

## **Activity Plan/ Things to do at home:**

It is really important to keep active and moving while stuck at home this lockdown, exercise is good for our bodies and our mind. Here is a list of ideas to keep you moving;

### **Suitable for Junior Classes**

#### 1. **Hopscotch:**

You will need chalk; you can play this alone or with others. Draw a 10 square hopscotch grid on the ground. Each player will need a distinct marker (can be a beanbag / small rock). Take it in turns to throw your marker and to hop to where it has lands.

#### 2. **Relay Races:**

Two newspaper sheets are required per player. Each person must race to the turning point and back, stepping only on their own newspapers, you must step on one, lay the other in front of them and step on and then move the first forward and so on.

#### 3. **Hallway Bowling**

Fill up water bottles and set them up in a hallway, use any ball/beanbag you have to knock them down, take scores and see who wins

#### 4. **Long Jump**

Mark the starting line, each player gets a chance to jump as far as they can, after each person has jumped the place they have landed should be marked. The person who jumps the furthest wins!

### **Suitable for Middle classes**

#### 1. **Hide and Seek**

One person covers their eyes and counts to a certain amount of numbers eg 50 while the other players hide, once the person has counted to 50 they must search for the hidden people, the first found is the next person to search in the next round

## 2. Treasure Hunt

Write clues on slips of paper, place the first clue somewhere easy to find and make it harder as the clue progress. Making a trail to the final clue this make be a prize such as a sweet treat or coins which can be collected and put in their piggy banks

## 3. Hot Potato

Players must sit on floor in a circle and turn on some music, they must pass the potato (which can be a bean bag or soft ball) around the circle quickly. When the music stops the player holding the potato is out. Keep going until there is one player left standing.

## 4. Talent show

A perfect idea for you and your siblings to show case your talents (can be singing, dancing a random talent you have) to your parents, compete against each other and get your parents or older sibling to judge and pick a winner. A prize can be given to the chosen winner.

### **Suitable for Senior Classes**

## 1. He Said She said

Each person gets a piece of paper and a pen/pencil. They write the first few lines of a story, fold the page until the last line or last few words of the previous person's story is only visible, and pass the paper over the to next person, who writes the next few lines, and so on until the page comes back to the original author. Since each child cannot see all of the previous person's story, they must write their lines based on one sentence/word. The resulting mixed-up stories will invariably bring much laughter.

## 2. Wink Murder

Sit all the children in a circle and get them to close their eyes. Pick one player, or 2 if you have a really large group, to be the murderer, by touching them on their shoulder. Then get everyone to open their eyes and pick a detective. The 'murderer' must catch another players eye and wink quickly at them. If you are winked at you die, in a really dramatic fashion of course! The detective must try

and guess who the murderer is. The murderer keeps winking at people until they are all out or they have been caught

3. **Red Rover**

Select a person to be 'rover', this player must stand away from the others with their back turned away from them. The other players must try sneak up on the player, if the player which is on turns around you must freeze and if you move while the rover player is watching your out. The aim of the game is to creep up on the rover while his back is turned. The person to get to the rover first wins!!

4. **Soccer/ Basketball**

5. **Kick Ups**

With a football/ball, see how many kicks ups you can do. If you are playing with another player try beat each other's best scores