

Enjoy completing the following sports activities  
over this week at home!

# Target Throwing

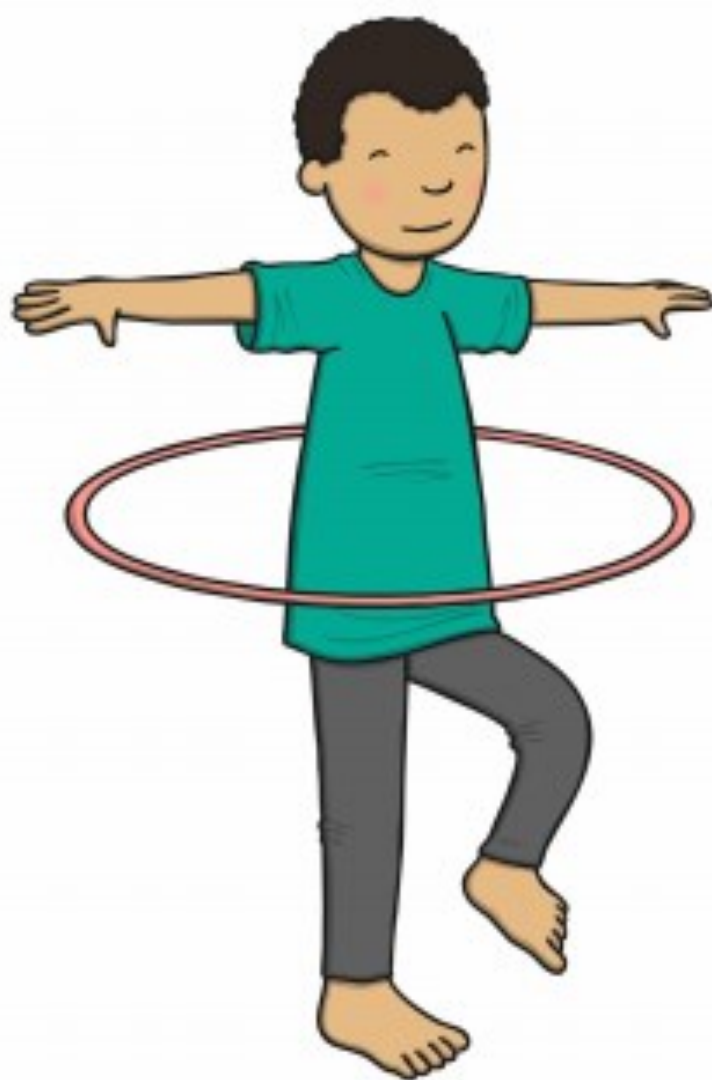


## Activity 1 - Target Throwing

Place baskets of objects (number of objects will depend on how many children are in each group) in a circle around a target e.g. a hoop, bigger basket or box. Children stand next to their basket of objects and try to throw them into the target. Once all the children have completed their turn they can retrieve their objects and start again.

Equipment - Baskets of objects (e.g. balls, beanbags, beanie toys), a larger target (e.g. a hoop, box, net, large basket).

# Hula Hooping



## Activity 2 - Hula Hoop

Give each child a hula hoop and see how many times they can spin it around their bodies before it falls down.

Equipment - Hula hoops.

# Jumping



## Activity 3 - Jumping

Set up a range of different things on mats for the children to jump over. The children choose an object and see how many times they can jump over it before they become unbalanced.

**Equipment** - Safety mats, things to jump over (e.g. skipping ropes, flat cones, small hurdles, narrow boxes).

# Balancing Beanbags



#### Activity 4 - Balancing Beanbags

Lay out the 2 skipping ropes (a start line and a finish line). The children should place the beanbag on their head and try to walk back and forth between the 2 lines without dropping the beanbag.

Equipment - 1 beanbag per child, 2 skipping ropes.

# It's a Goal!



## Activity 5 - It's a Goal!

Lay out the 2 cones as goals. Children stand a short distance back from the goal and try to kick their ball into the goal. You may use an adult as a goalkeeper if you wish. Children then retrieve their ball and wait for their next turn.

Equipment - Footballs, 2 cones.

# Spot Jumping



## Activity 6 - Spot Jumping

Lay out 6 floor markers in a zigzag pattern, close enough together so the children can jump from one to the next. Children take it in turns to jump from one marker to the next, then they wait for their next turn.

Equipment - 6 floor markers.

# Balance that Ball



## Activity 7 - Balance that Ball

Set up a starting point using a floor marker and the bucket of tennis balls, then place the empty bucket a few metres away as an end point. Give each child a tennis ball and a racket. They then try to balance the ball on the racket from the start point until they get to the end, where they tip it into the empty bucket. They then return to the start and try again with a new ball.

**Equipment** - 1 tennis racket per child, a bucket of tennis balls, an empty bucket, a floor marker.



# Ball Bouncing



## Activity 8 - Ball Bouncing

Give each child a ball. Children then try to bounce their ball as many times as they can before losing control.

Equipment - 1 ball that will bounce per child e.g. playground balls.