

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

BUILDING SHIPS



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 BUILDING SHIPS

Give each player a base for their pirate ship. Place any equipment in the middle of the area. Players run into the middle and collect equipment to decorate their ship, try to make sure your ship has a steering wheel, sails, cannons and other things you may find on a ship. Once all ships have been built, try to connect the ships using a Pirate Plank (skipping ropes or something similar that you can balance along the floor). The players can then visit other ships by balancing on the rope and walking across. Have a go at firing some toys from your cannons at other pirate ships.

'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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