

Games from the shed



Not sure what game to play with the piece of equipment?

Ideas for bean bags

- Balancing in hand, on back, on elbow, on shoulder, on head etc.
- Walking on balance beam holding bean bag
- Throwing and catching
- Walking holding bean bag between knees
- Running holding bean bag under arm
- Tossing to a partner
- Walking with bean bag on shoe
- Using bean bags with parachute
- Tossing bean bags to a target (in a box, to a spot on wall, through a hoop)



Ideas for parachutes

- Warm up exercises – touching toes and stretching arms up high
- Holding and moving the parachute up and down
- Saying “hi”
- Learning how to control balls on the chute (roller ball and popcorn)
- Making a tent
- Changing places under the parachute
- Grabbing the bean bag
- Wiggle worm
- Finding your shoes

Ideas for hula hoops

- Placing hoop on the floor and jumping in and out
- Shark attack
- Rolling the hoop like a tyre
- Spinning it on its axis
- Twirling it around your neck
- Holding it above your head and dropping it down body without touching
- Twirling it around your waist
- Tossing and catching hoops
- Making a tunnel with classmates and one child passing through it



Ideas for skipping ropes

- High water, low water
- Jumping the river
- Snakes
- Waterfall
- Limbo
- Campfire – stop, drop and roll
- Rainbow (running under the rope when it is raised)
- Slowly swinging the jump rope back and forth
- Holding hands and running under a turning rope
- Partner jumps

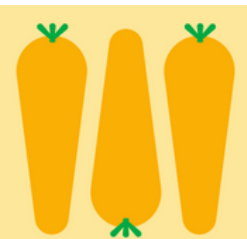


Ideas for balls

- Catch
- Silent ball
- Volleyball with a balloon or beach ball
- Dodgeball
- No-contact football
- Tee ball
- Kickball
- Basketball
- Soccer



Illawarra Shoalhaven Local Health District, 2023.



Munch & Move

