

### how to set up:

- This game requires another family member for the children to play against and no equipment!



### how to play:

- Start by standing approximately 1 meter apart.
- Stand with your hands out in front of you, knees bent standing on the balls of your feet. This is referred to as the “ready position”.
- When both players are ready, they should attempt to tag each other’s knees.
- Each time contact is made with your partner’s knee, that player scores a point.
- The first to 11 points is the winner.

### equipment:

- Tennis ball / rolled-up socks

### how to set up:

- Use a space anywhere in the house.
- Working with an adult or sibling, stand back-to-back.



### how to play:

- Stand back-to-back, with one person holding the tennis ball.
- Start passing the ball around your bodies to each other.
- When either player calls out “change”, you must change the direction the ball is being passed in.
- How many can you do in 30 seconds?

## how to play:

Playing in pairs:

- One player stands with their arms outstretched.
- The other player has 1 minute to safely balance as many items on the first player as possible.
- When the time is up, count how many items are balanced and then swap over. Who can balance the most items on their partner?
- To progress – difficult items can be worth more points.

Playing in teams (e.g. 2v2):

- One person from each team stands with their arms outstretched.
- The other players race to safely balance as many items as possible on their teammate.
- The team with the most items balanced, wins a point for the round.
- Play 3–5 rounds to see who can win the most points.

## equipment:

- Socks
- Tea-towels
- Books
- Coat-hangers
- Toys, etc.

## how to score:

- Award 1 point for each item balanced successfully. Or 1 point for easy items and 2 points for difficult items.
- The player with the most points wins.
- If an item falls off, it must not be counted.

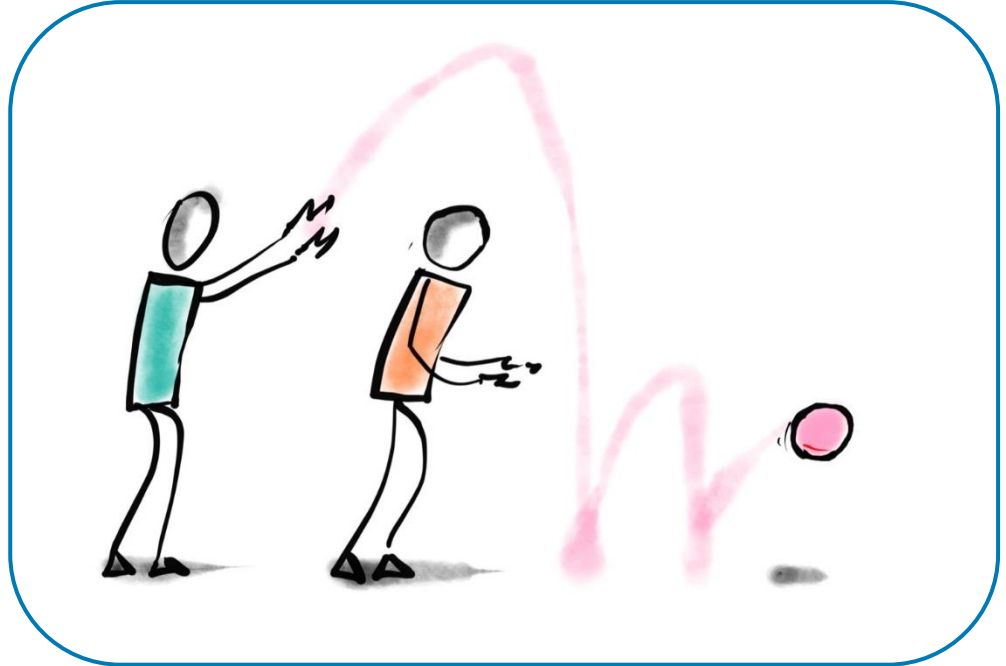


### how to set up:

- Use a space in the house.
- This game requires 2 players so parent or siblings must join in!

### equipment:

- Rolled up socks, a small ball, ball of paper, or something similar.

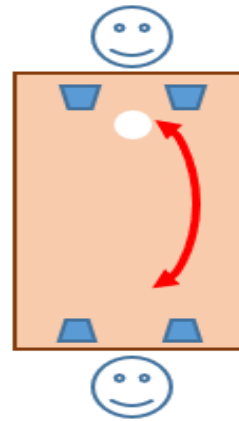


### how to play:

- Pairs stand one behind the other facing in the same direction.
- The child / parent at the back has the object (sock/paper).
- They drop the object over their partners head, so it lands in front of them.
- The child / parent at the front must react and attempt to catch the object before it touches the ground.
- Rotate roles throwing and catching.
- To make the game easier, the player dropping the ball must call 'drop' as they release the object.
- **Progression:** Make the game competitive, must catch with eyes closed, etc.

### equipment:

- A small ball, such as table-tennis ball (or a scrunched-up piece of paper).
- Marker Cones (2 per player).
- If cones aren't available other objects such as books or pencil cases can be used.



### how to set up:

- Arrange a table so there is enough space to move around it.
- Play in pairs, facing each other at opposite sides of a table.
- Create a goal at each end of the table with the marker cones or other items.

### how to play:

- One player starts the game by rolling the Table Tennis Ball to their partner.
- The partner must attempt to block the ball and **push** it back with the palm, or back of their hand.
- **THE BALL MUST ROLL, NOT BOUNCE.**
- Players are only allowed to use 1 hand.
- Players must attempt to rally the ball back and forth, keeping the ball on the table.
- When players are confident with this, they can progress to a competitive game.
- Points are scored when one player scores in their opponents' 'goal'.
- To progress – only allow 1 touch.

### how to score:

- Score 1 point each time they roll the ball through their opponents' 'goal'.
- Play the game to 5 points to see who wins.
- If a player rolls the ball off the table, their opponent can take a penalty shot. Alternatively, use books or other items to create a guard around the sides of the tables.
- Penalty shots are taken from the halfway point.