

Physical Activities' Senior Classes

Game Quiz

Suitable for Senior Classes

Equipment	Description	Differentiation
No equipment needed, gather family members to take part in a quiz You will need some questions an example of this is below (can be general knowledge questions or family related)	If there are enough players you can split into teams If that is not the case players can play individually against one another	Each player/team will have a list of questions and they should know the answers to Every time a player/team gets an answer correct they get a point, team/player who gets the most wins To make it harder, you can set a time limit for the person to answer the questions

General knowledge questions

1. What's the orange bit in the middle of the egg called?
2. What's the collective name for trees that keep their leaves all year round?
3. What football team is currently at the top of the Premier League?
4. What is the 10th letter of the alphabet?
5. Who is the nation's PE teacher?
6. How many zeros are there in one thousand?
7. Who wrote the Harry Potter books?
8. Who is the Prime Minister of Britain?
9. What is closer to earth, the moon or the sun?
10. Which travels faster, light or sound?
11. Who is the fastest 100m runner in the world ever?

12. What's the name of Anna and Elsa's kingdom in Frozen?
13. How many wives did Henry VIII have?
14. What's the name of the cowboy in Toy Story?
15. Who wrote the Gruffalo, Room on the Broom and Tiddler?
16. What type of fish is Nemo?
17. What is the chemical formula for water?
18. How many planets are in our solar system?
19. Who was behind the Gunpowder Plot on the Houses of Parliament in 1605 - remembered every year on Bonfire Night?
20. How many players are in a football team?

Indoor Bowling

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Equipment	Description	Differentiation
Water bottles filled with water Bean Bag/ ball Score board	Fill all water bottle up with water and place in a triangle shape as seen in picture below Using a bean bag/ soft ball each player takes it in turns to knock down as many water bottles as possible Take scores, whoever knocks down the most wins	To make this game harder increase the distance between the players and the water bottles

Balloon Volleyball

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Equipment	Description	Differentiation
A pack of balloons Large space A marker	Players should clear an open space and blow up the balloons. Mark the middle area with a cone/book this resembles the middle part between the two players which the balloon should be thrown over If a player lets the balloon touch the floor the opposite player gets a point Keep score and see who wins	to make this game harder you could make the space more open which results in the players having to move across more area to make this easier could add more players to cover more area

