

Physical activities + games to play as a family at home.

SHIP-WRECKED



Use these simple physical activity ideas to stay active at home. You can follow the instructions or make your own changes.



1 EQUIPMENT NEEDED

- Any soft toys around the house
- Clean and safe recycling
- Soft household items such as cushions and blankets
- Any sports equipment you may have

2 SHIPWRECKED

Each player aka 'pirate' makes their own treasure island, (this could just be a cushion on the floor). Place as many toys as you can far away from the treasure islands. In between the toys and treasure island are floating objects cushions, marks etc these objects are floating in the sea. The pirates were at sea and their ship have sunk, leaving lots of floating objects. Aim of the game is for the pirates to travel across the floating objects to a lost island which has the washed up pirate treasure, the pirates collect the treasure and bring it back to their island, the winning pirate will have the most treasure.

3 'CHANGE IT UP'

S - Space, can you use a new space
T - Task, can you change the task the players have to perform
E - Equipment, how can you use the equipment differently?
P - People, swap roles around.



FREE TO PLAY



IDEAL FOR EARLY YEARS



MINIMAL EQUIPMENT



MORE ACTIVITIES ONLINE



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