

Joy of moving
Festivals



JOY OF MOVING



HOME SCHOOL FESTIVAL

Physical Games

Physical activities and games for you to have a go at.

Please post photographs to your teachers on Seasaw!

OUR FOOTBALL NETWORK





SCAVENGER HUNT

You will need some items to play today's games, so your first task is to go on a scavenger hunt to find the things you need. You should be able to find these around the house but if you can't, take a look around and see if there are other items that you can use instead! Make sure you ask an adult before collecting some of these things - it is always better to check first! Once you've collected the item, don't forget to tick the box!

Don't worry if you can't find the items below – there are plenty of games that you can do in this booklet that don't require equipment, and even more on the website! Don't forget to ask your parent to help with going on to the website!

1 Clean rolled up socks 	2 Hard back books 	3 Paper 	4 Pen or pencil 
5 Clean bottle tops / caps 	6 Teddy bear 	7 String or rope 	8 Chalk 
9 Paperback books 	10 Soft toys 	11 Tin foil – screwed up into small balls 	12 Safe playing space next to a wall 
13 Clock, timer or stop watch to time yourself playing the games 	14 Snacks 	15 Bottle of water to stay hydrated 	16 Small soft balls 
17 Tennis ball 	18 Large ball 	19 Empty plastic bottle 	20 Building blocks 



WARM UP

It is important to warm up our body before doing any exercise, but it also makes you feel ready to learn and have fun. Can you do these warm up activities for 30 seconds each? You do not need any equipment for this except a small ball for the last one. Also, just make sure you have some space! Why not ask your parents or carers to take part as well? If anything hurts, stop straight away.

STEP 1: FAST FEET

Start with a light jog or running on the spot to get your body moving, raise your heartbeat and get your muscles ready for exercise. Start slowly then gradually increase the tempo to fast feet.



STEP 2: ARM CIRCLES

Standing straight, raise both arms above your head. Make circular motions with your arms; first clockwise, then repeat anti-clockwise.

STEP 3: HIGH KNEES

While standing on the spot or slowly moving forward bring your knees up towards your chest. Try to land on the balls of your feet one leg at a time and keep your hips high. Start slowly then gradually increase the speed.

STEP 4: HEEL KICKS

Standing tall, bring one foot up towards your bottom and then alternate. Move forward slowly and don't forget to keep your head up.

STEP 5: STRAIGHT LEG SWINGS

Support yourself on a wall or with a partner and face straight ahead. Swing one leg forward and back like a pendulum. Keep your posture tall and your tummy muscles engaged. Repeat for each leg.

STEP 6: KNEE CIRCLES

Standing tall, lift one knee up and forward in front of you and using your knee as a pencil try to draw a circle going out to the side and coming back to the start. Keep switching legs and try to make the circles bigger each time.



STEP 7: JUMP AND TURN

Standing up tall, bend your knees and jump up, trying to spin around as far as you can. Remember to land softly with knees bent. Can you jump and turn to face the opposite way or even jump all the way round?



STEP 8: TOE TAPS

With a ball on the floor just in front of you, gently using the bottom of your feet touch the top of the ball, switching from right and left foot. Gently touch the ball so it doesn't roll away.

STEP 9: BALL WORK

Stand with feet wide apart, knees slightly bent, lean forward and pass a small ball between and around your legs making a figure of 8.

STEP 10: BALL ROLLS

Standing tall, roll a small ball up and down your chest and tummy using your fingertips of both hands, without dropping the ball. Then try to roll the ball over different body parts like your legs or around your waist making sure you don't drop the ball.



JOY OF MOVING GAMES 1

You have 15 minutes to play this game. If you are playing alone that is fine because you can play Option A (The Cap Race) or Option B (Keepy Uppy). Option C (Catch it Quick) is a game to play with others.

Set your timer to 15 minutes or your alarm to 1:30pm. If you don't have a timer or alarm, keep looking at your nearest clock.

Remember you can find more information about each game and even videos to show you how to play at www.joyofmovingresourcehub.co.uk/games-and-activities

When you have finished, write your score in your Review Card.
Get ready, GO...

OPTION A - INDIVIDUAL GAME



THE CAP RACE

AIM OF THE GAME

- ▶ Move by flicking the caps along the track.

EQUIPMENT

- ▶ Chalk, ropes/string or building blocks to mark out a race track, and plastic bottle caps or scrunched up tin foil ball to race with.

HOW TO PLAY

- ▶ Lay out the track on a flat surface. This can be marked out using chalk, ropes or string, wooden or building blocks or any other objects that are safe to place on the ground and that won't break if hit by a plastic cap.
- ▶ Once the track is ready, the players take turns in moving their cap with a flicking movement of the fingers.

- ▶ The first to reach the finish line is the winner, or if playing on your own, try to reach the finish line in as few flicks as possible.

- ▶ If the cap goes off the track, you must replace the cap where it originally was and miss a go.

GAME VARIATIONS

1. If your cap hits an opponent's cap, you miss a go.
2. If playing with more players you may want to play as pairs, taking turns to flick the cap.
3. Change the track design to create a circuit to play with laps or use different surfaces and obstacles to play with.

OPTION B – INDIVIDUAL OR FAMILY GAME



KEEPY UPPY

AIM OF THE GAME

To keep the ball up in the air using a variety of different methods or body parts for as long as possible.

EQUIPMENT

Can be played with an appropriate ball for the space being used. Could use a balloon, scrunched up paper or a pair of socks to make a safe ball to play the game indoors.

HOW TO PLAY

Within a safe area, start by throwing the ball up and try to keep the ball up in the air as long as possible. Hit the ball upwards and shout out the number of times the ball is hit. If the ball touches the ground, the game starts over.

OPTION C – PARTNER GAME



CATCH IT QUICK

AIM OF THE GAME

Catch the object before it hits the ground.

EQUIPMENT

A ball or soft object (rolled up socks). The heavier the object the harder the game.

HOW TO PLAY

In pairs, stand facing each other, with one (the holder) holding the object as high as possible out in front or to the side of them. The other (the catcher) waits with hands by their side.

- On the count of 3 (out loud 1, 2, 3) the holder drops the object and the catcher reacts quickly to catch it before it hits the ground.
- Repeat this for 10 attempts before swapping over.

See who can catch the object the most times before it hits the ground.

JOY OF MOVING GAMES 2

Time for some more fun Joy of Moving games. As before, there are different options for you to try. If you are playing on your own, you can play game A (Wallie) but if you are playing with others you can play game B (Hand Hockey) or game C (Elastic Bridge).

Don't forget to start your clock before you begin and write in your Review Card once you have finished.

Remember you can find more information about each game and even videos to show you how to play at www.joyofmovingresourcehub.co.uk/games-and-activities

OPTION A - INDIVIDUAL GAME



WALLIE

AIM OF THE GAME

To score a goal by hitting a ball against the wall and it bouncing back through your own legs.

EQUIPMENT

All that is needed is any kind of ball and a safe space indoors or outside next to a wall.

HOW TO PLAY

With a ball and in a safe space, stand facing a wall.

The player rolls, kicks or throws the ball against the wall. As it bounces off the wall, let it pass between their legs, before quickly turning around and collecting the ball.

For more than one player, try to hit the ball against the wall so it comes straight back through the other player's legs without them having to move. They need to turn around and try to collect it as quick as possible.

OPTION B – FAMILY GAME



HAND HOCKEY

AIM OF THE GAME

Hit the puck through your partner's goal created by their hands and arms.

EQUIPMENT

A soft ball or another round object (scrunched up paper, foil, or rolled up socks) that can be used as a hockey puck.

HOW TO PLAY

Two players face each other on all fours or in a push-up position roughly two or three steps apart. Make sure that your hands and arms are placed on the ground to make a goal which faces your partner.

Whilst trying to keep this position, support your body weight with one arm and try to use the other arm to hit the puck with the palm of your hand. Try to send it through your playmates goal, created by their hands and arms, whilst in the push-up position. Then switch over roles. See who can be first to score 3 goals. Then switch over roles.

OPTION C – FAMILY GAME



ELASTIC BRIDGE

AIM OF THE GAME

Roll the ball under a partner's body who is making a bridge shape without touching them.

EQUIPMENT

Can be played with any appropriate ball that can be rolled within the playing space

HOW TO PLAY

The game is played in pairs or groups of three. If playing in a group of three, two players stand facing each other roughly 3 meters apart, one of them with a ball. The third child is in between them sitting on

the floor, with arms behind their back and hands on the floor. The player with the ball rolls the ball towards their playmate. As the ball comes towards the player in the middle, they must push themselves up using hands and feet to make a tunnel or bridge so the ball can pass underneath them. The player opposite collects the ball as it travels through and repeats the action. Do this 5 times and then change positions.

If playing as a pair, the player who rolls the ball at the start must run to the other side of their playmate in the middle and collect the ball that they rolled once it has gone underneath their playmates bridge.

JOY OF MOVING GAMES 3

Time for some more fun Joy of Moving games. As before, there are different options for you to try. If you are playing on your own you can play game A (Table Football), but if you are playing with others you can play game B (Hot Potato) or game C (Target Ball).

Don't forget to start your clock before you begin and write in your Review Card once you have finished.

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OPTION A - INDIVIDUAL GAME



TABLE FOOTBALL

AIM OF THE GAME

Score by flicking the ball into the goal from various distances and positions.

EQUIPMENT

Three books stacked to make a goal and a small ball (tennis ball, ping pong ball, rolled up socks or scrunched up tin foil)

HOW TO PLAY

Play on a flat surface which could either be the floor or a table.

- Using three strong books, stack them up to make a goal by having two books standing upright and the third laid across them for the crossbar. The bigger the goal, the easier the game.
- In front of the goal, mark out a penalty spot to shoot from by flicking the ball with fingers. See how many goals you can score from five shots.

OPTION B – PARTNER GAME



HOT POTATO

AIM OF THE GAME

Passing the ball as a pair or team to get to a finish line.

EQUIPMENT

Safe space to play in and a ball or soft object that players can pass to each other (cushions or soft teddy bears).

HOW TO PLAY

The players lie down in a row one behind the other with their hands up in the air, knees bent and slightly apart with feet on the floor.

- The first player in the line has a ball in front of them, they sit up and lean forwards to collect the ball with their hands and then lying on their back pass the ball over their head to the player behind them.
- The player behind bends and leans forward to grab the ball with their hands.
- The first in line then gets up and runs to the back of the line.
- This is repeated with the ball being passed from one player to another and then running to the end of the line until the pair or team has reached their finish line.

OPTION C – FAMILY GAME



TARGET BALL

AIM OF THE GAME

To hit a target in the middle of an area and continue to hit the object to move it over the opponent's line.

EQUIPMENT

A safe playing area and a variety of balls of different sizes and shapes. Alternatively, use empty plastic bottles and balls made from scrunched up tin foil, paper or rolled up socks.

HOW TO PLAY

Using a safe playing area for rolling or throwing balls, the two players or teams stand at opposite ends of the area, behind a marked out line (chalked or taped)

- In the middle of the area is the target.
- Each player or team has at least two balls and must try to hit the target with the ball in the middle to move it over the opposition's end line. The first player or team to achieve this is the winner.
- Players can collect and use balls shot from the opposite player or team, but must always return to their own end line before using them.
- If using a bottle, you can award one point for the first player or team to knock it over and two points if they can move it across opposite end line. See how many points can be scored from five shots.