

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

# CANNON BALL FUN



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 CANNON BALL FUN

Using string or something similar create a small corridor (gangway) for children to travel through. The gangway can be as long as you like. Using socks that have been rolled up into small balls aim to throw/roll the socks at the children as they run through the gangway. If the children get hit they must return to the start. Place some treasure at the end of the gangway for the children to collect. You could add in small islands such as cushions for the children to be safe on as they travel through the gangway. Can the children collect all the treasure?

## '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**



## 4

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