



Target Drop



Equipment

- A racket/stick/hardback book/frying pan
- 5 Targets (buckets/pots/baskets/cups)
- 5 pieces of paper scrunched into balls/ or socks rolled up



How to play

1. Place targets around the room
2. Create your batting point (use a shoe or a cushion)
3. How many balls/socks can you get into the targets?



Challenge

- a. How many can you do in 60 seconds?
- b. Use your other hand
- c. Increase the distance between the starting point and the targets



Mini Circuit



Equipment

- Skipping rope/dressing gown belt/rope
- Timer (phone/stop watch/tablet)



How to play

Do each of these and then repeat :

1. 10 skips using your rope
2. 10 tuck jumps
3. 10 hops
4. 10 star jumps
5. 10 squats



Challenge

- a. How many times can you complete the circuit in 2 minutes?
- b. What activities can you add?
- c. Challenge someone in your house and try to beat their time



Tower Skittles



Equipment

- 6 empty tin cans/empty loo rolls
- Socks (rolled in a ball)
- Piece of paper to record your scores



How to play

1. Create a tower using your tins/loo roll(3,2,1)
2. Set up a start zone a short distance away
3. You have 3 attempts to knock over the tin tower
4. 2 points per tin/roll you successfully hit over



Challenge

- a. Build a taller tower
- b. Move further away
- c. Use your opposite throwing hand

45 ACTIVE SURREY



Pan Catch



Equipment

- 2 saucepans/frying pans
- 1 ball/pair of socks/paper ball
- Another player



How to play

1. Player 1 starts with the ball/socks in their saucepan
2. Player 2 stands opposite ready
3. Player 1 throws the ball/socks to the 2nd player using their saucepan
4. Player 2 attempts to catch it in their pan



Challenge

- a. How many can you successfully throw and catch in 60 seconds?
- b. Move further apart or try a smaller pan to catch
- c. Add in a move e.g. spin before you catch

45 ACTIVE SURREY



Number Grab

Equipment

- 9 bits of paper (each piece should have a number on 1—9)
- Another player (caller)



How to play

1. Mix up the pieces of paper and lay the paper, in 3 rows of 3, on the floor face up
2. Caller shouts out a number and the tagger needs to grab that number as quickly as possible
3. Each number is worth 1 point. If you get all 9 you get a bonus point



Challenge

- a. How many can you grab in 60 seconds?
- b. Increase the distance between the starting point and the targets
- c. Add more numbers