

sporty games to play, Quidditch and more sport websites

#FOOTSHAKE DANCE CHALLENGE- YOUTUBE SHOWS VIDEOS!-

TOILET ROLL KEEPY UPYS- OR BALL UP SOCKS



Quidditch pong

<https://thedeliberatemom.com/indoor-physical-education-ideas/>

<https://www.premier-education.com/stay-active/>

<https://fit.sanfordhealth.org/discover?category=move>

https://www.educationworld.com/a_lesson/rainy_day_physical_activities_school.shtml

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

<https://www.surfnetkids.com/resources/juggle/>

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/equipment/no-equipment/>

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<https://www.acefitness.org/education-and-resources/lifestyle/tools-calculators/heart-rate-zone-calculator/>

<https://www.daviessports.co.uk/60-second-personal-challenge/>

<http://www.activityalliance.org.uk/how-we-help/resources>

<https://topsportsability.co.uk/login>

<https://www.british-sign.co.uk/learn-online-british-sign-language-course/> - try to learn a new skill

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more games ks1

HOT LAVA

I used to play this all the time as a child! I made a simple version for our homeschool by cutting out squares of non-skid shelf matting. I spread the matting around on the floor, and the players have to hop from “stone” to “stone” without falling into the hot lava.

DANCE PARTY

Put on some music and bust out your best dance moves. You can organize some dances too, like a conga line, the [Chicken Dance](#) (one of my personal favourites) and the limbo!

SNOWBALL” FIGHT

Ball up some [white socks](#) and throw them at one another! Don’t get hit or you turn into a snow statue!

BALANCE BEAM

This is an easy one to set up.

Stick a long piece of [painter’s tape](#) to the floor and encourage your children to walk across the beam without falling off. You can make it more challenging by having them hop from one balance beam to another.

HOPSCOTCH

While you have the painter’s tape out, why not set up a game of hopscotch? Use a bean bag to toss onto the squares of the hopscotch area.

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If you don't want to waste painter's tape, you could always purchase a [hopscotch rug](#) and roll it out when you want to play.

HULA HOOPS

Have you ever done 1 minute of hula hooping?! It's quite the workout! Get out some small [hula hoops](#) and challenge your children to keep their hula hoop up as long as they can.

BEAN BAG TOSS

Set up a target and have your children toss bean bags into it. You can have bowls (each worth a different point value), use a box with cuts holes in it, or you could set up a store-bought [bean bag toss game](#)!

EGG SPOON RACE

Use tablespoons to carry a plastic egg (like the ones you find in stores before Easter) across the room to a partner. Transfer the egg from your spoon to your partners' spoon without dropping it and then race back to the starting line.

We have this cute [egg and spoon race game](#) that we like to use. When the egg drops, the "shell" cracks and the bean bag yolk falls out. It's so much fun!

TAIL TAG

Place a piece of fabric in a child's back pocket or loosely wrapped around a belt loop. Everyone chases that child and tries to pull the tail out!

CAPTAIN, YES CAPTAIN

When I worked in out-of-school care, this was a favourite game to play. I used to chuckle as the kids tried to keep up with the "commands" the "captain" would shout out.

To play, you first select a "captain". The captain yells out orders and the crew have to follow the orders.

Here are the orders:

Bow: Run to the front of the boat (front of room)

Stern: Run to the back of the boat (back of room)

Port: Run to the left side of the boat

Starboard: Run to the right side of the boat.

Hit the deck: Lay down on your stomach

Salute: Salute and yell, "Aye, aye captain!"

Scrub the deck: Drop to your knees and pretend to scrub the floor.

Captain's quarters: Everyone ran towards the captain.

SHARK!: Everyone must run to a designated base. The last player to the base is eliminated.

SIMON SAYS

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There's nothing like a game of Simon Says. I like to use especially physical commands such as jumping on one foot, running in one spot, doing jumping jacks, crawling on the belly, sit-ups, etc.

These are just a few of our fun default physical education activities when we can't get outside. I hope you've found something fun for you and your children to do.