

# Plank goalie

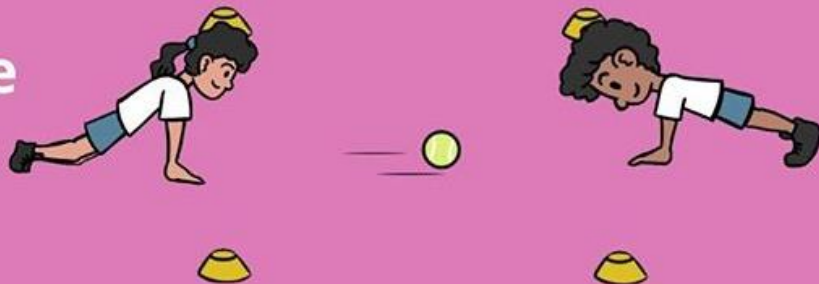


**What you need:** 2 or more players, four objects and a ball or pair of rolled up socks.

## How to play:

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

**Who is the first to 10 points?**



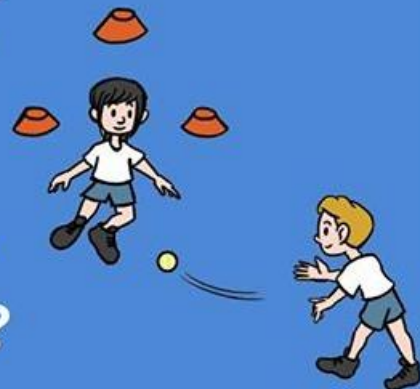
# Protect the gate



**What you need:** 2 players min, three objects and a ball or pair of rolled up socks.

## How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. They score points by rolling the ball through the triangle.
- 6 attempts then change roles.



**What was your score /6?**

# 10-1



**What you need:** A little space

## **How to play:**

Complete the exercises below:

- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank



**Now have a go at making up your own.**

# Find the spoon



**What you need:** One other person and a spoon.



## How to play:

- One person hides the spoon. The other person has to find it.
- Time each other and see who can find the spoon in the quickest time.
- Make this easier by saying 'hot' if the person looking for the spoon is close to it and 'cold' if they are moving away from it.
- Have more than two players? Play who can find it first with an agreed forfeit at the end.

**Can you find the spoon?**



# Rock, Paper, Scissors



**What you need:** One other person



## How to play:

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- If you have the space, winner chases their opponent trying to tag them before an end line.

**Who is the winner in your household?**

# Add it on



**What you need:** Music and a friend or friends

## How to play:

- Choose a song.
- One person shows everyone a dance move that everyone copies.
- The next person shows everyone a dance move that everyone copies.
- Begin the dance from the first move each time, taking it in turns to add on a new move. Use counts of 8 for a really slick performance.
- Repeat the game for three different songs throughout the day.



**Can you dance for the entire song?**

# Play the deck



**What you need:** A pack of cards



## How to play:

- Assign each suit to an exercise e.g. clubs are sit-ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down and take turns to choose a card from the deck.
- Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.

**Can you complete the pack?**



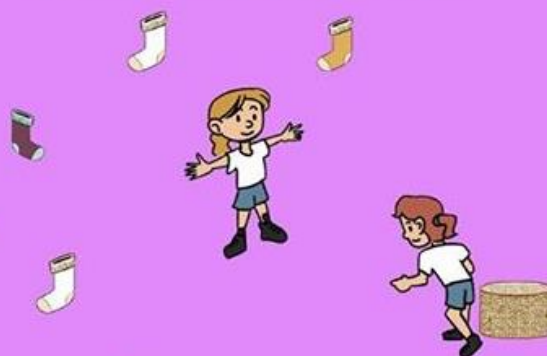
# Capture the socks



**What you need:** A basket, four pairs of rolled up socks and two players.

## How to play:

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.



**How many socks  
did you get in the basket?**



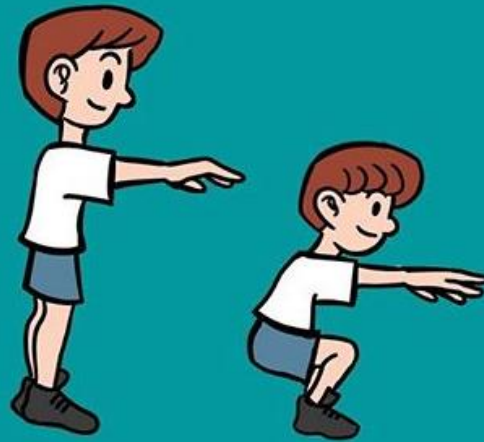
# 3 minute challenge



**What you need:** A little space and a stopwatch or clock.

## How to play:

- You have 3 minutes - how many times can you complete this circuit?
- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



**How many times did you complete the circuit?**

# Roller ball



**What you need:** 2 or more players, two objects for markers and a ball or pair of rolled up socks.

## How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- 4 turns then change over.



**Who has the highest score?**

# Tails



**What you need:** 2 players min and a pairs of socks per player.

## How to play:

- Each player tucks the socks into the back of their trousers to make two tails.
- Players face each other and try to take a sock from their opponent.
- When successful, shout 'TAG'. Play stops whilst the tagger places the additional sock into their trousers.
- The winner for each round is the person who gets all four socks, they get one point for winning the round.



**Who is the first to  
5 points?**

# Sock Boule



**What you need:** A target object, some rolled up socks and one other player

## How to play:

- Each player has three pairs of rolled up socks.
- Place the target object seven big steps away from you.
- Take it in turns to try to throw your socks as close to the target as possible.
- The winner for each round is the person who gets their socks closest to the target, they get one point for winning the round.



**Who is the first  
to 5 points?**