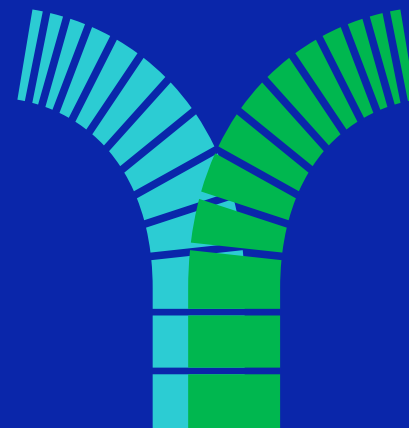




Activity Ideas

You may run any activities that you like – as long as they are suitable for the children and your school.

Just check with your teacher first!

Here are some ideas to get you thinking.



Traditional playground games

- Skipping
- Hopscotch
- Hide and seek



Adventure activities

- Orienteering
- Nature trails
- Obstacle courses



Creative activities

- Dance
- Circus skills
- Balancing challenges



Target games

- Boccia or bowls
- Skittles
- Throw golf



Ball games

- Sitting volleyball
- Shooting challenges
- Dribbling challenges



Bat and ball games

- Table tennis
- Non-stop cricket
- Keepy-up challenges



Running activities

- Tag games
- Team relay races
- Daily mile



Fitness activities

- Aerobics
- Circuits challenges
- Boxercise



Relaxation activities

- Parachute games
- Tai chi
- Walk and talk