



ACTIVE
Oadby and Wigston

Activity Booklet

Game 1: The animal movement Game!

Items needed: Tape, Balloons, bean bags, small ball.

Rules: Each item stated above is the equivalent to an animal. The tape will mark out the area and create shapes on the floor that represent different animal noises. For example a triangle tape shape is the equivalent to a sheep noise.

The balloon is used to waddle like a penguin, if you place it between your knees and waddle from each shape to another, until the leader shouts to change animal.

The bean bag is to be placed on top of your head and you have to walk like a giraffe.

The small ball is used by holding the ball and creating an elephant trunk.



Game 2: Bean Bag Bowling!

Items needed: Tape, bean bags, plastic cups and small ball.

Rules: Using the tape to create an alleyway for the bean bags to slide down, the plastic cups should be placed at one end of the alleyway in a triangle shape.

The bean bags will act as a bowling ball and the player can only slide the bean bag across a smooth floor to hit as many cups down as possible.

Each player will get one small ball to use as well as three bean bags. The small ball is a golden ball which means it can only be used once in their 10 attempts. The player with the highest amount of cones knocked over in 10 goes will win.



Game 3: Balloon Volleyball!

Items needed: Balloons and tape.

Rules: Using the tape to create a volleyball 'net', this can be a line across a room or can be attached to items that are slightly higher off the ground.

The balloons will act as the volleyball and there will be a top score of 21 to reach. If the balloon touches the floor, the opposition will gain a point.

Why not try and see how many hits in a rally you can get to?



Game 4: Football rounders!

Items needed: Football and tape.

Rules: Using the tape to create 4 medium sized rounders safe zones in the shape of a square.

There will also be a zone marked out with tape for the kicker to stand in whilst they're on the kicking team. The remaining fielders will spread themselves around the pitch and one person will have to be a base keeper at the tape bases around the pitch.

The kicking players will aim to reach as many home runs and half runs as possible.

The team with the most runs by the end of their 4 go's at both kicking and fielding will be the winners.



Game 5: Walking beanbag football!

Items needed: Tape, beanbags, football and Cups.

Rules: Using the tape to create a safe zone 'pitch', place the cups at both end of the football pitch to act as goals.

The same rules as football, only a bean bag must be kept on top of the players head to score. If the player that scores does not have a bean bag placed on their head, the goal will not count.

The two cups will be placed at each end of the pitch and act as the goal posts. The ball must be stopped still between the cups for a goal to be counted.

Let the game begin!



Game 6: Stuck in the woods!

Items needed: Hoola Hoop and tape.

Rules: Using the tape to create a large safe zone, place the hoola hoop in the area as lock down zones 'the forest', the tape can also be used to create more 'forests'.

This game is a variation of stuck in the mud and tig. The hoola hoop acts as a forest capture zone for those that have been tapped on the shoulder by the wolf of the forest.

The wolf of the forest has to tig the walkers on the shoulder and then they have to place the walkers within the hoola hoop.

For the walkers to be released they have to complete 15 star jumps, 10 seconds running on the spot and be tagged by a fellow walker.



Game 7: Raccoon Race!

Items needed: Racket, tape, bean bags and small balls.

Rules: Using the tape to create a safe zone, depending on how many players there are, that number of running lanes will be created with the tape or other equipment to mark out the lines.

The first race will consist of a racket and bean bag race. Followed by a racket and small ball race, and finally a race with a football at their feet.

These type of races can alternate depending on the equipment you may have available.

Depending on how long the race lane is, it might be appropriate to complete two lengths of the lane to complete the race.



Game 8: Hoola Mania!

Items needed: Hoola Hoop, tape, bean bags, small balls, football and rackets.

Rules: Using the tape to create a large square safe zone, place the hoola hoop inside the safe zone as target. Also create a line that will act as a throwing boundary.

For 5 points the player has to get as many bean bags into a hoop as they can. For 10 points they have to gently hit a small ball into the hoop and make sure that the ball does not roll out of the safe zone. 15 points will be awarded to the player that is able to place the football into the hoop without kicking it outside of the hoop.

The more items you have to get into the hoop the more points you can add to the score board.

