



LOTS OF FUN CHALLENGES INSIDE!

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FOR AT LEAST 60 MINUTES EVERYDAY















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Safety First

The following games and activities can be played at home and use recommended items for play or regular household items. While they are suggested games, please note that children should be supervised by an adult at all times when playing these games and activities and young children should not have access to any items mentioned that could cause harm to a child if left unsupervised.



Welcome to Monaghan Sports Partnership's

Family Fun ACTIVITIES

All Children should be physically active for at least 60 minutes every day

CHALLENGE CARDS:

- You have 3 activity cards to complete. Each one represents a week Monday to Friday.
- You should complete each day as it is described.
- Tick the box when you have completed each activity for the set number of minutes.
- When you have completed all 3 activities, colour in the star at the bottom of that day.
- At the weekends you are free to choose your own 60 minutes of fun physical activities, whatever you would best like to do, or you can complete some of the other challenges.

CLIMB THE HEIGHTS SKIPPING CHALLENGE:

- You will need a skipping rope to complete this challenge.
- Our chart shows a full range of the largest mountain peaks across Europe, and their height.
- Every skip you do represents 10 metres, challenge yourself to skip to the top of some of the mountain ranges, and mark off each you have completed.

CHALK PLAY:

- There are lots of fun games for chalk play in this resource booklet.
- The games are separated with ideas for children from 4-8 years and 7-12 years.

ROLL THE DICE LET'S GET MOVING:

- Use two dice if you have them or cut up pieces of paper numbered one to six.
- Your first dice roll represents the specific activity for you to undertake.
- Your second roll represents the number of seconds you spend doing the activity (i.e. 2 = 20 seconds).

SAFEFOOD EU FUN GAMES:

- Within this booklet are a number of easy to follow games for all the family.
- The games represent a great opportunity to have fun and get active.

FAMILY FUN GAMES:

 Easy to follow stay at home fun games ideal for all the family to get active to.

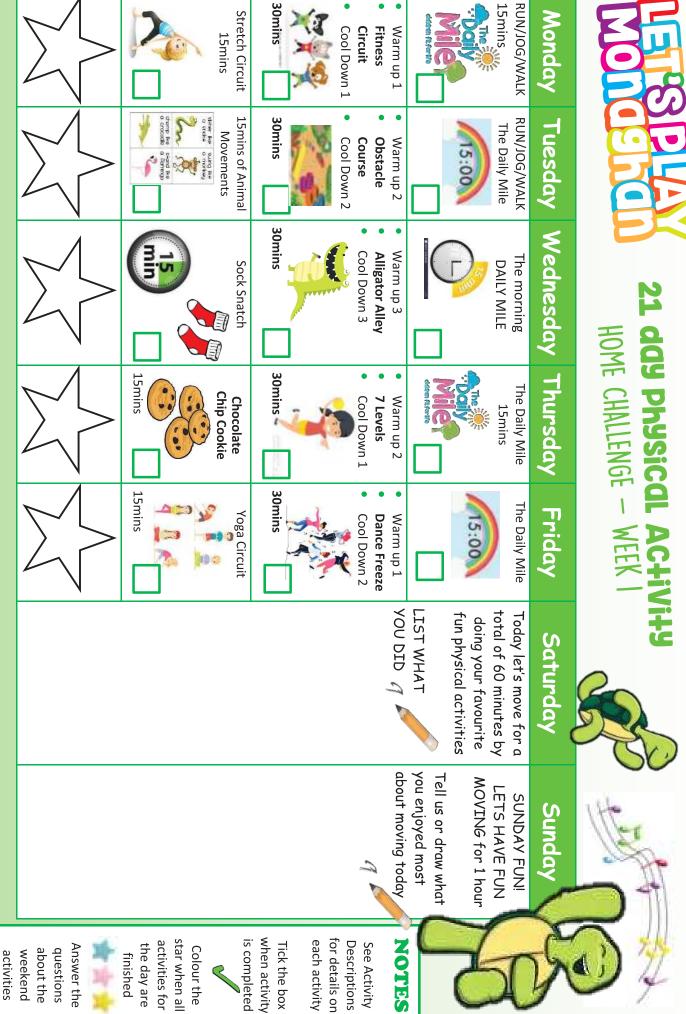
CYCLING CHALLENGE:

 Do you love being on your bike? Why not try and complete our "Cycling Monaghan" Challenge?

SPORT IRELAND BE ACTIVE DAY:

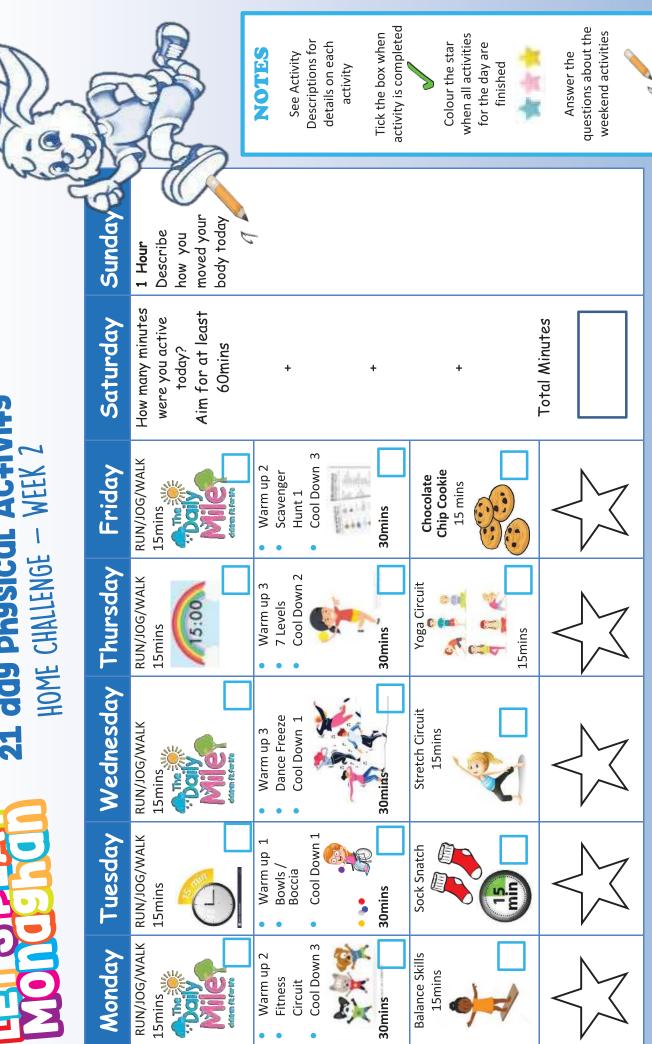
 A few ideas to practice your ABC's - Agility, Balance, Co-ordination.







21 ddy Physical Activity





21 day physical Activity HOME CHALLENGE -

RUN/JOG/WALK 15mins 30mins Monday Maze Game Warm up 2 Obstacle Cool Down 2 Course 15min 30mins RUN/JOG/WALK Tuesday The Daily Mile **Balance Skills** Cool Down 1 Warm up 1 **Activity Jar** 15mins Wednesday Thursday 30mins 15mins Alligator Alley Cool Down 3 Warm up 3 DAILY MILE Yoga Circuit 15mins 30mins 15 mins of Animal The Daily Mile Movements Cool Down 3 Hunt 2 Scavenger Warm up 2 15mins 30mins 15min Stretch The Daily Mile 15:00 music Dance to your Cool Down 3 favourite Warm Up 1 Circuit Saturday Draw a picture 60minutes physical of your favourite activity SUNDAY FUNI Describe or draw favourite way to What was your Sunday play today? your answer 1 Hour

NOTES

for details on each activity See Activity Descriptions

Tick the box when activity is completed

activities for the day are Colour the star when all finished



Answer the questions about the weekend activities

Fun games & Fitness ACTIVITIES

Complete these with the 21 Day Challenge Chart or Independently

Warm Up 1

March like a solider 30secs
15 x Jumping Jacks
Jog on the spot 30secs
10 x Arm Circles
10 x Hip Circles to the left
10 x Hip Circles to the right
10 x Frog Hops
Jog on the sport 30secs
Shake your left leg, your right leg.
Shake your left arm and right arm

Warm Up 2

Jogging high knees 30secs
Jogging butt kicks 30secs
10 x Leg swings side to side each leg
10 x Leg swings forward and back
each leg
Hop forward, hop backwards,
hop left and hop right 10 times
Jogging high knees 30secs
Jogging butt kicks 30secs

Warm Up 3

Touch your head, shoulders, knees, and toes do this 10 times
15 x Jumping Jacks
10 x Push ups
5 x Bunny Hops
Touch your head, shoulders, knees, and toes 10 times

Cool Down 1

Windstorm: Pretend to be trees in a windstorm, with wind blowing arms as branches, stretching tall onto your tippy toes. Start while the windstorm is strong and blowing hard, and finish as the wind calms and blows softer.

Then curl up small on the ground and hug your knees; stay here for 30secs. Repeat 5 times.

Cool Down 2

Climb the ladder: Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30secs, rest, and then repeat 3 times

Touch your toes: Sit with legs outstretched in front of you. Lean forward and try to touch toes. Hold this position for 60secs.

Cool Down 3

Butterfly Stretch: Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times, rest and then repeat 2 times.

Sitting on the floor, roll your shoulders backwards 5 times, then forwards 5 times.

Slowly look left, then look right. Do this 3 times.

Then shake it out: legs first, then arms.

Course

Use objects you already own like jump ropes, boxes and hula-hoops to create an obstacle course. Test yourself completing the course, keep your time. You can change up the course with how you move, hop only, skip, and crawl or use your imagination and test your skills.

Animal Movements

Pretend to be your favourite animals. Slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours. How many can you do?



Fitness circuit

Jumping Jacks



40secs

Rest 20secs

40secs Rest 20secs



40secs Rest 20secs



40secs Rest 20secs



Plank 40 secs Rest 20secs

40secs

Rest 1 minute **Do this circuit 3 times**

If 40secs is too easy, do 50secs and 10secs rest, if 40secs is too hard, do 30secs and 30secs rest.

The Daily Mile





The Daily Mile has a simple aim - to help you get active by walking, running or jogging for 15 minutes a day at your own pace around your house/garden or on the spot. So each morning start your physical activity with the Daily Mile.

set up a maze



Turn the hall into a "laser" maze with wool or string. Zig- zag string from varying heights and see if you can get through to the other side without touching the laser!!

scavenger Hun+

You will need a paper and pen to write or draw your treasure. On a sheet of paper write the list below. You have 20mins to go and find a treasure for each one in order. You must go and see the treasure and not just write the answer.

Scavenger Hunt 1

Find Something

- 1. blue
- 2. green
- 3. with numbers
- 4. with a nose
- 5. yellow
- 6. shiny
- 7. that makes noise
- 8. to write with
- 9. that smells
- 10. that turns
- 11. that grows
- 12. you sleep in
- 13. with wheels
- 14. with buttons
- 15. you can eat

Scavenger Hunt 2

Find Something

- 1. to wear on your feet
- 2. that closes
- 3. white
- 4. to sit on
- 5. that holds things
- 6. purple
- 7. made of plastic
- 8. that lights up
- 9. you can see through
- 10. with eyes
- 11. that floats
- 12. red
- 13. squishy
- 14. to read
- 15. turns on and off

Chocold+e ChiP Cookie



Decide on 3 areas to represent each word above – eg indoors, couch=chocolate, mat =chip, door=cookie)

The 'caller' has to shout one of the three words and players have to run to the area represented by that word. Players who make a mistake and run to the wrong area are 'out' or 'on next' as caller. Players use memory, reaction and speed skills here.

Alligator Alley



Adapt this game:

- The game can be made easier/ harder by making more or less space between objects.
- Those with limited mobility or wheelchair users can move between objects in their wheelchair.

What you need:

- Books, pillows, cushions, towels, sheets of paper.
- Tape.

Directions:

- 1. Scatter all of the above objects across the floor space- these are "islands" or "boats" and the floor is "water"
- 2. Use the tape to mark a starting point, name this as a country, and a finish point, another country.
- 3. Children jump between "islands" and "boats", one by one and have to avoid falling into the water, which is full of alligators.
- 4. Children must balance on the object and not put a foot or feet on the ground.
- 5. Once all children have made it across, they start again, with some objects removed or spaced out more.

sock sna+ch

For this game you will need a few socks and a box/bucket to place them in. You do not wear shoes or socks for this game.

Place all the socks in the bucket in the centre of the room.

Mark your home station a few metres away.

You must run to the sock bucket, take a sock out using only your toes, carry it back to the start with only your toes. (If the sock touches the floor, stop and do 5 squats before picking it back up to continue home). Try using different feet each time. If more than one player, you can have a competition to see who can gather the most socks.





7 Levels

You will need a wall and a ball

Mark a line a few metres away from the wall. You must stand behind this line. Throw the ball against the wall and catch it with two hands, you must try and do this 7 times in a row to move on to the next level.

If the ball drops you have to do 10 jumping jacks (if playing with someone take turns every time the ball drops)

Once you complete 7 catches in a row move onto the next level.

- Level 1 Throw and catch with two hands
- Level 2 Throw and catch with right hand
- Level 3 Throw and catch with left hand
- Level 4 Throw, clap and catch with two hands
- Level 5 Throw, let the ball bounce and catch with two hands
- Level 6 Bounce the ball at the wall and catch with two hands
- Level 7 Throw, turn around and catch with two hands

Make it harder by standing further from the wall or easier by standing closer to the wall.



BOCCIQ BOMPS \





- You can use soft balls, juggling balls, beanbags or rolled up socks
- Try to use a white ball or sock as the 'jack' to make it stand out from the others -
- First player or rolls the 'jack' a good distance away - (distance depends on the age and ability of children playing)
- Players then take turns to bowl the player nearest the jack at the end is the winner
- Alternatively if each player has 3 items to bowl with, they count the nearest items for all 3 and award points.
- You can also throw the ball or sock towards the jack instead of rolling

This game can be played from a standing or seated position and can be played indoors or outdoors

ACTIVITY Jar



Write all your favourite activities individually on a scrap of paper, fold them up and put them in a jar, close your eyes and pick one out and do the activity you choose. If you have time pick another and play it too.

Dance Freeze

Who doesn't like a good dance party? So turn on the radio and dance to the music - it's so much fun! To brush up on listening skills, try freeze dance. Dance when the music plays and when an ad comes on the radio, freeze until music plays again. Or, an adult can play DJ and turn up and down the music to stop and start the dance moves!

PIRATE YOGA

A

5 easy yoga poses for kids

Pretend to be steering the ship.

Pretend to be a plank.





Pretend to be a mermaid.

Pretend to be a pirate ship.





Pretend to be a treasure chest.

RALANCE SKILLS

A balancing beam is easier to set up than you think.
All you need is some coloured sticky tape, chalk or string and you're good to get practicing.

Stand on the line and balance on one foot on the spot, then try the other foot. Now walk the beam. Can you turn on the beam, walk backwards? Practice different ways to balance!

YOGG CIPCUI+

There are 5 poses in our Yoga Circuit. Hold each pose for 1 minute and then do the full circuit 3 times.

Make sure to take nice relaxed deep breaths.

Play some nice relaxing music if you can or do it in the garden or a quiet corner of a room.

Enjoy and Relax

Calf Stretch Left Leg then Right Leg



Shoulder Stretch Left Arm then Right Arm



Triceps Stretch Left Arm then Right Arm



Seated Forward Bend



Stretch Circuit

Hold each stretch for 40 seconds
Then rest 1 minute and do the
circuit again

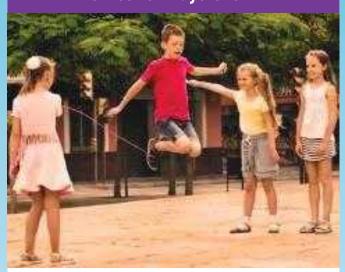
Quad Stretch Left Leg then Right Leg



Introducing children and families to "old school games" is a great way for everyone to get moving and active. Here are some ideas from Safefood EU to get you started.

OLd SChOOL FUN GAMES





How to Play:

- 1. 2 Players hold a skipping rope at either end
- 2. The other players stand to one side
- 3. The rope is turned
- 4. Players jump in as the month of their birthday is called during the 1st rhyme.
- 5. When everyone is in players jump out as the month of their birthday is called during the 2nd rhyme.

Lyrics:

- All in together guys, Never mind the weather guys
- When I call your birthday, You must jump in
- January, February, March, May, June, July, August, September, October, November, December

2 HOPSCOTCH

Number of Players: 1+



- 1. Players draw a grid or pattern of squares on the ground numbered 1-10 in chalk.
- 2. They take it in turns to toss a marker (stone, coin or beanbag) into the first, second, third squares, and so on
- 3. Hop from square to square to the end of the grid, retrieving the marker on their way back
- 4. If the marker does not land within the lines of the correct square, the player misses a turn
- 5. They also to repeat their turn on the next go if their foot lands outside the lines or in the wrong square when hopping
- 6. The first player to 10 wins

3 DUCK, DUCK GOOSE Number of Players: 3+



How to Play:

- 1. Players choose a picker and the rest of the players sit in a circle facing inward
- 2. The picker walks around the outside of the circle tapping players one by one calling each a duck until picking one they call goose instead
- 3. The player called goose has to jump up and try to catch the picker be- fore they get back to where they were originally seated
- 4. If they don't succeed, they become the picker



H BLIND MAN'S BLUFF

Number of Players: 3+



How to Play:

- 1. 1 player is blindfolded or has to promise not to open their eyes
- 2. The other players circle around them
- 3. Blindfolded person searches for the others with outstretched hands trying to catch them 1 by 1
- 4. The first person caught is on for the next game

5 HOT AND COLD Number of Players: 2+



- 1. 1 player hides an object somewhere in a room or garden
- 2. Other players try to find it by moving around and asking whether they're hot or cold
- 3. The colder they're told they are (freezing, shivering), the further away they are from the location
- 4. The hotter they are (roasting, burning up), the nearer they are to the hiding place

6 KICK THE CAN Number of Players: 3 +

How to Play:

- 1. Players pick the first person to be on
- 2. Players hide while whoever is on counts at the can this can be a pole, a tree, a bucket (if playing indoors it could be a chair or beanbag)
- 3. The person who is on has to find and tag each of the players hiding
- 4. Anyone caught has to stand by at the can and wait to be freed by the players who have not been caught
- 5. To free someone, a player has to kick (or tap) the can without getting caught themselves

OLd SCHOOL FUN GAMES



7 FOLLOW THE LEADER

Number of Players: 3+



How to Play:

- 1. Everyone lines up behind one player known as the leader
- 2. The leader then moves around and the players have to copy every action he / she does
- 3. Anyone who doesn't copy the actions correctly is out of the game
- 4. The last player left then becomes the leader for the next round

8 KERBS Number of Players: 3+



- 1. Players stand 2 to 3 metres away from a kerb
- 2. They take turns to throw a football at it, trying to hit the edge of the kerb and have the ball bounce right back into their hands
- 3. Each successful throw and catch is worth one point
- 4. The first player to 10 is the winner

SIMON SAYS Number of Players: 3+



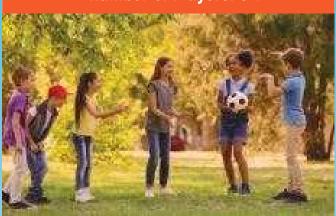
How to Play:

- 1. The player "on" is known as Simon
- 2. Simon gives a task to the other players eg. stand on one leg, hold your nose etc.
- 3. The players must only obey these tasks if "Simon says" is said first before the task eg. "Simon says stand on one leg"
- 4. Players are knocked out of the game if they do not complete the task on time, do not follow the task given or follow the task and the words "Simon says" is not said first.
- 5. The last player remaining is the winner



10 PIGGY IN THE MIDDLE

Number of Players: 3+



How to Play:

- 1. 2 players stand either side while the remainder gather in the middle
- 2. The 2 players then throw a ball over the heads of the others in a game of catch
- 3. If 1 of the players in the middle gets to the ball or catches it first, they then replace the player who threw the ball

11 TAG Number of Players: 3+



- 1. The player on is "It"
- That player has to then chase after and tag the others by tipping their back or any part of their body with their hands
- 3. That player then becomes 'It'
- 4. For added fun, once tagged that player can join "It" so that there are now two people tagging as a team. Played this way, the game is over once everyone has been tagged

12 WALL BALL Number of Players: 2+



How to Play:

- 1. The first player starts by kicking the ball against the wall
- 2. Each player takes turns kicking the ball from where it rolls to after hitting the wall
- 3. The ball must hit the wall or that player is out
- 4. If only two players are playing and one misses the wall, they give the other player a point
- For older players, you can mark out a section on the wall for the ball to hit

OLD SCHOOL FUN GAMES



13 TRAFFIC LIGHTS

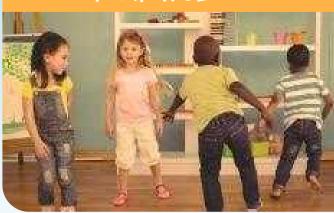
Number of Players: 3+



How to Play:

- 1. 1 player directs traffic and calls out the colour of the lights to the other players who have to move around
- 2. Green light means run as fast as you can
- 3. Amber means you have to walk in slow motion
- 4. Red light means freeze on the spot in total silence trying not to laugh

WHAT TIME IS Number of Players: 2+



- 1. 1 player is "Mr Wolf" & stands with their back to other players
- 2. When the group shouts out "what time is it Mr Wolf?", Mr Wolf calls out a time between 1 and 12 o'clock
- 3. The players must take that many steps forward
- 4. At any time Mr Wolf can give the answer "Dinner time!" and then gives chase to the group until one is caught
- 5. That person becomes Mr Wolf

BOIL AND DIGE **Let's get moving!**



LONG JUMP





SKIPPING





HIGH KNFFS





RUN ON THE SPOT





MOUNTAIN CLIMBERS





AIR BOXING



How to Play: Use 2 dice or pieces of paper numbered one to six

Roll Dice 1 =Represents the activity for you to undertake.

Roll Dice 2 = Represents the number of seconds you spend doing

the activity (i.e. 1=10 seconds, 2=20 seconds etc.).



'Climb the Heights' Skipping Challenge

Monaghan Sports Partnership are encouraging our school children and their families to **#BeActive** and to work together to climb the highest peaks in Europe!

1 skip = 10 metres

Europe's Highest Mountains

	Country	Mountain	Height (m)	We climbed it!		Country	Mountain	Height (m)	We climbed it!
	Austria	Großglockner	3,800			Latvia	Gaizinkalns	310	
	Belgium	Signal de Botrange	690		y <u>å</u> s	Liechtenstein	Vorder Grauspitz	2,600	
	Bulgaria	Musala	2,930			Lithuania	Aukštojas Hill	290	
***	Croatia	Dinara	1,830			Luxembourg	Kneiff	560	
70, 400	Cyprus	Mount Olympus (Cypru	s) 1,950		\divideontimes	Macedonia	Mount Korab	2,760	
	Czech Republic	Sněžka	1,600		·	Malta	Ta' Dmejrek	250	
	Denmark	Møllehøj	170			Netherlands	Vaalserberg	320	
	Estonia	Suur Munamägi	320			Poland	Mount Rysy	2,500	
+	Finland	Halti	1,320			Portugal	Mount Pico	2,350	
	France	Mont Blanc	4,810			Romania	Moldoveanu Peak	2,540	
	Germany	Zugspitze	2,960		#	Slovakia	Gerlachovský štít	2,660	
H	Greece	Mount Olympus	2,920		•	Slovenia	Triglav	2,860	
	Hungary	Kékes	1,010		(M)	Spain	Mulhacén	3,480	
-	Iceland	Hvannadalshnúkur	2,110		C*	Turkey	Mahya Dağı	1,030	
	Ireland	Carrauntoohil	1,040			United Kingdom	Ben Nevis	1,340	
	Italy	Monte Bianco	4,810						

How many mountains can YOU climb?

















CYCLING CHALLENGE, - Progress Tracker -



Track your progress here!

Record the date of your cycle, the distance you cycled, and keep a running total until you have completed the full distance of your challenge!

Date	Distance Cycled	Total to Date	Date	Distance Cycled	Total to Date













Challe Play SUITABLE FOR AGES 4-8 YEARS

SNAKES & LADDERS

Suitable for ages 4-8 years



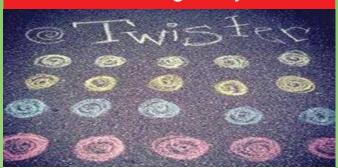
How to Play:

- Draw a large grid on the ground in chalk (eg 5 squares across and 10 rows long) – the squares should be big enough to stand inside.
- Mark out each square from 1 upwards...
 eg start at bottom left hand corner with
 number 1 and continue in sequence along
 the first row and upwards to the next row
 (which continues from right to left and
 continue like this).
- Draw in some snakes choose a number to begin with and draw the snake from that number down to a number either one line or two lines below (2 or 3 snakes are enough).
- Draw in some ladders choose a number to begin with and draw the ladder from that number upwards to a number on the next line (or two lines) above (2 or 3 ladders are enough).
- Throw the dice (or use the cards) to select a number between 1 and 6 – hop forward along the numbers – if you land on a snake, follow it down to your new position, if you land on a ladder, sprint upwards to your new position!
- The first person to reach the last number wins!

Skills Developed: Coordination & counting

SIDEWALK TWISTER

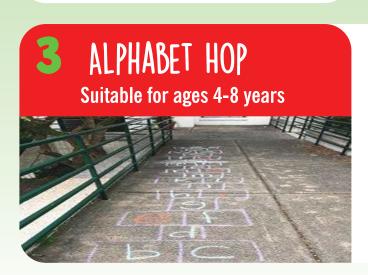
Suitable for ages 4-8 years



How to Play:

- Create your own chalk twister board with coloured circles (or use different shapes) placed closely together. Ideally use 4 or more colours.
- One child or an adult calls out the instructions to players in turn - they choose a colour and a body part ie right hand, right foot, left hand, left foot etc. Or you can create your own instruction cards - one set of cards should match the colours and shapes of your board and the other set should list out the body parts to use.
- Players try to keep their balance while moving to new shapes and colours - If anyone falls over, they miss a turn and then re-start again
- To add extra fun, children might also make animal noises when they land on a certain colour or shape!

Skills Developed: Coordination, balance



How to Play:

- Use chalk to make 26 squares or circles fairly close to one another and write the letters of the alphabet in each.
- For kids just learning their alphabet, call out letters to hop from one to another.
- For kids who are able to spell, call out words to spell and have them hop using one or two feet from one letter to another.

Skills Developed: Hopping, skipping

Challe Play SUITABLE FOR AGES 4-8 YEARS

FROG LEAF GAME

Suitable for ages 4-8 years



How to Play:

- Draw different sizes of green lily pads on the concrete making sure the distance between them are different distances apart.
- Ask kids to jump across the "pond" by only standing on the lily pads.
- Draw a frog leaf in circle around.
- Have a start and finish point.
- Vary this by doing it on one leg, hopping, skipping, jumping side ways.
- Children can play tag to try and catch each other or see how many leaves they have to jump to get back to the start.

Skills Developed:

Jumping, running, skipping, hopping

S CHALK OBSTACLE COURSE

Suitable for ages 4-8 years

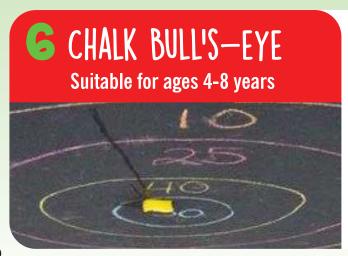


How to Play:

- Make a start point and work your way around the footpath (or wherever the obstacle course is) by drawing different activities.
- Include many different tasks such as dancing, jumping, hopping, turning around, jumping on 1 foot, clapping, going backwards, etc.
- It's a good idea to squeeze in some "break" activities such as make a wish, give high five to the sky, say your name, etc.
- It makes the obstacle course more fun with different activities.

Skills Developed:

Jumping, balance, skipping



How to Play:

- Use various colours of chalk and draw concentric circles with a bull's-eye in the middle.
- Within each circle, write point values for math skills or to see who can throw an item closest to the bull's-eye.
- For markers, use chalk, stones or on hot summer days, wet sponges or water balloons.

Skills Developed: Throwing

Challe Play SUITABLE FOR AGES 7-12 YEARS

4 CORNERS Suitable for ages 7-12 years

How to Play:

- This game requires at least three players but can be played with many more.
- Draw a large square court with smaller squares drawn in each corner in different colours.
- Draw a circle in the middle of the court.
 One person is designated the "counter" and stands in the circle in the middle of the court.
- The counter closes their eyes and counts to ten.
- While their eyes are closed, the other players skip around the court and choose a corner to stand in (more than 1 person can stand in a corner)
- With their eyes still closed after counting to ten, the counter calls out one of the four corner colours.
- Whoever is standing in that colour is out The game continues until all players are out.

Skills Developed: Running, skipping

2 HUMAN BOARD GAME

Suitable for ages 7-12 years



How to Play:

- Draw large boxes for your game board on the ground using chalk. Each box should be big enough to stand inside.
- The children are the playing pieces and they move themselves around the board.
- You can use a dice to decide how many moves you make.
- In some of the boxes write instructions on what they have to do when they land on that box. Some fun examples are:
 - Move back 3 spaces
 - Jump up and down until your next turn
 - Lose a turn
 - Cluck like a chicken until your next turn
 - Dance in your square until your next turn
 - Sing "Happy Birthday"
 - Change places with any player
 - Go back to the start
 - Do 10 toe touches etc.
- The first to reach the finish line wins.

Skills Developed: Jumping, hopping

3 LONG JUMP Suitable for ages 7-12 years

How to Play:

- Step out up to 4 metres or use a measuring tape.
- Write the numbers 1 to 10.
- Have a jump line or they can do a run to jump. It's fun to see the difference.
- Mark the spot with x and then let next person go, winner one that jumps further in 3 goes.

Skills Developed: Running, hopping, jumping

Challe Play SUITABLE FOR AGES 7-12 YEARS

EXERCISE SQUARES Suitable for ages 7-12 years



How to Play:

- Create your own chalk square or squares.
- Make it as big or small as you want, start at one end finish at the other.
- Start with writing even or odd numbers either start at 4 or 5 up to 21.
- Pick different exercises e.g. squats, burpees, running on the spot etc.... do each exercises as many times as the number says; i.e. squats 10.
- You can draw two squares and have teams against each other or kids can race against each other to see go is fastest.

Skills Developed:

Coordination, exercise, jumping, hopping, running & balance

5 SHUTTLE RUN

Suitable for ages 7-12 years



How to Play:

- Draw a grid of circles eg 4 lines of 4 (16 in total) with circles approx 1 metre apart.
- Number each line 1,2,3,4 or choose different colours for each line (across).
- On the signal, players run from the start of the grid to a numbered or coloured circle and back to base.
- Alternatively players run out to each line and back in sequence (1,2,3,4) until they have completed all 4 lines.
- Vary this by making each marker different, try a hop or skip to the marker and run back to the start.
- After you run to all markers and back, the next person goes.
- The game is finished when everybody has completed their run.

Skills Developed:

Running, turning, speed, agility, teamwork



How to Play:

- Be creative and design your own web of squiggly lines, circles, and other lines with chalk to design a maze.
- Through which others can walk, run, cycle, scooter or roller blade.
- The bigger, more colourful, and more intricate the maze, the more fun kids will have working their way through.

Skills Developed: Running, side stepping



BED SHEET PING PONG

What you need:

- Bed sheet or flag / bath towel
- Small soft ball or paper / tinfoil / sock rolled up into a ball

Directions:

- 1. Players hold up the sheet at opposite ends (either 2 teams or 1 versus 1).
- 2. Place the ball or rolled up paper / sock etc onto the sheet.
- 3. Teams lift the sheet (maybe one end at a time or both ends at the same time to cause the ball to roll around and try to flip it off the sheet).
- 4. The first person or team to score 10 points (or chosen number of points) wins, or the team with the highest score after a certain amount of time.

Adapt this game:

- Size of blanket / towel can be changed to involve more participants or less.
- Can also be played from a seated position with a smaller sheet or light towel.

Directions:

- 1. Give each child the feather or piece of tissue.
- 2. When you call 'GO!' the child blows the feather in the air.
- 3. Whoever can keep the feather in the air the longest (using only their breath), wins.
- 4. If there are two teams, count how many seconds each person on the team keeps the feather in the air and add the points together for the team.

Adapt this game:

 Feather can be replaced by a balloon and can be kept up by hand for younger children or children with reduced mobility.

FEATHER BLOWER

What you need:

- A feather (if you don't have a feather, use some small torn up pieces of toilet paper / kitchen paper)
- Two teams or either 1 versus 1

PING PONG CATCH BALL

What you need:

- Large plastic / paper cup or bowl or lunchbox
- Small ball eg ping pong ball, small bouncy ball or small rolled up sock

Directions

- 1. Players stand opposite each other (distance depends on age and ability of the child).
- 2. One child throws the ball to the other who tries to catch it in the cup or box.
- 3. Each time a child catches the ball in the cup, they earn a point.
- 4. The first person to catch the ball successfully (for example, 10 times) wins.
- 5. For a child playing on their own, throw the ball up and catch it in the container 10 times with right hand and 10 times with left hand to develop hand / eye coordination.

Adapt this game:

- To make the game easier, use a larger container to catch the ball or to make it more difficult, use a smaller container or cup.
- Players can stand closer or further apart to make is easier / harder.



 Any soft object - Small ball, bean bag, small rolled up sock

Directions:

- 1. Optional play some background music to encourage children to move around more.
- 2. The child or children walk around trying to balance the soft object on their head.
- 3. If the object falls, the child has to freeze.
- 4. The child remains frozen' until you place the object back on their head
- 5. Continue for a set amount of time or until 1 player has dropped the object 5 times and the other player is declared the winner.
- 6. Alternatively, like musical statues, stop and start the music when the music plays, the child(ren) walk around with object on their head and freeze when the music stops, trying not to drop the object.

- To make the game harder, ask players to cross the room while balancing the object on the head and pick up some items off the floor eg pieces of lego, other small toys without letting the object fall from their head.
- Use different body parts to develop balancing skills eg balance object on shoulder, forearm, raised knee, raised leg / foot.

Directions:

- 1. Tie the string between two chairs / spaced apart.
- 2. The object of the game is to hit the balloon over the string to the other side to an opponent.
- 3. If the balloon hits the floor, the opposite player is awarded a point.
- 4. Continue to play until one player reaches a target (eg 10 points).
- 5. Swap sides and continue new game.
- 6. Alternatively, play like tennis by using light racquets with balloon or outdoors with racquets and soft ball.

What you need:

Balloon, string* / ribbon, chairs, and a sheet or towel

Adapt this game:

- The height of the 'net' used in balloon volleyball can be lowered to make it easier or raised to make it more difficult. Players can play in small area from a seated position.
- A child can play this game on his / her own, by hitting the balloon into the air and over the string to the other side and running to the opposite side to return the balloon before its hits the ground / floor and count up scores - eg see if s/he can reach 10 successful 'passes' within 1 minute.
 - *Games involving string should be supervised by an adult at all times

What you need:

- Paper plates or cut out circles of any paper,
- Markers or colouring pencils
- Bean Bags or rolled up socks
- Cardboard box, scissors (to be used only by an adult)

- 1. Draw numbers on each plate / circle and colour them in these numbers will be the scores for each throw – so it could be 1,2,3 etc or 5,10, 15.
- 2. Alternatively, use a cardboard box with a lid / closed in section. Cut holes in the lid / top of the box and number each hole as a score. Throw the ball or sock to the box to try and get the ball into the hole and award a score. (best to keep the underside of the box open to retrieve the objects).
- 3. Record the scores and add them up for example a child might get 3 attempts or be given a time limit in which to have 3 or more attempts.
- 4. This game can be played by any number of individual players or in teams by adding up collective scores.

Adapt this game:

• This game can be made easier or harder, by extending (or shortening) the distance that the child has to throw the object. Also the holes in the box can be made larger to make it easier or smaller to be more difficult. This game can also be played from a seated position.



What you need:

- Containers that can hold equal volume of water - eg 2 large bowls for end of the play area and 2 small cups for the other
- Sponge or cloth that can soak up water

Directions:

- 1. Place bowls at one end of the play area and cups at the other end.
- 2. Place same quantity of water in both bowls (eg 500ml) and leave cups
- 3. This game can be played by any number of individual players or in teams.
- 4. The game is played like a relay race player soaks up as much water as possible from the bowl by using the sponge to collect it.
- 5. They then run to the opposite end and squeeze the water into the cup.
- 6. The winner is the person who fills the cup full (alternatively, allow a fixed time eg 1 minute) and measure who has the most water in their cup by the end of the minute.
- 7. This game can be played by individual players or teams in relay everyone takes a turn and passes the sponge / cloth to the next person.

Adapt this game:

- This game can be made easier by using a large sponge to transfer the water or more difficult by using a different object to transfer the water – eg spoon, eggcup.
- This game can be played by children in a seated position who transfer the water from a bowl on their left side into a cup on their right side, but be aware, it can get messy!

Directions:

- 1. Set up play area.
- 2. Players have their own area in which to place their flag.
- 3. The object of the game is to try 'steal' the other player or team's flag without getting 'tagged' (caught).
- 4. The game helps develop running, swerving, change of direction skills
- 5. When played by individuals, players can get scores by being awarded one point for every time they 'tag' an opponent and 2 points if they 'capture the flag'.
- 6. When played in teams, if any player is tagged, they must join the opposite team.
- 7. The winning team is the one that manages to 'capture the flag' without losing their own.

What you need:

• A 'flag' – this could be a cloth or a ribbon or small piece of clothing - anything at all really

Adapt this game:

- This game can be made easier by using a large play area or having more than one flag.
- The game can be made more difficult for players by using a large play area and only one flag.



What you need: No resources needed. just at least 2 people.

Adapt this game:

 Movement chain can also be played by everyone seated in chairs if needed to include participants with reduced mobility or wheelchair users.

Directions:

- 1. The first person starts by performing a certain movement of their choice, this could be simple like jumping 2 times or hopping or clapping hands.
- 2. The next person must repeat the first person's movement and add one of their own.
- 3. The next person (which might be person number 1 again) does the previous two movements and adds their own and so on.
- 4. Continue like this until the chain is broken (someone forgets the movement or sequence).
- 5. The person who breaks the chain is out.
- 6. The movement chain begins again with those who are left.
- 7. The last person left is the winner or everyone stays in the game until a sequence is completed.



What you need:

- Laundry basket or similar bucket/box,
- Rolled up socks or paper balls/small balls,
- Tape.

Directions:

- 1. Use small balls or make balls out of rolled up paper or rolled up socks.
- 2. Place the basket or bucket across the room.
- 3. Mark down a free throw line or some shooting spots with tape, away from the basket and at different angles.
- 4. If using different shooting spots, allocate scores to each shooting spot.
- 5. Everybody has 5 throws.
- 6. Each person takes turns shooting for a score.
- 7. Each player can decide to shoot from the scoring points closer or further away to increase their score.
- 8. Player with most points at the end wins.

Adapt this game:

- Shooting can be done from a seated position for those with limited mobility or wheelchair users.
- Give younger children or those with limited mobility more points for shooting closer to the bucket.
- Increase/decrease size of rolled up socks/balls to make game more easy/difficult.

Directions:

- 1. Tape down a start line if indoors or mark a start line with chalk if outdoors.
- 2. Stack up the objects at the other end of the room (or garden/ outdoor area) in a pyramid shape on top of each other or like bowling pins.
- 3. Stack objects on ground level or on a shelf/table etc.
- 4. The first person stands behind the start line and throws their ball trying to knock the objects over.
- 5. They repeat this until they have all objects knocked over.
- 6. The person who knocks over all the objects in the least amount of throws is the winner.

Adapt this game:

- Increase/ decrease distance of start line from objects to make it harder/ easier
- Use bigger/ smaller rolled up socks/ball to make it more/less difficult.
- All throws can be done from a seated position for those with limited mobility or wheelchair users.

ROLLING BOWLING

What you need:

- Any small ball or small soft object that can be thrown, e.g. rolled up paper ball etc.
- Objects that can be knocked over, e.g. empty plastic bottles/ cups, empty toilet rolls,
- Tape or chalk.



- Empty toilet roll or kitchen roll tubes to be used for hooks.
- Empty cardboard box/paper plates
- Floor or door.
- Additional paper plates cut into a ring shape.
- Tape.

Directions:

- 1. Tape the kitchen/ toilet roll tubes onto a flattened cardboard box or onto paper plates.
- 2. Place the cardboard box/ paper plates (with tubes taped on) on the ground or tape them onto a kitchen door.
- 3. Number or colour the different tubes to indicate different scoring points.
- 4. Tape down a throwing line approx. 2-3 metres away from the hooks, or whatever space is available.
- 5. Cut out the centre of the remaining paper plates to make them into rings.
- 6. Stand at the line and throw the rings over the hooks either on the door or the floor.
- 7. Every player gets 5 throws.
- 8. The person with the most points after 5 throws is the winner.

Adapt this game:

- The game can be made easier/ harder by adding or taking away some of the hooks.
- By moving the throwing line closer/ further from the hooks can also make the game more/less difficult.
- All throws can be done from a seated position for those with limited mobility or wheelchair users.



National BeActive Day



Catch and Clap

What do I need?

• 1 round object (ball, rolled up socks, etc.)

What do I do?

- Throw the object up in the air and clap your hands before you catch it
- The object must go above your head
- See how many times you can clap your hands while the ball is in the air before you catch it
- This activity can be completed standing or sitting if you want an extra challenge



Harder: One hand to catch or smaller ball



Balance Challenge

What do I need?

A ball or a book

What do I do?

- Balance the object in your hand or on your head while standing or walking
- Time yourself and see how long you can keep the object balanced without dropping
- **Easier:** Balance the object while sitting
- Harder: Balance the object on your back or hand while completing a plank



Target Throwing

What do I need?

- Throwable object (Ball, roll of socks, old shoes, etc.)
- Start line
- 3 targets placed at different distances from start line

What do I do?

- Each player tosses the object from the start line
- You must try to throw the object on or into the target (try to knock down bottles or throw socks into a saucepan)
- Each player gets 3 throws
- **Easier:** Move targets closer to start line
- Harder: Try different throwing techniques (underarm, overarm, sitting down, or blindfolded)





National BeActive Day



Egg and Spoon

What do I need?

- Spoon
- Egg (or potato)
- Start line and marker to walk around

What do I do?

- Hold a spoon and place the egg on it
- Walk from the start line, around a marker and back to the start line trying not to drop the egg off the spoon
- If you drop the egg, go back to the start
- See how fast you can do it without dropping the egg

Easier: Use a large spoon over a shorter distance

Harder: Weave around objects/obstacles



Weaving Ball

What do I need?

- Start line
- Set up 4 markers. These should be set up 4 footsteps apart. Markers can be cones, socks, books anything you can weave around
- 1 round object (ball, rolled up socks, etc.), anything that can be rolled or pushed along the ground

What do I do?

- Weave the object around the markers as quick as you can
- **Easier:** Use your hand to move the ball around the markers
- Harder: Use a racket or hurl to balance a ball while going around the markers



Obstacle Course

What do I need?

• Different household items of your choice

What do I do?

- Set up a start and finish line
- Set out a number of obstacles to go around, jump or climb over, crawl under etc.
- Try to include at least 5 different obstacles
- See how fast you can go around the obstacle course

Easier: Walk through the course

Harder: Add more obstacles



This booklet of games and activities was compiled by Monaghan Sports Partnership, funded through the Healthy Ireland Fund.

If you feel that there is any way in which we can assist you or your family/community, or for regular updates on all Monaghan Sports Partnership programmes follow us on Facebook:

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Enjoying your challenges? Why not share your progress with us on social media, ask your parent/guardian to take a photo of you completing your challenges, share it and tag us on Facebook @monaghansports, or if they are not on social media they can email us at info@monaghansports.ie

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