

Active play ideas for when you're stuck inside



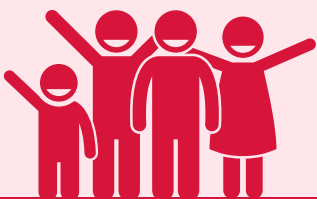
Did you know children who are active are healthier, sleep better, and perform better at school?



Children aged 1 - 5 years need at least 3 hours of physical activity spread over the day.

For children aged 3 - 5 years, this should include at least 60 minutes of moderate to vigorous physical activity (where they are huffing and puffing) broken up into small bursts.

It can be hard to meet these needs on days when you aren't able to get outside. So why not bring the fun inside?



It is important to be active as a family so be creative and think of activities the whole family can enjoy together. It is great for your children to see you enjoying being active.

Copycat games

Young children love to follow, and they especially like to follow YOU. There are lots of games you can play that are great fun for you and your child.

Get your child to follow you, and then you follow them:

- around in a circle – forwards, backwards and sideways
- walking on a line and with feet on either side of the line
- walking on tiptoes
- moving around the room in different ways (jumping, skipping, hopping)
- playing games with them that involve a quick movement (e.g. being a jack-in-the-box).

Music

Young children love music, so sing, play music and dance with them. Choose an action song such as Head, Shoulders, Knees and Toes or Hokey Pokey.

Pretend play

Young children love to pretend and imagine. A cardboard box can be a boat or racing car. They can hop, skip, dance and balance like a fairy or run and leap around like a wild animal or superhero.

Managing screen time

It can be difficult to get children away from screens when they can't get outside. Odds are that children will be using screens more but try to break up the sitting time with short bouts of physical activity. This is just as important for adults and if you join in the kids are more likely to want to take part.

Try putting on some music and dancing, play chasing games around the house, or simple movements like star jumps, pretending to use a skipping rope or running on the spot and seeing how fast you can go.

Active play ideas for when you're stuck inside



Lily pad jumping

Place a sheet on the floor. This is the pond. Use objects from around the house as lily pads. E.g., clothing, books, pillows. Children have to jump and leap on the lily pads to get across the pond.



Popcorn

Use a sheet as a parachute and place scrunched up paper or socks on to the sheet. Together, raise your arms up and down as you make the popcorn.



Leaping and jumping

Find objects around the house that children can leap and jump over. Start off small and challenge them to jump higher or leap further as they go.



Laundry basketball

Take turns throwing rolled-up socks into a laundry basket or bucket. Move further back to make it harder.



Balloon volleyball

Use a balloon to play volleyball. Try to keep the balloon in the air. You can use your feet to make it harder.



Hide and seek

Play hide and seek. When someone is found they have to try and run away without being tipped.



Goal kicking

Set up goals using objects from around the house. If you don't have a ball you could use a soft toy or rolled-up socks. Take turns kicking through the goals. Start up close and move further back to make it harder. You could also try to dribble through the goals.



Wheel barrows

Set up a short course through the house. Have your child start in a crawling position and lift their legs carefully off the floor so you have one leg in each hand. Slowly have them walk on their hands around the course.



Crab crawling

Set up a short course around the house. Your child starts by sitting on the ground leaning on their hands behind them. They then lift their bottom off the floor so they are in a crab position. Challenge them to do the course walking like a crab.

