**Activities to keep your children active**

**Games for hand / eye coordination**

**Balloon Volleyball**

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Balloon Image result for balloonString / 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 airTry to ground the balloon on the floor on the floor of your oppositions side of the net  |

**Target practice**

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Washing basket Casa Handy Hipster Plastic Laundry BasketRolled 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  |

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Empty cereal boxes, tea bag boxes and any other boxes Image result for empty cereal boxes | Stack the boxes to make a tower Knock them over by rolling a ball or rolled up socks  |

**Using pegs**

|  |  |
| --- | --- |
| 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=CAcSaucepan / 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**

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Pair of tongs, bowl ,rolled up socks Image result for rolled up sockshttps://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSBkRxFDTU0__B9py55hxlw8TU7MSSuJni15XDpqmvp7lJn_iQFvGjYxyZgIhRHzXwX9Y-GFaU&usqp=CAchttps://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**

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Empty egg carton x 2 Image result for empty egg cartonHard 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**

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Image result for empty kitchen roll tubesKitchen roll tube Bowlhttps://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSE9JCDuX1Od3_LJB6Zl4b2Oz26YxgA5dLLCrnrvwyKtIAOD2yqx-sSdBfn2atcco7ywGXviUmSLvY&usqp=CAcTable tennis ballsImage result for table tennis ball | 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 goalCount how many you can get out of 5.Try your non dominant hand too |

**GoNoodle**

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Image result for gonoodle get yo body movin | 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**

|  |  |
| --- | --- |
| Equipment  | How to play  |
| Image result for exercise,rhyme and exercise jack Hartmann | Go to You tube and type in “Exercise, Rhyme and freeze” Jack HartmanThis is a fun action song that also helps learn rhyming words. |