

# GAME IDEAS

PISE



The games in this resource are taken and adapted from the Maximum Engagement in Games and Activities (MEGA) resource developed by PISE and available on the Active for Life website.

## Physical Literacy

Physical literacy is the **competence** and **confidence** to lead a physically active life. For kids to get active—and stay active—they need to feel confident in various physical activity settings. Like learning the alphabet is essential to reading, learning movement and sport skills as a child is essential to their confidence in these settings.



More info at [physicalliteracy.ca](http://physicalliteracy.ca)

This resource is designed for use by individual families with a few children or small groups.

All the games in this resource use the equipment below in the left column. You can also use alternative household items listed in the right column.

### Equipment list

4 Bean Bags

1 Beach Ball

2 Ropes

4 All Balls

4 Poly Spots

4 Scarves

8 Cones

### Household items that can be used instead

Rolled-Up Socks

Buckets

Tea/Hand Towels

Chalk

Plastic Cups

Paper

Rocks/Stones

Other Ball Types (Tennis, Soccer)

Fabric

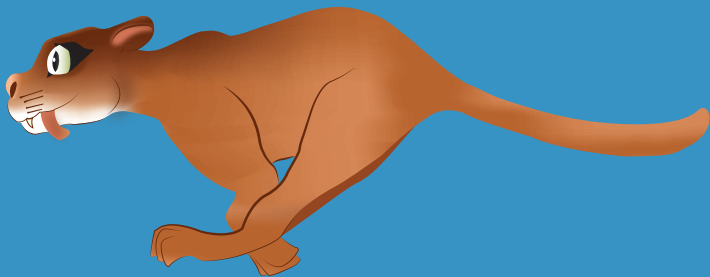
Plush Toys

# RUNNING

SKILL

## RUNNING CUES

- ✓ Bring a chip from your hip to your lip.
- ✓ Elbows straight back like you are elbowing someone stealing your chips.
- ✓ Look where you are going!



## Driving Around (ages 3 – 5)

## GAME

Pretend to be a car and follow the instruction shouted out.

**Highway driving:** Running

**Speed limit:** Walking

**Out of gas:** Stand on one leg to refuel

**Raining:** Do 5 Jumping Jacks like windshield wipers

**Construction:** Jump from two feet to two feet

## Note to Parents

For older children and youth, change from being cars to just calling out numbers or colours, 1/green is running, 2/yellow is walking etc.

You can also adapt the skills to make them harder.

## Keep the Bucket Full (ages 3 – 7)

GAME

Place the balls and bean bags on a Poly Spot in the middle of an open space. One person can throw one object at a time out from the centre while everyone else runs to pick up one object and puts them back on the Poly Spot.

**Once everything is back on the Poly Spot or after a certain amount of time you can switch positions.**

### Equipment

#### Required

Bean bags | All Balls | Poly Spot

#### Alternate

Rolled-up socks | Tennis balls |  
Anything soft that you can throw  
| Bucket

## Note to Parents

This game is great for everyone and can be extremely tiring. If you have older children, emphasise the sprinting and agility components of the game.



## Tails (ages 5+)

## GAME

Give all participants a scarf, or something that can hang out of their pocket or waistband that reaches the knee.

Everyone is it and they all chase each other to try and pull out the other people's scarves.

### Equipment

#### Required

Scarves

#### Alternate

Small hand towels | Tea towels

## Note to Parents

For young children, have them take the scarf and then hand it back to who they took it from so that everyone always has a scarf.

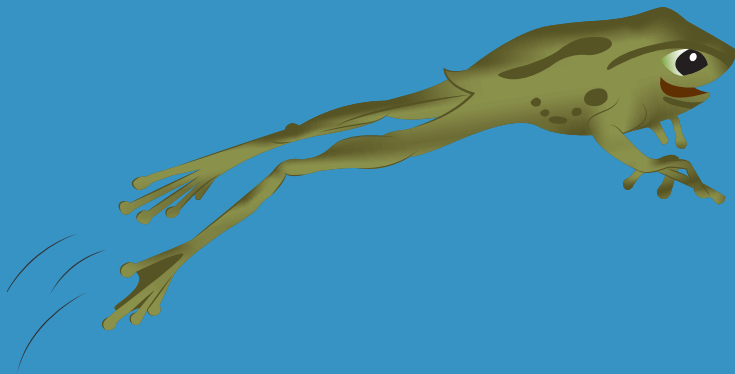
For older kids, you can have each individual collect as many scarves as possible. Others who are taking scarves are only allowed to take one at a time.

# JUMPING

SKILL

## JUMPING CUES

- ✓ (2 feet to 2 feet)
- ✓ Pretend you are sitting on a chair.
- ✓ Throw your arms up in the air.
- ✓ Land as quiet as a mouse.



## How far? (ages 3+)

## GAME

Set a Poly Spot on the floor as the starting point. Participants have to jump **from two feet to two feet** and land as far away from the Poly Spot as possible. Mark where the back of your foot lands with a beanbag and then try to beat it next time!

### Equipment

#### Required

Poly Spots | Bean bags

#### Alternate

Anything to mark a start and end point | Sidewalk chalk

## Note to Parents

You can turn this in to a competition if your children are the same age, where they try to beat each other's last jump.

If you have children of different ages, use two Poly Spots at separate distances and challenge the older children to beat the younger children. For example: You can take the Poly Spot back 10cm for every year older the child is.

## Jump the Shot (ages 5+)

## GAME

Tie a beanbag onto the end of the rope. Tie two ropes together to make it even more fun! One person stands in the centre and swings the rope around, coming off the ground slightly. Other participants attempt to jump over the rope as it passes by. Change the person swinging the rope every round as they will get dizzy.

### Equipment

#### Required

Poly Spots | Bean bags | Rope

#### Alternate

Something heavy but soft

## Note to Parents

Kids can get very dizzy doing this!

For more competitive children, you can turn this game in to an elimination game if one person is willing to stay in the middle.

Also, make sure to change the direction that you are spinning the rope to allow for equal practices on both sides.

## Elevator Game (ages 3 – 5)

GAME

Pretend you are in an elevator and each floor is a different body position. The ground floor is squatting down low, and the tenth floor is jumping up in the air!

### Equipment

#### Required

None

#### Alternate

None

## Note to Parents

For young children, tell a story if they do not understand the levels. Example: We are having a party on the top floor and we keep forgetting things. We need to go back down to the fourth floor... then all the way back up with the cake, etc.

For older participants, have them hold each position for as long as possible before changing in order to build strength and muscle endurance.

# SKILL

# THROWING

## THROWING CUES

- ✓ Point your finger at your target.
- ✓ Throw as if you are high-fiving someone.
- ✓ Step forward with opposite foot to throwing arm.



## Target Practice (ages 5+)

GAME

Lay out the Poly Spots in different locations on the floor. Using a rope, mark a line as the throwing location. Throw the bean bags so that you are trying to land one bean bag on each Poly Spot!

### Equipment

#### Required

Poly Spots | Bean bags | Rope

#### Alternate

Sidewalk chalk | Buckets | Hoops |  
Rocks | Towels

## Note to Parents

The further away the Poly Spots the harder the task will be.

Encourage whoever is throwing the bean bag to point at the target with the hand they are not throwing with, and throw like you are high-fiving someone!

## Beach Ball Throwdown (ages 5+)

GAME

In a large open space, place the inflated beach ball roughly in the centre. Participants have to throw the All balls at the beach ball in order to knock it past a designated line marked with the ropes.

### Equipment

#### Required

All balls | Beach Ball | Ropes

#### Alternate

Soccer ball | Tennis balls |  
Sidewalk chalk

## Note to Parents

For older children, have one person hold the beach ball and the other one the All ball. Toss the All ball towards the beach ball, and the person with the beach ball pushes the All ball back towards the thrower using the beach ball as a rebounder.



## Keep it up! (ages 5 – 10)

### GAME

Inflate the beach ball so that it can float slowly in the air. Participants have to try and keep the ball off the ground for as long as possible. Once the Beach Ball hits the ground, start again!

#### Equipment

##### Required

Beach Ball

## Note to Parents

Shout out how many times the participants have hit the ball in the air so they know what the record is!

Make it harder by only allowing players to use certain body parts, such as their head, elbows and feet.

SKILL

# CATCHING

## CATCHING CUES

- ✓ Reach out to the object.
- ✓ If it is coming from high up, fingers face up.
- ✓ If it is coming in low, fingers point down. (High to the sky, low to your toes.)



## Bean Bag Challenges (ages 5+)

GAME

Challenge participants to catch the bean bag after throwing it in different ways. Here are some examples:

Throw it up, spin around and catch it.

Throw the bean bag with one hand and catch it with the other.

Throw it up and clap as many times as possible before catching.

Throw the bean bag and jump as many times as you can before catching it.

### Equipment

#### Required

Bean bags

#### Alternate

Rolled up socks | Anything soft

## Note to Parents

You can also team up and do this in pairs! Perform a juggling routine and be creative in how you line up. Maybe one person sits down with their back to the other, or you lie on your back and toss the bean bag to someone standing up!

## Catch the Scarf (ages 3 – 7)

GAME

Give everyone a scarf to start. Participants should try and throw the scarf as far as possible before trying to catch it.

Challenge players by giving them more scarves and throwing them either side of the participants. Throw one scarf to the left and then another quickly to the right, or have them throw the scarf behind them and spin and catch it.

### Equipment

#### Required

Scarves

#### Alternate

Any silk/nylon fabric that floats down slowly

## Note to Parents

Scarves can be a great tool to start to learn to juggle! They move slowly and allow you to get the hand motion of juggling before moving on to bean bags or balls.

## High or Low (ages 3 – 10)

## GAME

Using an All ball, throw the ball at different heights to challenge the participants. When catching a ball that is high (above the belly button) you should have your fingers pointing to the sky, and when a ball is low (below your belly button) your fingers should point to your toes. Try catching different types of ball as well.

### Equipment

#### Required

All ball | Beach Ball

#### Alternate

Anything soft

## Note to Parents

For older children, you can change this to 'Catch It, Drop It'. In this game, when you say "catch it", the player has to drop it, and vice versa.

# AGILITY

## AGILITY CUES

Fast feet, staying on your toes.

Try not to look down.

Attempt to do whatever you can do  
forwards, backwards!



## Clockwork (ages 5+)

## GAME

Arrange cones in a circle approximately 5 metres in diameter. Place a Poly Spot in the centre of the circle as the starting point. Number each cone from 1-8. The person in the middle has to run to the number cone that another participant shouts out as fast as possible, and return to the spot in the middle. As soon as the person is back in the middle another number should be called out. Change roles after a certain amount of time.

### Equipment

#### Required

Poly Spots | Cones

#### Alternate

Anything as a marker | Toys |  
Plastic cups

## Note to Parents

This game is great for all ages! If the numbers are confusing for young children, you can reduce the number of cones and call out colours. For adults and older teens, challenge them by calling out simple mathematical equations to equal the desired number.

## No Hands Get Up (ages 5+)

GAME

Players start at one line and run to another marked by ropes or cones. At the second line, stop, lie down on your back, fold hands across chest and get up without moving your arms, and run back to start line.

### Equipment

#### Required

Cones | Ropes

#### Alternate

Can be done without equipment if necessary

## Note to Parents

You can increase the challenge by having the participants log roll from side to side before getting up, trying to get up from their stomach with their hands on their back, or any other way to get off the floor without using your hands or elbows to help!



## Duck Tussle (ages 5+)

GAME

In pairs, squat down as low as you can while trying to keep your heels on the ground. Place your palms flat against the other player and try to push each other over while staying in the low squat.

### Flamingo Fights

In pairs, balance on one leg. Hop on one leg trying to tag the other players standing knee. Try to dodge and move out of the way while staying on the same leg. When playing a second time, switch legs.

Repeat both games as many times as possible.

## Note to Parents

These games are great for flexibility and strength. If someone is unable to squat low for Duck Tussles, the key point is to keep your heels on the ground no matter how deep your squat.

### Equipment

#### Required

None

**VARIOUS**



## Can you...? (ages 3+)

## GAME

- Touch your toes
- Jump
- Hop
- Balance on one foot, then the other foot
- Make a star
- Spin around
- Run on the spot
- Pretend to kick a ball
- Pretend to throw a ball
- Give me a high five
- Side shuffle etc.

**Get creative and challenge yourself and others.**

## Note to Parents

Make the movements more strength and conditioning based.

For example, can you do 3 burpees, 5 squat jumps etc.

### Equipment

#### Required

None

#### Alternate

Bean Bags | Scarves

## Evolution (ages 5+)

GAME

Children start as an egg, and can evolve in to a chicken and then a dinosaur if they win Rock, Paper, Scissors. If you lose a round of Rock, Paper, Scissors, you go all the way back to an egg!

When you are a chicken, move around with chicken wings, and when you are a dinosaur walk on your tip toes.

### Equipment

#### Required

None

#### Alternate

None

## Note to Parents

Keep playing Rock, Paper, Scissors until a winner is chosen. Rock, Paper, Scissors is a great way to solve disputes about anything!

## Float the Pond (ages 5+)

GAME

Give participant two Poly Spots. They have to get across a designated area while only stepping on the Poly Spots. They are not allowed to shuffle the Poly Spots with their feet in order to move them.

### Equipment

#### Required

Poly Spots | Paper | Tea Towels

#### Alternate

None

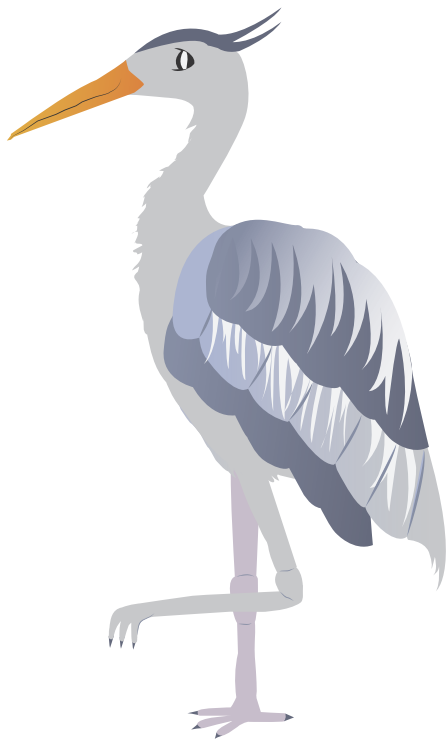
## Note to Parents

This game is a great way to see your child's creativity!

For the easiest version of the game, the player can put both feet on the spot. For a medium difficulty, they are only allowed one foot on the spot but can put their hands down. For the most difficult, only one foot is allowed and no hand can touch the ground, only the Poly Spot.

SKILL

# STRETCHING



## Growing Flower (ages 3 – 7)

GAME

Children pretend they are a flower growing from a seed:

Crouch down into a seed, the seed starts to grow and reach up towards sun. Extend arms and stand tall, taking in sunlight. The wind blows your petals side to side in the breeze. When the plant is thirsty it bends forward, but when it gets water it extends back towards the sun.

At night, the flower closes its petals. In the morning it wakes up. Repeat until you have stretched sufficiently.

## Note to Parents

Turning stretching routines like this in to stories for young children is a great way to wind them down after activities before transitioning to something else, or before bed time.

### Equipment

#### Required

None

#### Alternate

None

## Moving Mountains (ages 3 – 7)

GAME

One day, we all took off in an airplane (stand on one leg with arms out to the side, fold at the waist and extend other leg out behind you) and head towards Hawaii. While on the airplane there was some turbulence (shake). As we flew over Hawaii we could see all the trees (stand on one leg, other leg bends at the knee and rests on the inner shin/thigh of standing leg, arms extend out). As the wind blew, we could see the trees sway back and forth (lean from side to side).

While we were there we took a hike up a volcano (standing on both feet, arms extend overhead). There were frogs (squat) and monkeys (bend at waist, hands flat on the ground) on the volcano. All of a sudden, the volcano started to shake so we ran down (run on the spot) to the bottom and made it safely to the beach.

## Note to Parents

Make the story fun!

### Equipment

#### Required

None

#### Alternate

None