



Home Activity Booklet



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.

The activities can be adapted to the child's skill level. 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.

School Games Organiser

STTEP principles

To support the design of daily/weekly opportunities, please consider the below STTEP principles when planning and implementing activities.

S Understand the Space
To ensure that activities are reflective of the homes of a range of families

- Ensure that activities can take place with limited floor space
- Consider a balance of indoor and outdoor activities
- Think about the surfaces and levels available e.g. walls

T Understand the Task
To ensure that it is suitable for the audience

- Ensure a well-balanced timetable of activities that focus on play, fitness, physical literacy, virtual competitions and problem solving
- The aim of the activity should be clear to parents/guardians
- Ensure the activity can be simplified or be made more

T Plan your Time
To achieve 60 active minutes per day

- Activities don't need to be a 60-minute burst, consider bite sized chunks that can be spread across the day
- A good resource is the Change4life clock where they can build their own schedule

E Understand Equipment
To ensure that activities are planned with a limited range of resources

- Ensure that activities can be carried out with little or no equipment
- This is an opportunity for creativity – what household items can be re-purposed for activities?

P Understand your People
To ensure that activities are planned for a range of family types

- Ensure a balance of activities that can be completed alone or as a family
- Ensure that there are activities that do and don't require adult involvement
- Ensure that there are activities for both primary and secondary age children
- Ensure that the task is accessible & inclusive for a range of young people
- If using online resources, ensure a representative view of young people in those videos

Logos at the bottom: TEAM GB, Paralympics GB, Department for Digital, Culture, Media & Sport, change 4life, YOUTH SPORT TRUST, ENGLAND, YOUTH SPORT TRUST



DORSET SCHOOL GAMES

ACTIVITY	AGE
Sheet Fort	5-9
Sock Bowls	7-11
Freeze Dance	5-9
Robot	5-11
Closest to Wall	5+
River Crossing	5-11
Air Hockey	5-11
Jumping Dice	5-11
Laser Maze	5-11
Toy Hide & Seek	5-9
Cup Hide & Seek	5-11
Torch Seekers	7-11
Save the bears	5-11
Rock, Paper, Scissors Tag	7+
Blindman's Bluff	5-9
Blanketball	5-11
Dragon's Nest	5-9
Bottle Tag	7+
Marbles	7-9
Balloon Keepy Uppies	5-11

SHEET FORT

AGE: 5 to 9

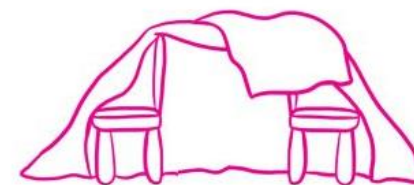
NUMBER OF PEOPLE: 1+

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?



FREEZE DANCE

AGE: 5 to 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.

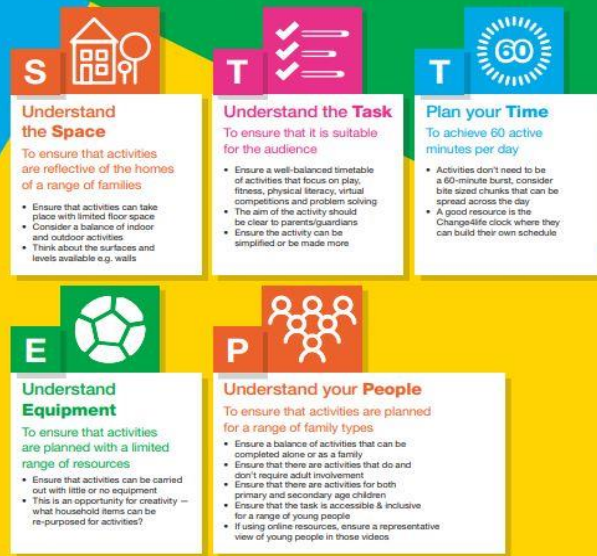


School Games Organiser

SCHOOL GAMES

STTEP principles

To support the design of daily/weekly opportunities, please consider the below STTEP principles when planning and implementing activities.



Remember to use the
STTEP PRINCIPLE
to adapt the activity
to suit your child and
Home environment.
HAVE FUN !

SOCK BOWLS

AGE: 7 to 11

NUMBER OF PEOPLE: 2+

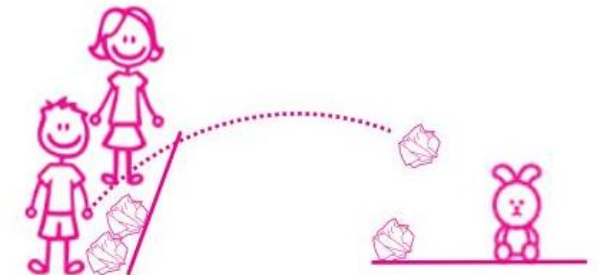
SPACE NEEDED: Living Room

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.



ROBOT

AGE: 5 to 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+

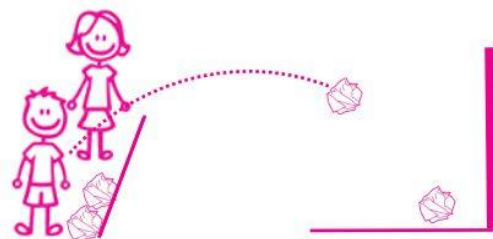
SPACE NEEDED: Living Room

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 to 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 to 11

NUMBER OF PEOPLE: 2-4

SPACE NEEDED: Table

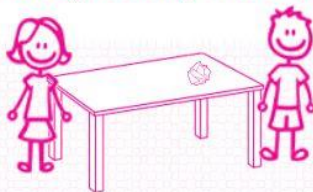
EQUIPMENT NEEDED: Table and books, cartons, paper balls and plastic cups

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 to 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 to 11

NUMBER OF PEOPLE: 2+

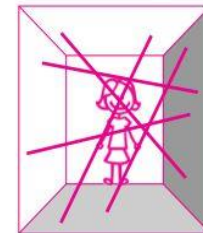
SPACE NEEDED: Corridor

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 to 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 to 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 to 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 to 11

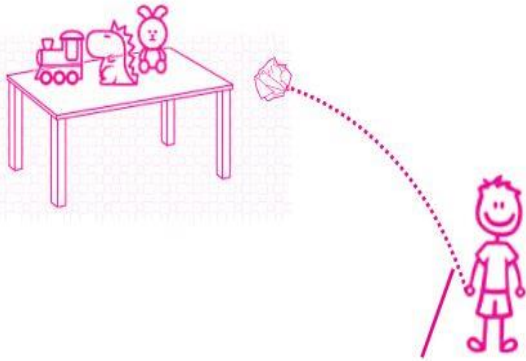
NUMBER OF PEOPLE: 1+

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 to 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?



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.



BLANKETBALL

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

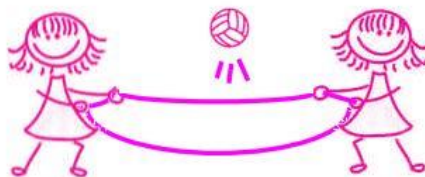
SPACE NEEDED: Living Room or Garden

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 to 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.



MARBLES

AGE: 7 to 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 UPIES

AGE: 5 to 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.



We hope you enjoyed some of these activities.

If you want to see more resources then go to <https://www.yourschoolgames.com/sgo/east-dorset/>

Thank you to Mark Bignal SGO for Winsdor for sharing resources