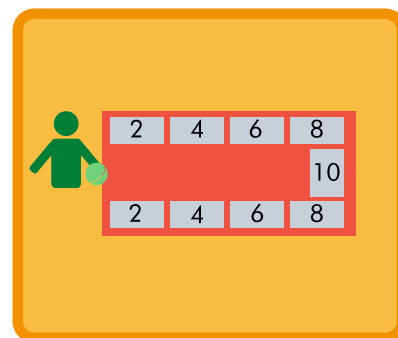


Goal!!!

- Using two objects to create a large goal
- You have to try and kick or roll the ball between the goal
- Each time you score a goal, make it smaller bringing the objects closer
- If you miss it, you must do it a forfeit e.g 5 toe touches, or 5 star jumps
- Keep going till you have a tiny goal!

Table Cricket

- On a table, place books, DVDs & CD's along the edge
- Using your hand, or a DVD case, as a bat aim to hit the ball at the targets
- See the diagram to see how you can score points



Cool Down

Animal Charades

- Play with a partner, move and stretch your body to be like an animal. See if your partner can guess what you are!
- Think about being really little animals like a mouse, to really big tall animals like a giraffe or elephant

Challenge of the Week

Balance the Bag

- Balance a bean bag, bag of pasta or a toilet roll on your head
 - Time how long you can balance it
- Send us your videos & photos online!

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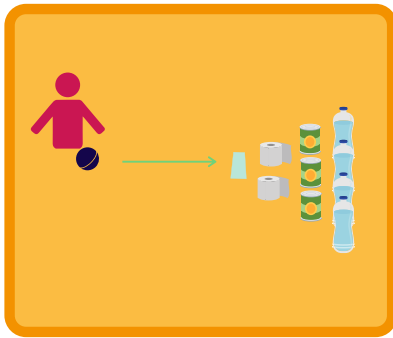
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Activities

The Numbers Games

- You need to clear a space where you can move - you can jog on the spot, walk, shuffle, hop etc.
- Choose someone to be a leader
- Keep moving until your leader, shouts out a number!
- Do that number of moves like 5 Star Jumps or 3 claps or 2 toe taps - BE CREATIVE
- Then keep moving!

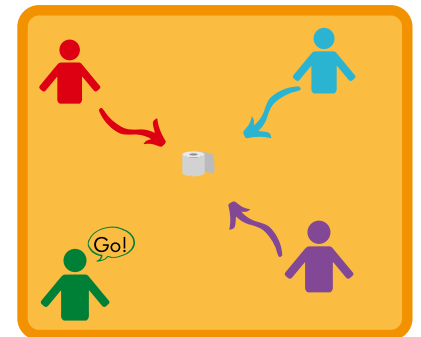


Bowling

- Find 10 objects and create a triangle at end of the room
- Using a small ball, tin, or something similar that will roll, bowl this down your 'alley' towards the triangle, knocking down as many as you can
- You get two bowls to try and knock down all 10 objects and then swap
- Write down how many objects you knock down each time, and see who has the most after 10 turns each

Steal the Ball

- Put an object in the middle of your room
- Stand opposite your partner away from the ball
- Get a leader to shout 'Go!' and move as quickly you can to get the ball
- The person to get the ball first wins!
- You can do this with all your family, just make sure you swap Leaders



Cool Down

Copy Cat

- Moving around the room in partners or groups copy the person in front
- Try to use your whole body, get low to the ground and high to the sky

Challenge of the Week

Keepie Uppies

- Either kick or throw a ball in the air as many times as you can without dropping it

Let us know how many you did on our social media!

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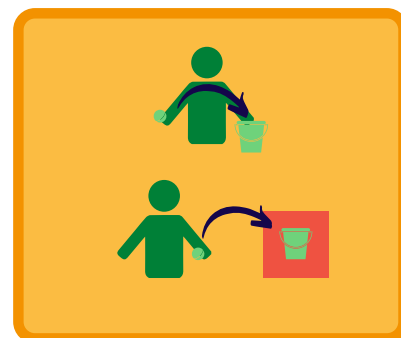
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- Cones or Plastic Cups, Tins, Toilet Rolls
- Bucket, Saucepan or Large Bowl

Activities

Tennis Catch

- You need a ball and something to catch it in e.g saucepan or big bowl
- With the ball in one hand and your saucepan in the other, throw the ball up and try to catch it in your sauce pan
- You can make it harder by using a smaller cup, make it easier with the bowl on a table and use both hands to throw it
- See how Coach Joe did it on our Tennis Tuesday Video [here!](#)



Volcanoes and Craters

- In your space scatter cups with some cups the right way (Volcanoes), some cups upside down (Craters)
- You can play this on your own, or with your family, but team up to be Volcanoes or Craters
- In a set time, one team has to try and make all the cups look like Volcanoes, and one team has to make them all Craters
- The team at the end with the most their way, wins!

Snake

- Set out cones, tins or cups in a long line with space between each to get through
- Like a snake, run, dribble with a ball, or balance a ball on tray, in and out of the cones
- You can make it harder by making the space smaller or speeding it up



Cool Down

Wildlife Walk

- Pretend you are walking through the woods
- Stretch and pretend to be different things you would find in the woods
- Stretch tall like a tree, or get small like a mouse

Challenge of the week

Rainbow Race

- Race to collect different coloured objects from around your house and make a rainbow!

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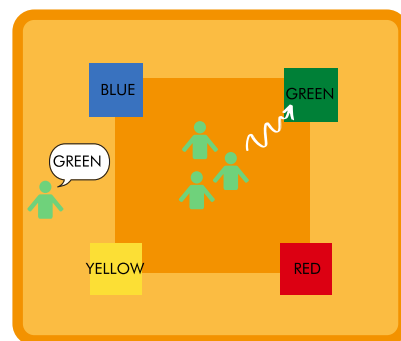
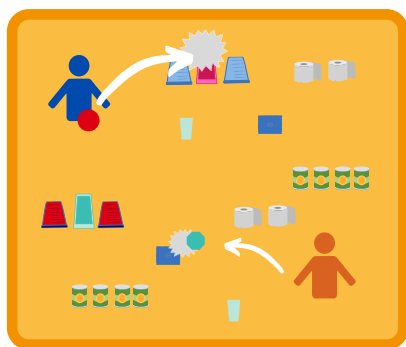
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Activities

Four Corners

- Create a square in your space with four different coloured corners
- Start in the middle and get someone to call out a colour
- Run, walk, shuffle or push yourself to that corner as quickly as you can!
- Play this with your family, and the first person to get to the corner wins!
- Be imaginative as to how you can move to each of the different corners

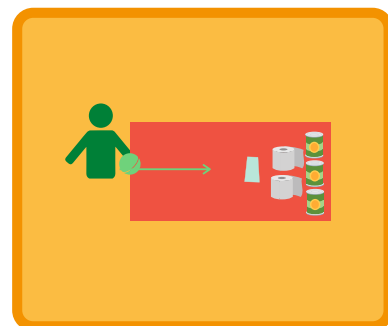


Battle Ships

- In pairs, create 'Ships' out of cones, cups, tins, within your space
- You can have single small ships, or big ships made up of 3/4 items
- Each player should have 5 ships each and should spread them around the space
- Using a ball, you should take turns to try and to hit your partners ships to make them explode!

Table Skittles

- Arrange cups, tins etc., into a triangle at the opposite end of the table
- Roll, throw, or hit a ball down the table to bowl over as many 'skittles'
- You can make it harder using a smaller ball, or adding more skittles



Cool Down

Alphabet Yoga

- Try & spell your name through different stretches/yoga moves.
- You can do it standing, lying, or however you can think!

Challenge of the Week

Bucket Challenge

- Put a bucket at the end of the room and see how many socks, balls, bean bags you can throw in 1 minute!

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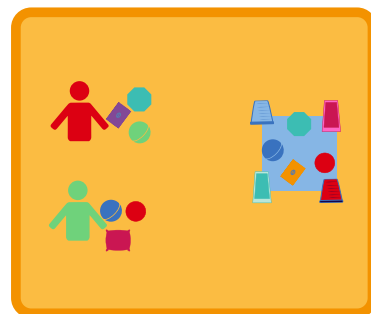
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- Hockey Stick or Broom, Mop

Activities

Into The Box

- Create a square, or if you have a washing basket or bucket use this
- With a partner, take it in turns to throw objects in your 'box'
- To make it harder, you can move further away, or consider throwing it differently - your weaker side? over your shoulder? blindfolded?
- The person with the most balls in the square wins!

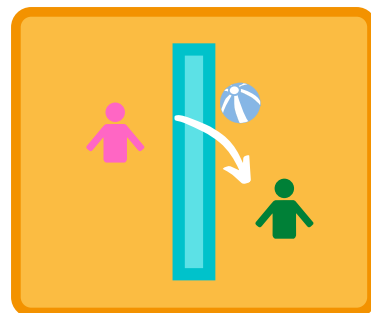


Follow the Leader

- With a partner, each person has a hockey stick and a ball (or whatever you may have) - You can do this one with all your family!
- Move around your space, with one person as the leader and the other to copy
- Do different skills like dribble side to side, or round different obstacles

Seated Volleyball

- Clear a space on the floor and create a net - You can use chairs, towels
- With everyone seated, throw the ball over your 'net' as if playing volleyball - A balloon is great swap!
- Count how many you can do without dropping it!
- You can make it easier and take away the net



Cool Down

The Floor Is Lava

- Imagine the floor is lava with safe spaces of 'molten rock' - These can be marked areas using cones, tshirts, towels etc.
- Set yourself challenges to move around the room, avoiding the 'lava' floor

Challenge of the Week

Tetris

- How high can you stack your different pieces of equipment?
- Send us your videos & photos online!

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#StayActiveWithAccess #StayInWorkOut

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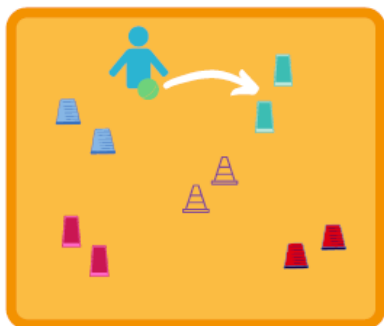
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Activities

Hide and Seek

- Scatter different objects around your space but keep one space clear as a 'home'
- In an allotted time collect as many objects as you can one at a time bringing them back to your 'home'
- You can shuffle, run, hop etc. to collect it, however you want to move!

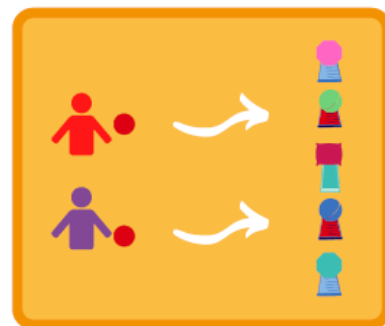


Through the Gates

- In your area create 'gates' using pairs of cones
- Go through the gates in an allotted time scoring a point for each one you go with
- Try dribbling or passing a football, balancing a ball on a racket or a tray on your lap if seated

Target Throw

- Set out a line of cones with something balanced on top
- One at a time throw, kick or roll your balls to knock of your target
- Award yourself points for different targets!



Cool Down

Mirror Mirror

- Standing in front of your partner, copy each other's movements and stretches like you are looking in to a mirror
- Be as imaginative as you can, stretching out and relaxing your muscles

Challenge of the Week

Hot Potato

- How many times can you throw a ball between your family without dropping it?

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