





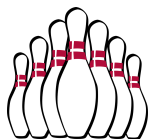


# Keep 'em moving!

## Individual activities

<p><b><u>Skipping</u></b>            Drag out your old skipping rope and try these moves!            How many can you do?</p> <p><a href="#">Skipping Skills</a></p> 	<p><b><u>Born to Move</u></b>            TVNZ on Demand            Les Mills popular dance grooves. Here's some favourites!</p> <p><a href="#">Born To Move Heroes</a>  <a href="#">Born To Move Neon Lights</a>  <a href="#">Born To Move Longboard</a></p> 	<p><b><u>Target Golf</u></b>  <b>Set up:</b> golf/hockey stick, 5 small balls, targets</p> <ol style="list-style-type: none"> <li>1. Set out targets in the backyard with points attached to them.</li> <li>2. Tee off a set spot.</li> <li>3. Hit the target and add your points. What's the highest you can get?</li> </ol> <p><b>25 50 75 100</b></p>
<p><b><u>Willbee the Bumblebee</u></b>            Bees are so important in our food production. Listen and dance to the story.</p> <p><a href="#">Willbee The Bumblebee - Craig Smith, video by Jody Lloyd</a></p> 	<p><b><u>Run Rabbit Run</u></b>  <b>Touch and Go</b>            Set up 5-10 objects around the outside of your house. Time how long it takes you to touch each. Improve your time each day.</p> <p><b>Shuttle Runs</b>  <a href="#">Shuttle Run Tips and Techniques</a></p>	<p><b><u>Elastics</u></b>            Set up 2 chairs and practice your elastics. Try these songs.</p>  <p><a href="#">Elastics Jingles</a></p>





## Partner Activities

<p><b><u>Volleyball/Tennis</u></b>            Create a net using a line of chairs. Grab a ball or racquet and play a game across the net.</p> 	<p><b><u>Hopscotch</u></b>            It's an oldie but a goodie!            Grab some chalk and mark out your own hopscotch.  <a href="#">How to play hopscotch</a></p> <p><b>Categories hopscotch</b>            Replace each square with the name of a category eg. animal. When you hop on the square you must say an item in that category.</p>	<p><b><u>Arm Wrestling</u></b>            Grab a partner and knuckle down. Remember elbows on the table! Who is the winner in your family?</p> 
<p><b><u>Ti Rakau</u></b>            Make some rakau sticks using old magazines and tape. Try some traditional songs with them.  <a href="#">E Papa Waiari</a>            Learn the chords and play on your ukulele or guitar.  <a href="#">E Papa chords</a></p>	<p><b><u>Skittles</u></b>            Reuse and Recycle! Collect old milk bottles and wash them out. Decorate them or colour as you wish. Grab a ball and knock 'em down!</p> 	<p><b><u>Cone Down</u></b>            Set 20 cones or objects out in a square apart from each other. On 'Go' one person runs around and knocks/turns over each cone. Time them. Second player has to put them up. Who is fastest? Swap over.</p>

## Family Activities

<p><b><u>Puzzle Relay</u></b> Find a 15-30 piece puzzle. Place all the pieces 20-30m away from your start/finish line. Run out to retrieve one puzzle piece at a time, one runner at a time. When you're not running, put together the puzzle. Time how fast you are and then see if you can beat it.</p>	<p><b><u>Night Games</u></b> Add a bit of fun to the evening and play these games with the whanau. Spotlight, Statues, Firefly!</p> <p><a href="#">Outdoor Games at Night</a></p> 	<p><b><u>Bat Down</u></b> Grab a bat and ball. The player with the ball hits it away and puts the bat down on the ground. Fielders roll the ball and try to hit the bat. If they hit it then it's their turn!</p> 
<p><b><u>Four Square</u></b> Mark out 4 even squares with chalk or cones. Put numbers 1 to 4 in each square. Who will be the top dog?</p> <p><a href="#">Four square rules</a></p> <p><b>Variation:</b> Try playing with racquets.</p>	<p><b><u>Dance and Praise</u></b> God fills us with joy. Share that joy with your family by dancing to one of these tunes.</p> <p><a href="#">He's Got the Whole World in His Hands</a> <a href="#">Peace Like A River</a></p> 	<p><b><u>Hide and Seek</u></b> A family favourite! Any new hiding spots? </p> <p>Have you played <b>Sardines</b>? This time one person hides and the rest try to find them. When you find them, join them in their spot!</p>

## Wet Weather Activities

<p><b><u>Building Huts</u></b> Grab the blankets, sheets and pillows and get building! Maybe lunch could be delivered here?</p>  <p>How about camping out inside? Set the tent up in the lounge.</p>	<p><b><u>Balloon Volleyball</u></b> Create a net in the garage or lounge using a line of chairs. Blow up a balloon and off you go. Game on!</p> <p><b>Try these other balloon ideas:</b> Penguin waddle Balloon Padder Tennis Balloon Hockey</p>	<p><b><u>The Floor is Lava</u></b> The Volcano has erupted! Throw the cushions and pillows around the floor. Can you make it to safety without touching the ground?</p> 
<p><b><u>Colour Toss</u></b> Attach 5 different coloured sheets to the floor down the end of the hall. Grab some bottle tops or bean bags. From a marker how many can you land on the green one, the red one?</p> 	<p><b><u>Ping Pong Ball Catch</u></b> Break out the plastic cups and the ping pong balls. Toss the ball to each other. Try and catch it in the cup. Keep getting further apart!</p>  <p>Can you make up your own game to share with others?</p>	<p><b><u>Whai String Games</u></b> Read the Whai book online. <a href="#">Whai (String Games) / Ready to Read</a></p> <p>Try these 5 different string games. <a href="#">5 String Games for Kids</a></p> 