

LHSSN HOME ACTIVITY PROGRAMME



Welcome to the LHSSN Home Activity Pack, it's a group of activities and games that families can play at home with limited equipment and/or household items. Not only is this a group of activities and games, but I want to show you how to alter your activities to suit the space you are playing in, how many people are playing and what equipment you have.

Looking at this further, we can utilise something called STEP.

STEP allows us to take any activity and alter it to suit our needs and make it harder or easier depending on the participants and how much success you are having and the challenge you would like. STEP stands for:

Space (alter the space and make it bigger or smaller, or stand closer or spread out)

Task (alter the activity you are playing, or change the rules)

Equipment (alter the equipment you are using)

People (alter how many people are playing)

Let's use the game "Tag" as an example:

In regular tag, one person is on and they try to catch the other players by touching them on the arm/back etc. We make sure the space is big enough, so we are not banging into each other. Once a player is tagged, they become the catcher, and so on. Let's alter this game using **STEP**:

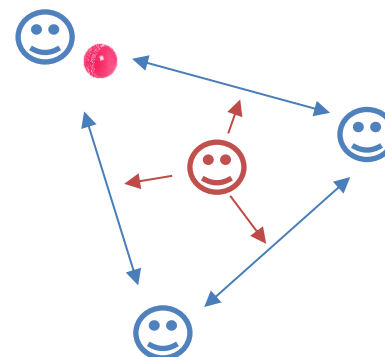
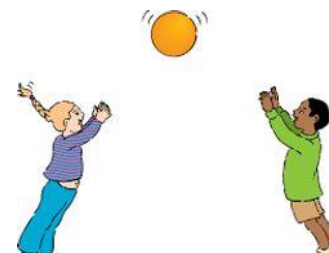
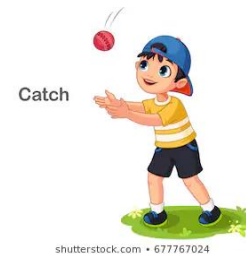
- **Space:** We can make the space bigger or smaller to suit the number of people playing. An indication if the area is too big would be no one was getting caught, it needs to be made smaller.
- **Task:** Rather than running, we could travel in different ways - jump, hop, or skip, etc.
- **Equipment:** We could have all runners hang a t-shirt out the back of their trousers like a tail. Rather than tagging, the catcher has to pull the tail out
- **People:** Increase or decrease the number of catchers.

The beauty of all these activities is that **you** can change them to whatever you want, you can own any game and create some amazing variations. Above all else, **whatever game you are playing, make sure that it is safe, and it is fun.**

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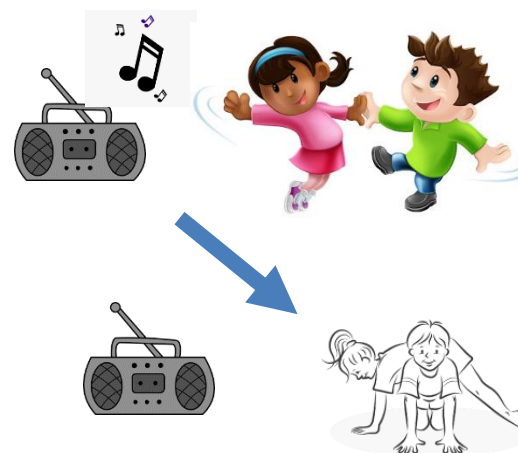
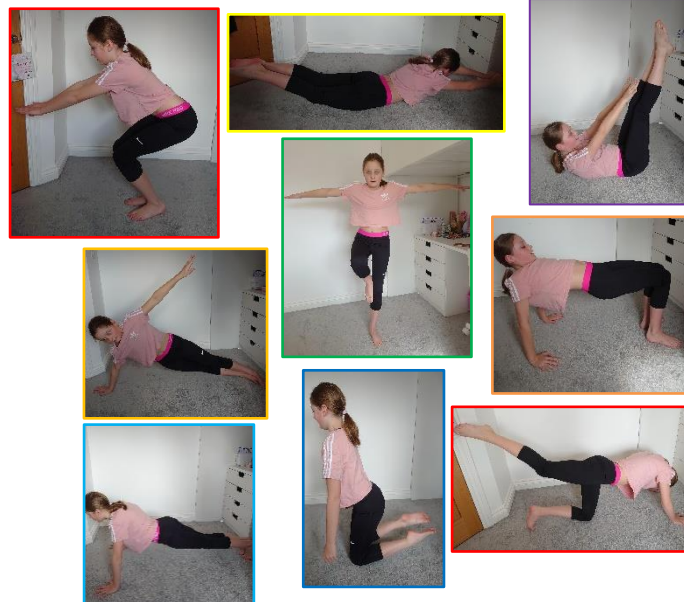
ACTIVITY/SKILL	OVERVIEW	ADAPTATION
<p>See Video 1 for demonstration</p> <p>Catching – how many throws and catches can you do without dropping?</p> <p>Skills: Throwing & catching, hand eye coordination, communication</p>	<p>Lots of games require us to be able to throw & catch, it is a really important skill to practice.</p> <p><u>On your own:</u></p> <ol style="list-style-type: none"> 1. On your own, practice throwing a ball above your head and catching again. 2. Palms always face the direction the ball is coming from. 3. Throw the ball out in front of you and watch it into your hands. Make sure little fingers touch. 4. The higher you throw, the harder it is. <p><u>Working in pairs or more people:</u></p> <ol style="list-style-type: none"> 1. Start by standing opposite each other, 3 metres apart. 2. 3 things must happen every time we send and receive a ball – <ol style="list-style-type: none"> a) Communication - ask for the ball. b) Eye contact between the thrower and catcher c) Target – there is always something to aim for 3. The catcher holds hands out in front, with little fingers touching, this is also a target. 4. The catcher communicates & establishes eye contact with thrower. 5. Thrower sends the ball with enough power and trajectory that it makes it and is easy to catch. 6. Repeat process 	<p>Space:</p> <ul style="list-style-type: none"> You can move closer to make it easier or further away to make it harder. <p>Task:</p> <ul style="list-style-type: none"> You could try other ways to send and receive a ball – kick, roll, bounce etc. <p>Equipment:</p> <ul style="list-style-type: none"> Having a ball is ideal, having different size balls is great as a tennis ball is harder to catch than a football. If you have no ball, a rolled-up pair of socks acts as a great ball. <p>People:</p> <ul style="list-style-type: none"> Having more people can add to the competition, see how many successful throws & catches you can do in 1 minute, try and beat the other pair/team.
<p>Keepy Off – how many successful passes can you do before the defender touches the ball?</p> <p>Skills: Throwing & catching, communication, movement</p>	<p>Throwing & catching game, blues (Attackers) keeping the ball off reds (Defender)</p> <ol style="list-style-type: none"> 1. Need 3 or more players, with 1 defender 2. Use the skills from activity above but with added movement 3. Blues pass the ball to one another, keeping it away from Red 4. Red tries to intercept the ball 5. Blues see how many times they can successfully send & receive the ball before red intercepts it. 6. Once red touches the ball, they switch out with the blue that sent it, game re-set. 7. Can be played in the garden/patio. 	<p>Space:</p> <ul style="list-style-type: none"> Blues standing further apart makes it harder to catch & for reds to intercept <p>Task:</p> <ul style="list-style-type: none"> Two handed or one-handed catching Different ways to send – roll, bounce etc <p>Equipment:</p> <ul style="list-style-type: none"> Use different types of ball – tennis or rugby ball, can use rolled up socks <p>People:</p> <ul style="list-style-type: none"> Add more defenders in the middle



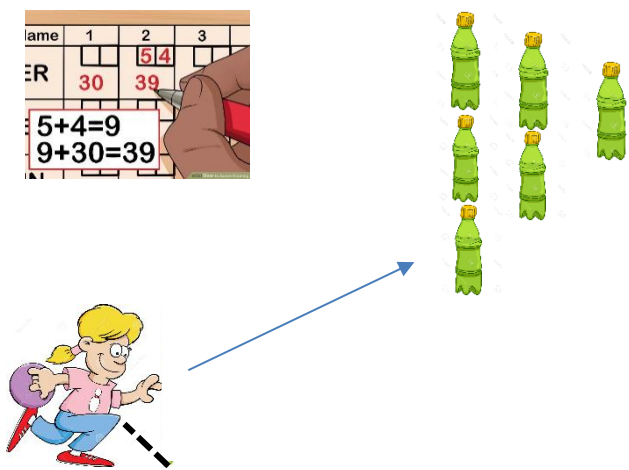
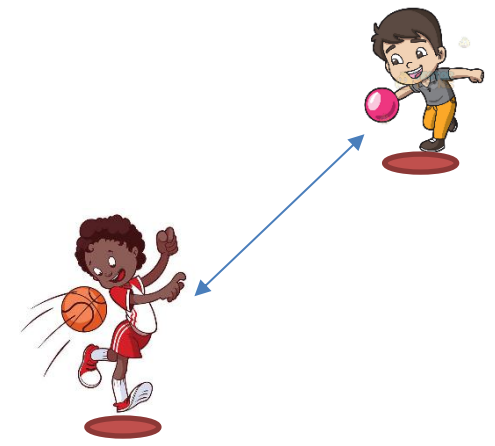
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<p>10 second balance – players practice holding their body's in various (safe) shapes and balances.</p> <p>Skills: Balancing, strength, routine planning</p>	<p>10 second balance is where participants practice various balances & hold still for 10 seconds, making sure it is safe every time you balance. NEVER just balance on your head, stay safe.</p> <ol style="list-style-type: none"> 1. Clear a safe space to use. 2. My daughter (Izzy) has provided you with some balancing ideas 3. Try to hold these balances as still as you can for 5-10 seconds. 4. Can you think of any other (safe) balances of your own? <p>Can you create your own routine?</p> <ol style="list-style-type: none"> 1. Now you have some balances, can you add some music and create a little routine by stringing several balances together, one after the other. 2. Make sure that you are safe and that your routine is appropriate for the space you have, you still hold each one. 	<p>Space:</p> <ul style="list-style-type: none"> • Small space requires static balances (still). • Bigger space means you can add in some travelling between balances in your routines – hopping, jumping etc <p>Task:</p> <ul style="list-style-type: none"> • Add in ways to travel • Can parents copy your routine? <p>Equipment:</p> <ul style="list-style-type: none"> • Try to hold a pair of socks on your head whilst balancing, see how still you can be. <p>People:</p> <ul style="list-style-type: none"> • Can you add in other people and try some safe pairs balances?
<p>See Video 2 for demonstration</p> <p>Musical balances – Whilst dancing to your favourite music when the music stops, get into a different balance.</p>	<p>Using some of the balances above, can you play this adapted game of Musical Statues?</p> <ol style="list-style-type: none"> 1. Family activity. 2. Play some of your favourite music. 3. Participants dance around the space. 4. When the music stops players get into their own balance and hold it as still as possible for 5 seconds 5. Anyone who cannot hold their balance or sways is out 6. Last person in wins. 	<p>Task:</p> <ul style="list-style-type: none"> • Select 8 different balances and write them down in big letters on paper. Now the person playing the music can randomly select a balance that everyone needs to do by holding up a balance name when the music stops. <p>Equipment:</p> <ul style="list-style-type: none"> • Add in a pair of socks or small ball that players can pass around when dancing. When music stops, they have to balance with the ball/socks somewhere on their body.





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<p>See Video 3 for demonstration</p> <p>Bowling – how many skittles can you bowl over in 2 attempts?</p> <p>Skills: Bowling, target throwing, maths</p>	<p>How many bottles can you knock over?</p> <ol style="list-style-type: none"> Set up an alley with empty juice bottles (skittles) at one end and a bowling line at the other. Players can use any sort of round ball or slide a pair of rugby socks along the ground, as long as you use a bowling action: <ol style="list-style-type: none"> Take the ball/socks in one hand (bowling hand) Face the target Keep bowling arm straight Swing it back past your hip Swing arm forward and release the ball when your arm is just in front of your knee. Point for every skittle you knock down. Set them up ready for the next person. Add scores up, accumulate them, first person to 50 wins. 	<p>Space:</p> <ul style="list-style-type: none"> Change the distance between bowling line and skittles, close is easier, further away is harder. <p>Task:</p> <ul style="list-style-type: none"> Race – see how many skittles you can knock over in 2 minutes, quickly setting skittles up each time. <p>Equipment:</p> <ul style="list-style-type: none"> Change how you send the ball, kick, throw, chest push etc <p>People:</p> <ul style="list-style-type: none"> Team event – play in small teams
<p>1 v 1 Dodge/Bowling – Can you strike the other player below the waist?</p> <p>Skills: Bowling, dodging</p>	<p>Can you bowl a ball/socks/teddy bear (2nd two only work on laminate) and try to strike your opponent below the waist?</p> <ol style="list-style-type: none"> Find some space where you can have 2 people standing opposite each other at each end, at least 5 metres apart and room to bowl and dodge. You can place something down on the floor, so you know each distance. Players take it in turns to bowl their object trying to strike opponent below the waist. When dodging players need to time it right that they move/jump out of the way before it arrives. Each player has 3 lives, you lose a life when the ball strikes below waist. Whoever loses their lives first, loses the game. 	<p>Space:</p> <ul style="list-style-type: none"> Change the distance between the players to make it harder or easier. A younger person could bowl from closer in than an older person in the same game <p>Task:</p> <ul style="list-style-type: none"> If you are on your own, you could throw a ball against a wall, and dodge the rebound.

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<p>Copycat – balancing game where 1 person shows and the other participants copy.</p> <p>Skills: Balancing, control, motor planning</p>	<p>Can you think of different ways to balance, then show these balances to a partner? Vice versa, can you look at a balance and copy it?</p> <ol style="list-style-type: none"> 1. Make sure all activities are safe and appropriate for the space you are in 2. Working in 2's or 3's, one person shows the balances and the rest have to try and copy. 3. Deliverer shows 8 different moves. 4. Can be balances – stand on 1 foot, plank position, on back, on tummy etc. 5. Can be movements too – jumping, twisting, hopping, dancing etc 6. Take it in turns to show and copy. 7. Here are Ella & Izzy playing the game. 8. Not much space needed, use any movements you like. 	<p>Task:</p> <ul style="list-style-type: none"> • Change balancing to dance moves <p>Equipment:</p> <ul style="list-style-type: none"> • Add in a ball and do try some juggling skills, other ball skills <p>People:</p> <ul style="list-style-type: none"> • If you have 4 or more people, you could show/copy pairs balances
<p>Colour Move – balance game where 1 player calls out a colour & the other moves to that colour in different ways.</p> <p>Skills: core strength, dynamic balancing, colours</p>	<p>Can you see a colour and move to it, whilst holding a balance?</p> <ol style="list-style-type: none"> 1. Pick 4 different coloured household items, we used a purple pillow, pink dressing gown, blue T-Shirt and a yellow hoody. 2. Stand in a space and place the items around you up to 2 metres away in front, behind, left side & right side. 3. One player does the balances the other calls out the colours. 4. Once a colour has been called out, the players has to jump to that colour item then back to the middle. 5. Keep shouting colours, the player has to keep moving to them, always coming back to the middle. 6. Switch places after 3 minutes. 7. Try changing the way you move to a colour - hop, plank, on all 4's etc. 8. Switch which body part touches the item – hand, foot, knee etc 9. Here's Ella & Izzy playing the game, notice the distance of the items depending on the move type. 	<p>Space:</p> <ul style="list-style-type: none"> • Further away the items are the harder it is. <p>Task:</p> <ul style="list-style-type: none"> • Call out several colours at a time, in a sequence, try to complete. <p>Equipment:</p> <ul style="list-style-type: none"> • Balance a pair of socks on your body and try to keep them on whilst moving. <p>People:</p> <ul style="list-style-type: none"> • If you have enough items, you could have 2 people at a time racing to finish a sequence.


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<p>See Video 4 for demonstration</p> <p>Knee Tag – quick game where players try to tag each other on the knee</p> <p>Skills: agility, balance, speed, evasion</p>	<p>How many times can you tag you're playing partner on the knee in 90 seconds?</p> <ol style="list-style-type: none"> 1. Place a jumper on the floor, and you will need space to move around that jumper. 2. In pairs, players start by standing opposite each other. 3. Players circle around the jumper, and are not allowed to step on it, or run away from it and try to bend forward & tag opponents knees with your hand. 4. BE CAREFUL NOT TO CLASH HEADS WHEN TAGGING KNEES. 5. Players get 1 point every time you touch a knee. 6. Player with the most points at the end of 90 seconds win. 7. The skill is to evade getting touched and counter strike 	<p>Equipment:</p> <ul style="list-style-type: none"> • Add in extra jumpers to make the distance you travel to tag your opponent further; this makes it harder. <p>People:</p> <ul style="list-style-type: none"> • Third person can play, be careful not to hit heads, everyone tries to get everyone.
<p>See Video 4 for demonstration</p> <p>Empty Your Base – players try to empty their base into their opponent's bases, using quick agile movements</p> <p>Skills: agility, balance, speed</p>	<p>Can you get rid of all your items into your opponent's base's?</p> <ol style="list-style-type: none"> 1. Game for 3 or more players and best played outside. 2. Each player needs 3 household items – socks/toys/teddy bear etc and something that represents their base – a jumper or towel. 3. Place the 3 items in you base and spread bases out around the outside of your playing area. 4. On "GO", players take ONE item from their base and carry it to some else's base and DROP it in. 5. Return to your base and repeat, each time looking around to see who has lowest number of items in their base. Keep repeating. 6. First player to empty their base and get back to their empty base, wins. 7. Only take 1 item at a time. 8. Cannot throw items in, must be dropped. 9. Careful not to collide with other players. 10. Move quickly and tactically. 	<p>Space:</p> <ul style="list-style-type: none"> • Further the distance the harder it is. • The closer the bases the safer you need to be moving. <p>Task:</p> <ul style="list-style-type: none"> • Rather than running around the space from base to base, use other ways to travel – jump, hop, skip etc.



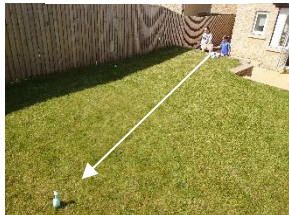

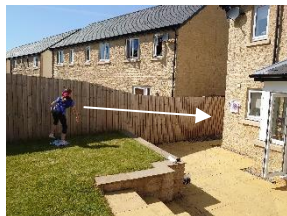


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<p>See Video 5 for demonstration</p> <p>Bounce – Fast paced throwing & catching game</p> <p>Skills: throwing and catching, quick movements</p>	<p>Can you underarm throw a ball, so it bounces on an opponent's base and catch a ball after it bounces once on yours?</p> <ol style="list-style-type: none"> Game for 3 or more players, each person requires an old t-shirt and lay it flat on a hard surface, 1 metre apart. This is your base. Players stand behind their base and take it in turns to underarm throw a ball and try to land it on an opponent's base. If that player can catch the ball after it bounces once on their base, no points are scored. If they do not catch the ball after once bounce, the person who threw the ball gets the point. No points are rewarded if you miss a base. Keep playing, first person to 5 points wins. You can throw the ball on to anyone's base, try to use fakes and deception skills to trick opponents. 	<p>Space:</p> <ul style="list-style-type: none"> The further apart the bases are the harder the game is. <p>Task:</p> <ul style="list-style-type: none"> Swap throwing hands. More advanced players can try catching with one hand <p>Equipment:</p> <ul style="list-style-type: none"> Change the size of the ball to make harder or easier.
<p>See Video 5 for demonstration</p> <p>Noughts & Crosses – Fast paced skill game</p> <p>Skills: Various ball skills & juggling</p>	<p>Can you complete a skill and win Noughts & Crosses?</p> <ol style="list-style-type: none"> Game for 2 or more players, or 2 teams. Set up a Noughts and crosses grid using tea towels or jumpers/t-shirts. Each player or team has a designated colour and need 3 garments each. For example, one player uses red garments red and the other uses blue garments. Before players run to the grid and place their coloured garments, they need to complete a skill beforehand. This could be anything from bouncing a ball off a wall (photo above right) and catching successfully 5 times to completing 5-star jumps, it's up to you. Upon completion, you can now run to the grid and place your garment wherever you choose. Keep repeating this process until someone achieves 3 in a row, either vertically, horizontally or vertically. Once all your garments are on the grid, you still need to run in a change your garments around, one at a time and still completing your chosen skill each time. First person/team to achieve 3 in a row win. 	<p>Task:</p> <ul style="list-style-type: none"> You can adapt the skills to suit the equipment you have. For example, if you have a football, you can complete X amount of Keepy ups or if you have no equipment you could complete balances or exercises before going in. Alter how you travel into the grid, jumping, skipping, hopping etc. <p>Equipment:</p> <ul style="list-style-type: none"> If you use socks as your garments you could throw them in rather than place them from close range. Set up a throwing line 2+ metres away from the grid. Keep throwing in until it lands on an empty grid section.

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<p>See Video 6 for demonstration</p> <p>Throwing challenge – use various throwing techniques to complete the challenges</p> <p>Skills: aiming, throwing power & trajectory</p>	<p>Can you use different throwing techniques and beat the challenges?</p> <p>Each player requires several pairs of rolled up socks, different colour for each player. Players get 1 point for winning a challenge.</p> <ol style="list-style-type: none"> Closer than close – players bowl their socks at a wall and try to get as close as possible without touching the wall. Closest wins. Bench challenge – player throw their socks and try to land on a small table/bench, the socks have to stay on the table/bench to win. High point – another player throws your socks as high as possible, you have to catch them. 3 goes each, player who catches the most wins. Closest to the pin – place any item on the floor (pin), players throw their socks and try to land as close as possible. Skittles – set up some empty bottles and players have 3 goes to try and knock as many over as possible. Robin hood – stick a t-shirt on the fence/wall and try to hit the t-shirt. Through the hoop – one player creates a circle with their hands & arms, to the side of them. The other players aim to throw their socks through the circle. Distance control – place 4 t-shirts/towels on the floor, every 2/3 metres if possible. Players have 1 go at each distance. Whoever hits the most targets wins. <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  <p><i>Closer than Close</i></p> </div> <div style="width: 50%;">  <p><i>Bench Challenge</i></p> </div> <div style="width: 50%;">  <p><i>High Point</i></p> </div> <div style="width: 50%;">  <p><i>Closest to the Pin</i></p> </div> <div style="width: 50%;">  <p><i>Skittle</i></p> </div> <div style="width: 50%;">  <p><i>Robin Hood</i></p> </div> <div style="width: 50%;">  <p><i>Through the Hoop</i></p> </div> <div style="width: 50%;">  <p><i>Distance Control</i></p> </div> </div>	<p>Space:</p> <ul style="list-style-type: none"> Alter the distance you are throwing from, closer is easier, further away is harder. <p>Task:</p> <ul style="list-style-type: none"> Various ways to throw, including underarm, over arm, chest throw & overhead.