



WINDSOR
SCHOOL SPORT PARTNERSHIP

**HOME
ACTIVITY
IDEAS**

-

PRIMARY



WINDSOR

SCHOOL SPORT PARTNERSHIP

In this booklet, you will find a whole range of fun activities designed to be played:

- at home
- in the garden
- with very little equipment
- and are fun with few people. For most of the games you can let them play on their own if your child or children are independent.

Use your imagination to evolve the games, add your own rules and vary the equipment needed:

- Indoor balls: rolled up socks or scrunched up paper
- Creating lines: Use anything to create place markers; string, broom handles, or sticks outside
- Targets: Anything will do: a bucket, hoop, soft toy or pillow
- Bats or rackets: Don't worry if you don't have the right sports equipment, use a broom handle or stick as a bat and a thick book as a tennis racket.

Some items aren't always readily available but you can add them to your shopping list:

balloons, chalk, string.

SHEET FORT

AGE: 5 to 9

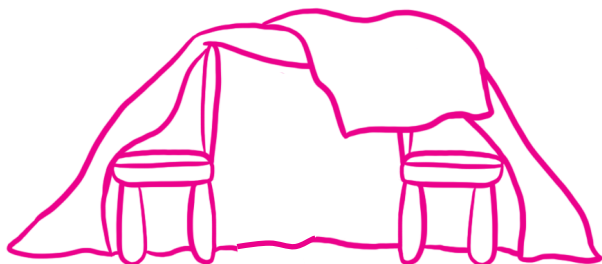
NUMBER OF PEOPLE: 1+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Bed sheets and imagination

HOW TO PLAY:

Using sheets, build a fort using sofas and chairs and then play cowboys and indians. Create different areas or rooms in the fort. Feel free to use it as your den for the day. What are you going to call it? What other activities can you do inside? Read a book or even have lunch. What's your password to enter?



SOCK BOWLS

AGE: 7 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

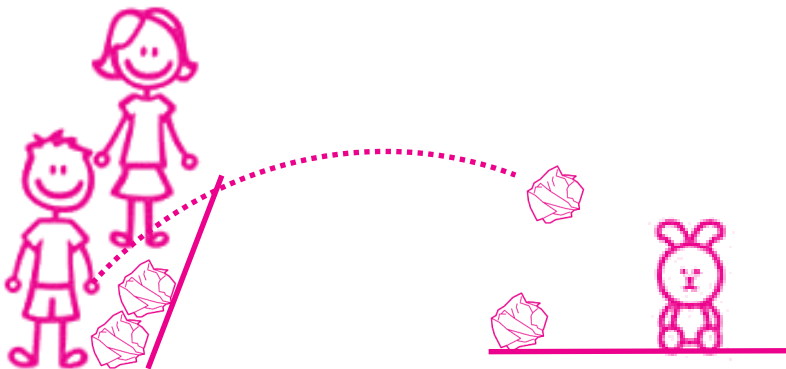
EQUIPMENT NEEDED: 1 soft toy. 3 rolled up socks per person. Ideally 1 colour per person

HOW TO PLAY:

Place a soft toy on the floor. Each person takes it in turn to throw one of their bunched up socks or paper ball closest to a toy. After all socks are thrown, the closest to the toy wins that round.

The winner of the previous round chooses where to place the toy for the new round.

First to 6 wins an end.



FREEZE DANCE

AGE: 5-9

NUMBER OF PEOPLE: 4+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Music with a pause button

HOW TO PLAY:

Choose one person to be in charge of the music. When the music starts, everyone else dances, the crazier the better. When the person in charge of the music presses pause, the dancers must freeze. Anyone caught moving after that is out. Play carries on until there is one person left, the winner can be in charge of the music and choose the next song.

Alternatively, to avoid being out, create a points system where you score a point if you freeze in time.



ROBOT

AGE: 5-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Blindfold/scarf and soft toys

HOW TO PLAY:

Spread a selection of soft toys on the floor. Starting away from the toys, in pairs, 1 person is blindfolded (using a scarf) and is the 'Robot'. Their partner tells them how and where to move to pick up objects and bring them back. Take turns picking up the toys.

Challenge yourselves by choosing a specific toy each time. Make it harder by not allowing the Robot to touch any of the other toys on their journey. If they do, they have to start again.



CLOSEST TO WALL

AGE: 5+

NUMBER OF PEOPLE: 2+

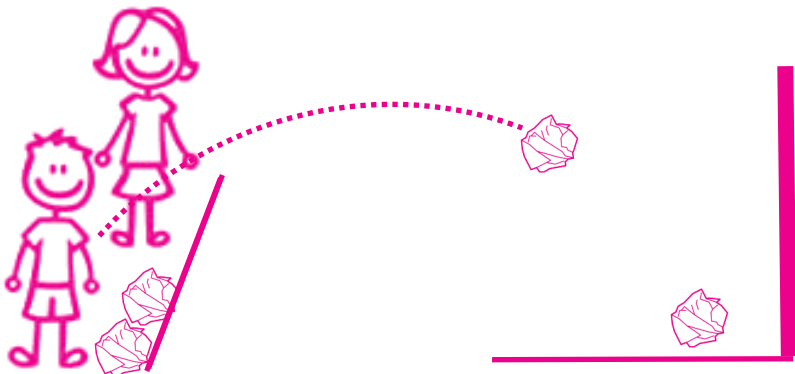
SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Balls, beanbags, socks, paper balls

HOW TO PLAY:

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.



RIVER CROSSING

AGE: 5-11

NUMBER OF PEOPLE: 1+

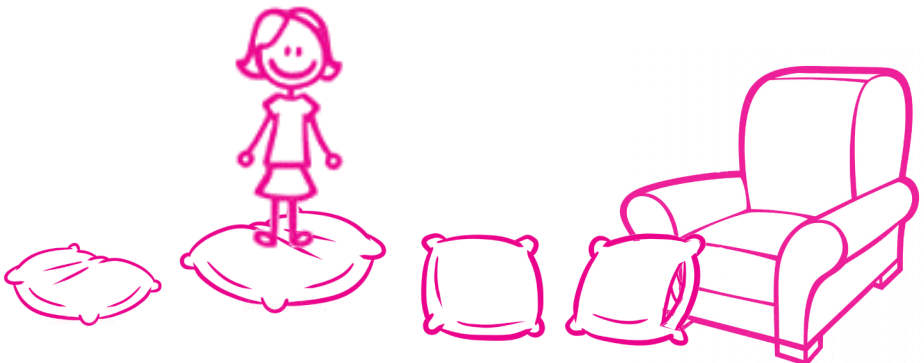
SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Pillows, chairs

HOW TO PLAY:

Your aim is to cross from 1 side of the 'river' (the room or garden) to the other without falling in the 'water' (directly touching the floor). You can use any household items to help you cross the river like pillows, chairs, etc. These items 'float' on water.

Try to cross the river by using as few items as possible to make it challenging.



AIR HOCKEY

AGE: 5-11

NUMBER OF PEOPLE: 2-4

SPACE NEEDED: Table

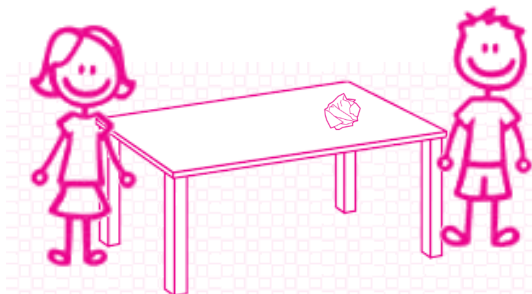
EQUIPMENT NEEDED: Table and books, cartons, paper balls and plastic cups

HOW TO PLAY:

Create an air hockey table by placing books, juice cartons around the edge to make the wall leaving a gap at either end of the table for the goals. Use a scrunched up paper ball. You can use an upside down plastic cup as the pusher instead of your hands.

Opponents stand defending their gap/goal with one hand and hit the paper ball towards the other goal.

Add more players by creating more gaps and play multi ball by adding more paper balls.



JUMPING DICE

AGE: 5-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Stairs

EQUIPMENT NEEDED: Stairs and a dice
(online dice are available)

HOW TO PLAY:

Start at the bottom of the stairs, and take turns to be the climber.

The first climber:

- Rolls the dice and climbs up that number of stairs (eg. If you roll 4, go up 4 steps).
- Rolls again and climbs down that number of stairs minus 1 (eg, if you roll a 3, go down 2 stairs).

It's then the next person's turn.

The first person to reach the top of the stairs wins.

Create a half way point (eg. the landing). When you reach this point, you then can't go lower.



LASER MAZE

AGE: 5-11

NUMBER OF PEOPLE: 2+

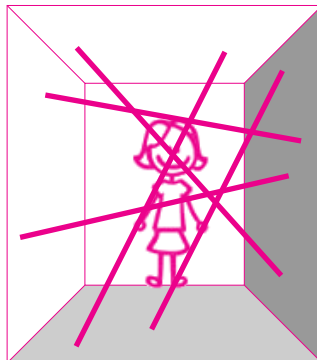
SPACE NEEDED: Corridor

EQUIPMENT NEEDED: Crepe paper, ribbons, string, wool and tape or blutack

HOW TO PLAY:

In a corridor, set up, with the children, laser beams in all directions (high, low, diagonally, horizontally) by sticking the ribbons (preferably red) to the walls with blutack.

The children then have to cross the corridor like in Mission Impossible without touching any of the laser beams. You can even put 'traps' on the floor that they can't touch either.



TOY HIDE & SEEK

AGE: 5-9

NUMBER OF PEOPLE: 2+

SPACE NEEDED: House

EQUIPMENT NEEDED: 5 toys each. The den can be a corner of the sofa

HOW TO PLAY:

Each person chooses 5 toys and places them in their 'den' in the living room. To start the game, a person has 1 minute to hide their opponent's toys around the house. They then wait whilst their opponent hides their toys.

Then at the same time, they all go looking for their toys.

First person to bring all their toys back to the den wins.



CUP HIDE & SEEK

AGE: 5-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: House

EQUIPMENT NEEDED: Cup or Trophy: a toy or a bottle

HOW TO PLAY:

This game is similar to hide and seek but the seeker has a 'cup' or 'trophy' to defend too (that they can't move, usually placed in middle of the living room).

As normal, the hiders mustn't get caught but they can win by grabbing the cup before they are found by the seeker.



TORCH SEEKERS

AGE: 7-11

NUMBER OF PEOPLE: 1+

SPACE NEEDED: House at night

EQUIPMENT NEEDED: Torches or phones using the torch mode and sticky notes

HOW TO PLAY:

Without the children seeing, put sticky notes up all over the house. At night time, give each child a torch, turn all the lights off. They try to find sticky notes using the torch. You can add different values or points to the sticky notes to mix it up.

Most notes or points at the end wins.



SAVE THE BEARS

AGE: 5-11

NUMBER OF PEOPLE: 1+

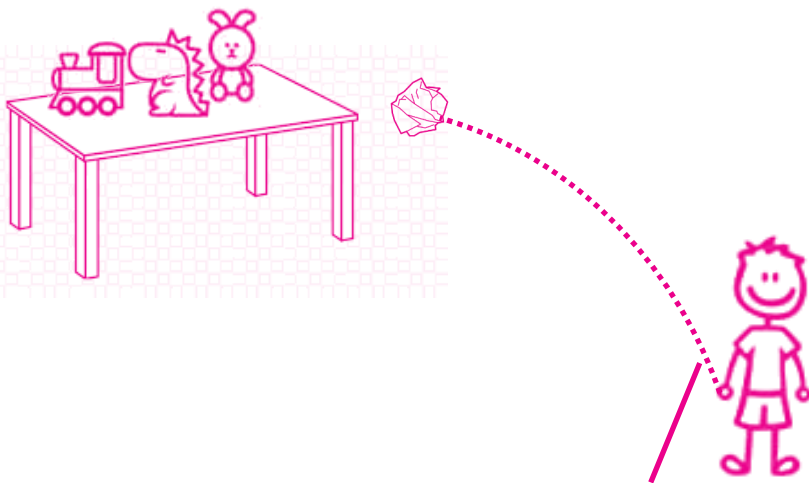
SPACE NEEDED: Dining Room or Garden

EQUIPMENT NEEDED: Soft toys or bottles and rolled up socks

HOW TO PLAY:

Set up the soft toys, the 'bears', on a table. From 3+ metres away, using rolled up socks, try to knock over the toys. You save a 'bear' when you hit it, go and collect it.

You can make it a competition by taking it in turns to throw. Most bears saved wins.



ROCK, PAPER, SCISSORS TAG

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: String to create lines on the floor

HOW TO PLAY:

Set out 2 parallel lines 5 metres apart. In pairs, meet in the middle, face each other and play rock paper scissors. The winner of rock paper scissors has to get back past their line without getting tagged by the other person. The loser has to tag the winner before they cross the line.

You can replace the rock, paper, scissors actions with whole body actions instead. For example; rock: crumple into a ball, paper: spread out as flat and wide as possible, scissors: jumping jacks.



BLINDMAN'S BLUFF

AGE: 5-9

NUMBER OF PEOPLE: 3+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Blindfold or Scarf

HOW TO PLAY:

Choose 1 person to be blindfolded using a scarf. Everyone else has 5 seconds to scatter around the room then they stop. They aren't allowed to move their feet but can dodge with the upper body.

The blindfolded person tries to find them all. Take it in turns to be blindfolded. How long does it take to find everyone?



BLANKETBALL

AGE: 5-11

NUMBER OF PEOPLE: 2+

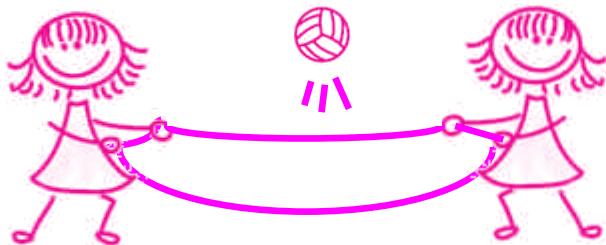
SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Blanket, soft ball or rolled up socks

HOW TO PLAY:

In pairs, hold the corners of a blanket tightly. Place a soft ball on the blanket and stop it from touching the floor. You can try tossing it up in the air and catching it.

If there's another pair playing you can try to bounce it to each other. This must be done outside.



DRAGON'S NEST

AGE: 5-9

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Items to be the treasure: rolled up socks, toys, lego, etc

HOW TO PLAY:

Near a wall, 1 person is the 'Dragon', and they have lots of treasure at their feet (lego, toys, bean bags, socks, etc). Everyone else starts on the other side of the room and approaches the dragon to steal a piece of treasure.

When the dragon looks away, they can move forward. When the dragon looks back, they must freeze.

If the dragon sees them move, the dragon can send them back to start again.

The winner can become the dragon for a new round.



BOTTLE TAG

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Bottle or cone and string to create lines on the floor

HOW TO PLAY:

Two players stand behind their line, 3 metres apart and have to try and get the object, cone or bottle from the middle and take it back past either line without being tagged by the opposite player.

You win by either getting the object past a line without getting tagged or by tagging the other player if they pick up the object.



MARBLES

AGE: 7-9

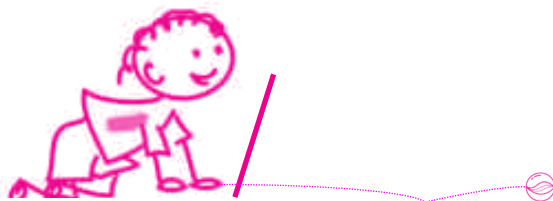
NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Marbles (KerPlunk usually comes with loads)

HOW TO PLAY:

Remember when you used to play marbles growing up? Bring out the marbles again. Use a target marble. From behind a line, closest to the target wins. Take it in turns to flick the marbles using your thumb. You'll know your family variations on the classic game.



BALLOON KEEPY UPPIES

AGE: 5-11

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Balloon, string and chairs. Soft/beach ball for older children

HOW TO PLAY:

Inflate a balloon and play keepy uppies on your own or in teams.

Play seated volleyball: Players are sitting on the floor with some string to divide the room in 2. To score a point, hit the balloon onto the other side so it touches the floor.

Outside and with older children, you can use a slightly heavier ball. Children are allowed to catch and throw the ball instead.

Use 2 chairs and string as a net.



BUILD & DESTROY

AGE: 5-11

NUMBER OF PEOPLE: 1+

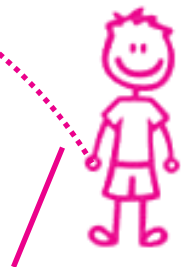
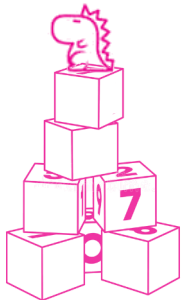
SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Recycled boxes and cartons, teddy bears, lego and rolled up socks

HOW TO PLAY:

Have fun building a castle using non-breakable household items like pillows, cardboard boxes, recycling. Don't forget to use your imagination to add turrets, cannons and place toys or lego people as patrol guards.

Using rolled up socks, become the cannon and aim to destroy the fort.



BUCKAROO

AGE: 5-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Random toys, sports equipment and household items

HOW TO PLAY:

Take it in turns to perform and hold a balance (standing on 1 leg, form a bridge, etc). The others then try to hang as many items on you as possible: hula hoops, hats, toys, pillows, etc

Try challenging balances.



JACKS

AGE: 5-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

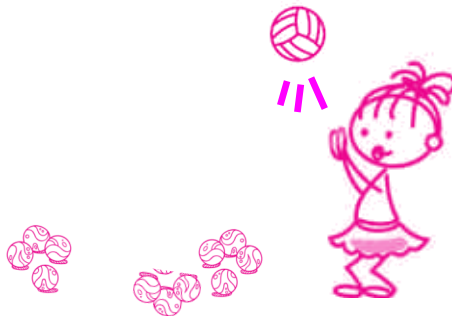
EQUIPMENT NEEDED: Jacks: soft toys, socks, scrunched up paper and a soft ball to throw

HOW TO PLAY:

Set up by scattering the 'jacks' on the floor. Take it in turns to toss the ball up and catch it before the second bounce.

Whilst the ball is in the air, the thrower tries to scoop up jacks before catching the ball. The number of jacks to be picked up goes in order: First you pick one up ("onesies"), then if successful, two ("twosies") and so on.

To make it easier, allow 2 bounces. To make it harder, allow one handed catches only and/or no bounces.



NOT IN MY BACKYARD

AGE: 5-11

NUMBER OF PEOPLE: 2+

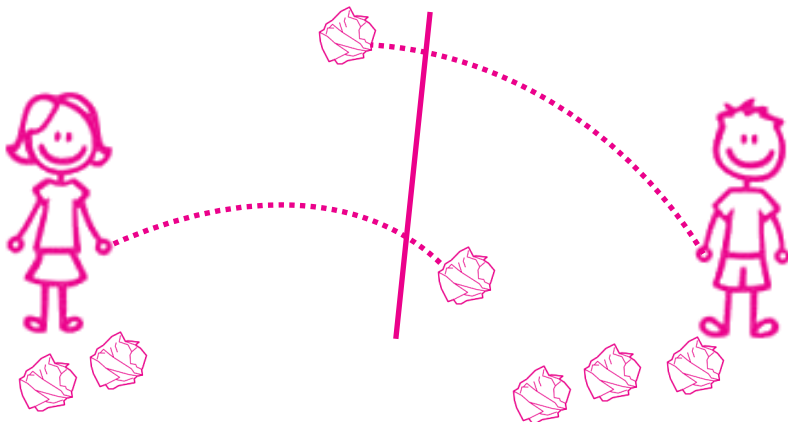
SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Soft items: scrunched up newspaper, rolled up socks

HOW TO PLAY:

Split the room and people in 2. If indoors, sitting down, you have 1 minute to get rid of all the items on your side by throwing them onto the other side, whilst the other team is trying to do the same.

At the end, count the items you have on your side. The team with the least after a minute wins the first round.



PIRATE FLEET

AGE: 5-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: 4 standing toys each.

1 pair of socks

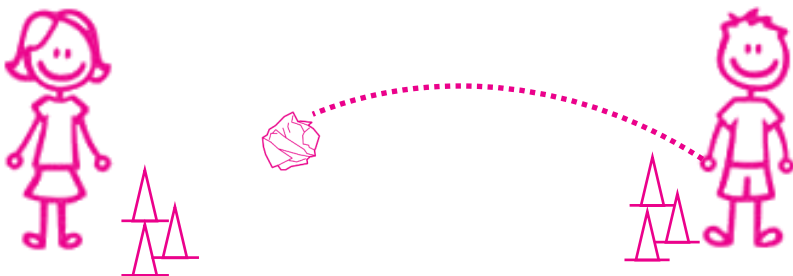
HOW TO PLAY:

2 to 5 metres apart, set up some standing toys at your feet. You are the captain and the toys are your pirate ships.

Take turns to throw a cannonball (rolled up socks) at your opponent's ships. If you knock one over, you go and get it and add it to your fleet.

You are not allowed to protect your fleet.

To make it harder, only count direct hits as you can imagine the floor being the sea and the cannonballs would sink.



PAPER AIRPLANES

AGE: 7-11

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Recycled paper and toys for targets

HOW TO PLAY:

Create paper airplanes. Do you have a family special? Do some research online and look at different types: distance, time aloft, acrobatic or decorative.

Put them into a competition: Target practice hitting soft toys, longest distance, longest aloft, best trick, etc.

You can even colour in your planes.



BOX CHALLENGE

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Cereal boxes

HOW TO PLAY:

Place an empty cereal box standing upright on the floor. You take it in turns to pick up the cereal box off the floor with your mouth. Only your feet are allowed to touch the ground so this challenges your balance and flexibility.

When everyone is successful, move to the next level by tearing off a bit of the box to make it lower.



H.O.R.S.E.

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Balls, rolled up socks

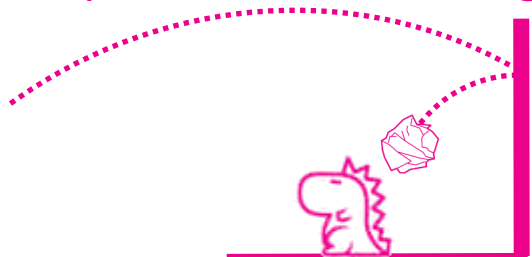
HOW TO PLAY:

Take it in turns to invent a trick shot to try. If you are successful, the others have 3 attempts to succeed, if they don't, then they get the first letter H.

Then try a new trick shot. Every time you fail a shot that someone else succeeds, add an extra letter to spell out H.O.R.S.E.

The last person to spell out H.O.R.S.E. wins.

Use your imagination: use socks and hit teddy bears off the wall, throw between your legs into a basket, roll the ball off the shed roof into a plant pot, netball shooting, etc.



PLAY THE DECK

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Deck of cards

HOW TO PLAY:

Using a deck of cards, assign a movement to each suit and then each person takes it in turns to look at a card and do the assigned movement. If you get #9, you've got to do 9 of them, etc.

Moves can be fitness related: star jumps, squats, press-ups. Or they can be silly: spin around on the spot, impersonate a monkey and do monkey jumps.

Jacks = 11, Queens = 12, Kings = 13.



HEAD, SHOULDERS, KNEES: BOTTLE

AGE: 7+

NUMBER OF PEOPLE: 3+

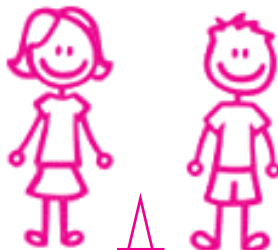
SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Bottle or toy

HOW TO PLAY:

2 players face each other with a bottle or toy on the floor between them. The 3rd person (the ref) shouts out parts of the body to touch eg 'heads': they touch their heads, etc. When the ref says 'bottle', the first person to grab the bottle wins that round and becomes the new ref.

Add other 'winning' instructions like 'wall': first person to touch wall wins, 'pink': touch something pink, etc.



HAT CHARADES

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: 2 hats or bowls and paper to write down adverbs and actions

HOW TO PLAY:

Spend time thinking up some fun adverbs (quickly, surprisingly, casually, etc) and actions (walking the dog, cleaning the dishes, swimming, etc). In the first hat, fold up pieces of paper describing adverbs and in another add actions.

To play: 1 person picks a piece of paper from both hats and performs. The others try to guess both adverb and action.

Take turns acting.



BROOM MINIGOLF

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

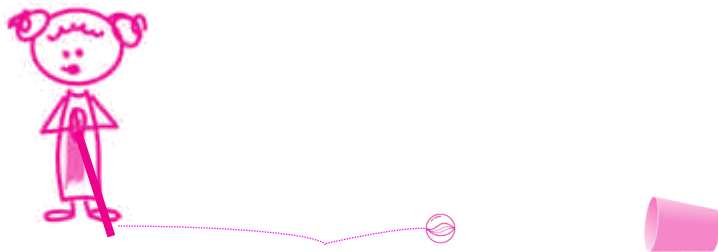
EQUIPMENT NEEDED: Broom sticks, a cup, paper, soft ball or pingpong ball

HOW TO PLAY:

Create a mini golf course around the living room or garden using a tipped over cup as the hole.

Make it more difficult like having to go round corners, in a book tunnel or under chairs.

Use a broom handle or stick as the club. Indoors, the ball can be a Ping-Pong ball or a scrunched up paper ball. Outdoors you can use a soft ball.



JUMPING NUMBERS

AGE: 5-11

NUMBER OF PEOPLE: 2+

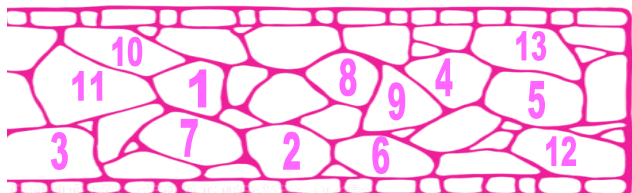
SPACE NEEDED: Patio, pavement, tarmac

EQUIPMENT NEEDED: Chalk

HOW TO PLAY:

Using chalk, write numbers randomly on the patio slabs.

Players take it in turns to compete, jumping number to number. Start with 2 numbers, if the player is successful, they add a number to the sequence and then the next person has a go. (eg. Sequence is 1-8-19, player #1 is successful, they choose to add #11 to the sequence, next player must do 1-8-19-11 to be successful, etc)



WALL BALL

AGE: 7+

NUMBER OF PEOPLE: 2-5

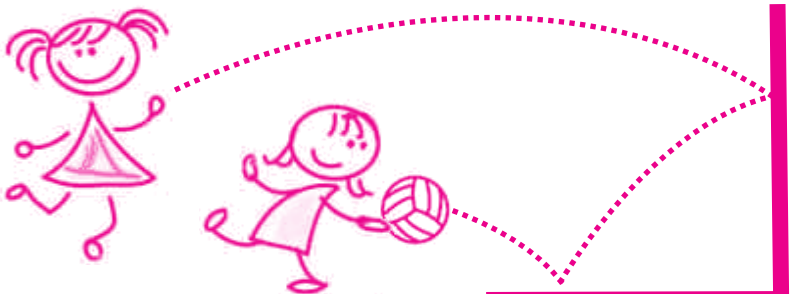
SPACE NEEDED: Outdoor wall and floor space where ball can bounce

EQUIPMENT NEEDED: Ball that bounces

HOW TO PLAY:

Facing a wall, line up in a single file. First person throws the ball against the wall and runs to the back of the line, 2nd person aims to catch the ball before its second bounce and then throws it against the wall and joins the back of the line, etc.

Create a minimum/maximum line on the wall where you can throw the ball. You can make it a game by creating a points system: if you make someone miss, score a point. Or to have only 1 winner, you're out if you miss.



NEWSPAPER RACE

AGE: 5-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: Paper or newspaper pages

HOW TO PLAY:

Each player has a newspaper page that they hold against their chest. At the same time, everyone lets go of the newspaper and starts running around trying to keep the newspaper page from falling to the floor. You can't use your arms, hands or legs to trap the page.

Make it a competition and see who can survive the longest. Alternatively make it a sprint race or a zigzag race.



BALLOON STOMP

AGE: 7-11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: Balloons and string

HOW TO PLAY:

Inflate several balloons and attach them to string. Each person attaches a balloon and string to their shoe.

The aim is to stomp and pop other people's balloons without them popping yours running around the garden.

To save on balloons, create rounds where the last person standing wins each round.

Do check that your children aren't scared of the popping sound.



SOCK BASEBALL

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: Stick and rolled up socks

HOW TO PLAY:

Get your batting skills going. Using a stick as a bat and rolled up socks as a ball. Take it in turns to be the batter and the bowler.

To make it easier, use a tennis racket.

Can you hit and run for a homerun?

How far can you hit it?

How many times in a row can you hit it?



STEP BACK THROW

AGE: 5+

NUMBER OF PEOPLE: 2-4

SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: Ball or rolled up socks and a target/bucket

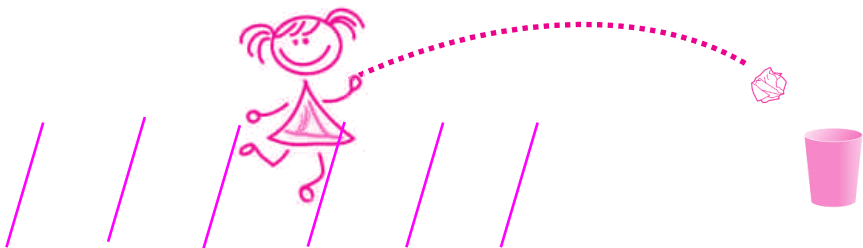
HOW TO PLAY:

Set up a target and increasing distances (every 0.5 metres using leaves or twigs).

Take turns shooting into the target using a rolled up sock. If you are successful, your next throw will be from the next distance.

First to finish all the distances wins.

You can make it a race where you both go at the same time and throw when you're ready. This means you're doing shuttles whilst retrieving the ball.



CRAZY BALLOON RACE

AGE: 7+

NUMBER OF PEOPLE: 2+

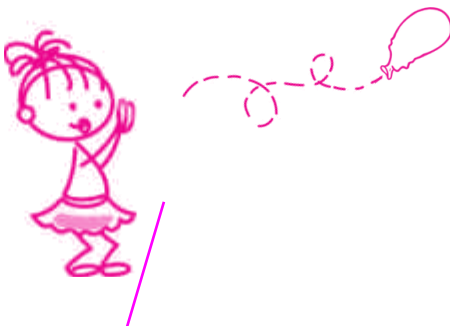
SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: 1 balloon each

HOW TO PLAY:

Create a start and finishing line. Each person takes it in turns to inflate a balloon (without tying a knot) and lets go to see it fly, they then move to where it landed and start again.

The first person that gets their balloon to cross the line wins.



BEAN BAG GOLF

AGE: 5+

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: Beanbags/balls/socks and targets: hoops/bucket/bottle

HOW TO PLAY:

Walk round the garden or park setting up the 'golf course' using targets (hoops, buckets) as holes and use markers as a tee.

In as few throws as possible, starting at the tee and using a beanbag or a pair of rolled up socks, get the beanbag into the hoop. Throw your next shot from where your last throw lands. Try to beat your course record (the fewer the better).

Alternatively, play Speed Bean Bag Golf where you aim to go round the course as fast as possible (the amount of throws doesn't matter). You're not allowed to move with the bean bag.

