

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

PIX 'N' MIX



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 PICK 'N' MIX

Start off by facing each other with two hoops (or circle shapes made from items you can find at home eg towels, skipping rope). Place lots of toys inside one circle, the aim of the game is to move all the toys from one circle to the other, you can only move one toy at a time, see how quickly you can work together to move the toys. Try different ways to move the toys:

- Using your hands (whilst on all fours)
- Using your feet, but with one hand in the air... or even two hands!

Compete against your partner and set a time limit, who can keep their circle the tidiest before the time runs out. Remember you can only move one toy at a time.

'CHANGE IT UP'

3

- 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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