**Activities to keep your children active**

**Games for hand / eye coordination**

**Balloon Volleyball**

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| Equipment | How to play |
| Balloon  [Image result for balloon](https://www.google.co.uk/url?sa=i&url=https://www.click4balloons.co.uk/qualatex-11-inch-balloons---pearl-ruby-red-11-balloons-radiant-100pcs-26554-p.asp&psig=AOvVaw0kR5LTzDDac_dDFpsHq8Y6&ust=1584708409269000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPjQsJfJpugCFQAAAAAdAAAAABAD)  String / rope – to create a net | Try to keep the balloon off the floor – see how many times with a partner you keep the balloon in the air  Try to ground the balloon on the floor on the floor of your oppositions side of the net |

**Target practice**

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| Equipment | How to play |
| Washing basket  [Casa Handy Hipster Plastic Laundry Basket](https://www.plasticboxshop.co.uk/images/casa-handy-hipster-plastic-laundry-basket-p357-9699_image.jpg)  Rolled up socks | Aim at the basket and see how many rolled up pairs of socks you can get in the basket  Increase the distance of the basket to make more difficult |

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| Equipment | How to play |
| Empty cereal boxes, tea bag boxes and any other boxes  [Image result for empty cereal boxes](https://www.google.co.uk/url?sa=i&url=http://michelemademe.blogspot.com/2010/09/tutorial-webbily-halloween-lantern.html&psig=AOvVaw1QBrXYJkPwMb7s5zcYo59H&ust=1584788396892000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLCy1_3yqOgCFQAAAAAdAAAAABAD) | Stack the boxes to make a tower  Knock them over by rolling a ball or rolled up socks |

**Using pegs**

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| Equipment | How to play |
| https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcT7pQW7d0Am9IXXvVpBse4hVFjvlLXU0pDrjrUiz2MVvAic2H9sD0KcE04tr2I9H2IpB-Ry_6E&usqp=CAcPegs  https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcQ7Um_M57CCxGz24c3mYuFp11yjHuhyriSei4rP_7kUMDF2laM8Pb4s65is5kD0n9RRwAgzHJU&usqp=CAc  Saucepan / mixing bowl | See how many pegs you can attach to the bowl in a timed period.  See how many pegs you can take off the side of the bowl in a timed period. |

**Tong pick up**

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| Equipment | How to play |
| Pair of tongs, bowl ,rolled up socks  [Image result for rolled up socks](https://www.google.co.uk/url?sa=i&url=https://www.istockphoto.com/photos/rolled-up-socks&psig=AOvVaw1B6z2tXOhMfjPtj2l1xuyg&ust=1585305303421000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPDowtv4t-gCFQAAAAAdAAAAABAD)https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSBkRxFDTU0__B9py55hxlw8TU7MSSuJni15XDpqmvp7lJn_iQFvGjYxyZgIhRHzXwX9Y-GFaU&usqp=CAc  https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcQ7Um_M57CCxGz24c3mYuFp11yjHuhyriSei4rP_7kUMDF2laM8Pb4s65is5kD0n9RRwAgzHJU&usqp=CAc | Pick up different size objects (light in weight) and drop into bowl  See how many items you can drop into the bowl in a timed period. |

**Pass the egg**

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| Equipment | How to play |
| Empty egg carton x 2  [Image result for empty egg carton](https://www.google.co.uk/url?sa=i&url=http://www.recipris.com/2013/03/21/10ways-to-reuse-egg-cartons/&psig=AOvVaw0kRcRgAvahvufhvaurxAaZ&ust=1584704418768000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKiDopi6pugCFQAAAAAdAAAAABAD)  Hard boiled eggs / tomatoes/ ping pong balls | Transfer eggs / tomatoes/ ping pong balls from one container to the other.  Use a timer to see how quickly you can do it.  Try it with your non dominant hand too if you are able to. |

**Tube target**

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| Equipment | How to play |
| [Image result for empty kitchen roll tubes](https://www.google.co.uk/url?sa=i&url=https://www.blanco.com/us/blog/2011/03/day-29-30-day-countdown-to-earth-day/&psig=AOvVaw3DkD_z_AWtdnu90766DDr4&ust=1584790131674000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNjqxbj5qOgCFQAAAAAdAAAAABAE)Kitchen roll tube  Bowl  https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSE9JCDuX1Od3_LJB6Zl4b2Oz26YxgA5dLLCrnrvwyKtIAOD2yqx-sSdBfn2atcco7ywGXviUmSLvY&usqp=CAcTable tennis balls  [Image result for table tennis ball](https://www.google.co.uk/url?sa=i&url=https://www.earlyyearsresources.co.uk/pe-equipment-c1030/table-tennis-c1817/jumbo-table-tennis-balls-p46989&psig=AOvVaw2WRe5U9vlDUix2A-smmUix&ust=1584790222131000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjSo-f5qOgCFQAAAAAdAAAAABAD) | Pick up the table tennis ball or small object ( that can fit in a kitchen roll tube)  Aim the tube at the bowl and release ball/ object down the tube into the bowl for a goal  Count how many you can get out of 5.  Try your non dominant hand too |

**GoNoodle**

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| Equipment | How to play |
| [Image result for gonoodle get yo body movin](https://www.google.co.uk/url?sa=i&url=https://family.gonoodle.com/activities/get-yo-body-movin&psig=AOvVaw3QXbFvgfDradzCb477E6uC&ust=1585221353929000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNiq_vO_tegCFQAAAAAdAAAAABAD) | Go to You tube and type in GoNoodle “Get yo body movin”  It’s a fun action song for all to join in with |

**Exercise, Rhyme and freeze- Jack Hartman**

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| Equipment | How to play |
| [Image result for exercise,rhyme and exercise jack Hartmann](https://www.google.co.uk/url?sa=i&url=https://www.youtube.com/watch?v=cSPmGPIyykU&psig=AOvVaw00BLaOLVKzkvghUZMF8fef&ust=1585221555524000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOjfh9XAtegCFQAAAAAdAAAAABAD) | Go to You tube and type in  “Exercise, Rhyme and freeze” Jack Hartman  This is a fun action song that also helps learn rhyming words. |