

Fun Family Activity Cards



Fun Family Activity Cards

Introduction



JOURNEY TO
2022

Welcome to the Journey to 2022 Family Fun Activity Cards pack.

Having fun and staying active as a family has many benefits. Through our Family Fun Activity Cards, we want you to enjoy the experience of running, jumping and throwing as a family, learn new skills and find new ways to enjoy your time together.

Through this pack you will find a series of cards designed with the whole family in mind.

We hope you enjoy the activities and challenges, but most of all we hope you enjoy doing them together as a family.

The activities can be undertaken in your back garden, on a nearby field or playing area.



Equipment alternatives

The activities have been designed so you can play with everyday items. So, if you haven't got any of the suggested equipment, don't worry, we've got you covered.

If you haven't got bean bags or balls, why not use rolled up socks?



If you haven't got cones to mark out an area, you can use bottle, or other markers.



If you haven't got hula hoops or mats, maybe use a towel. instead.



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Fun Family Activity Cards

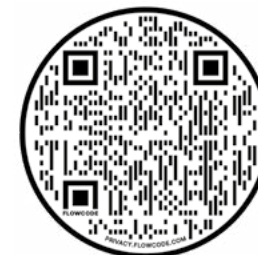
Quick Start



JOURNEY TO
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Watch how to
play here



Aim of the game

This fun game will help you practise running quickly from a variety of starting positions (e.g. standing, lying down, kneeling).

Also, to react quickly to a variety of starting signals (e.g. hand clap, 'go' command).

All you need to play is

- Cones or other markers.
- Stopwatches (use the stopwatch on your phone if required).
- Tape measure (optional).

How to set up

1. Place two cones/markers roughly 20 walking strides apart (20m).
2. Divide players into pairs or small groups, each pair/group should have a stopwatch.
3. Players take turns being the timekeeper/starter and the runner(s).

How to play

1. Take turns to sprint 20m using a variety of starting positions and compare times to see which is the best/quickest for you. Use the following starts:
 - a. Sitting
 - b. Lying
 - c. Kneeling
 - d. Standing.
2. The starter should use the commands:
 - a. "On your marks" – get into position
 - b. "Set" – prepare and focus
 - c. "Go."
3. When everyone has had a turn at all the starts, work out which they felt was best and why.



Stay safe!

- Use cones to mark out the sprint area.
- Tell all the players to walk back to the start, outside the sprint area.
- Keep everyone active by running every few minutes, but make sure they have enough rest when required.

Mix it up!

- Try changing the starting commands to a countdown ("3, 2, 1, Go") or a hand clap and see if this makes a difference to their reactions.
- Stagger the starting position of each player, with the slower players closer to the finish line, and see if they can all cross the line at the same time.



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Fun Family Activity Cards

Head, Shoulders, Knees & Toes

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Aim of the game

This fun game will help you practise jumping for distance from two feet to two feet, with control and balance.

All you need to play is

- 1-2 mats or a soft landing area.
- 4-8 x Cones or other markers.
- Tape measure (optional).
- Chalk or a marker

How to set up

1. Split into pairs with someone who is similar in height.
2. Each pair should have four cones or other markers.

How to play

1. One person lies on the mat, while the other person marks their head, shoulders, knees and toes height, using the cones.
2. Players now take it in turns to see how far along their body length they can jump, using a standing two-footed jump and landing.
3. Other players watch where the jumper lands and mark the heel position with chalk, or a marker.



Stay safe!

Make sure everyone:

- Lands on soft dry surface.
- Lands softly, bending at the knees and using a two-foot landing.
- Does not do too many jumps.



Watch how to
play here



Mix it up!

- You can use a stationary position or a short run-up (two steps maximum) for take-off.
- Measure out the tallest member of the family's 'head', 'shoulders', 'knees' and 'toes' height. Now all members of the family see how far they can jump.



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Dragon's Treasure



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Aim of the game

This fun game will help you to run fast over short distances and develop your balance and posture.

All you need to play is

- Hula hoops (or a mat/towel) for the dragon to sit on.
- Bean bags and/or other small items, to act as treasure.
- Cones or other markers.

How to set up

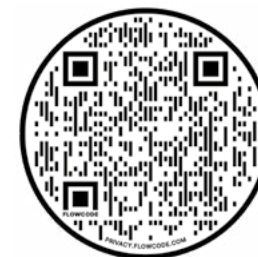
1. Set out a home line with two cones (or objects), 10 walking strides (10m) from a hula hoop.
2. Nominate one person to be the dragon – the dragon sits or stands in the hoop with their back to the other players.
3. Spread out treasure (equipment) behind dragon.
4. All other players line up behind the home line facing the dragon.

How to play

1. Moving forward from the home line, try to take a piece of treasure without being caught by the dragon.
2. If the dragon turns around, you must freeze. If a player is still moving, they must return to the home line and start again.
3. The dragon chases a player when they take any treasure.
4. Once all the treasure is collected, count who has the most (the winner), they now become the dragon.



Watch how to
play here



Stay safe!

Make sure everyone:

- Stays aware of others around them, by keeping their heads up.
- Dodges others when running back to the home line.

Mix it up!

You can increase or decrease:

- The size of the space,
- The amount of treasure,
- The distance to the treasure,
- The number of dragons.

If you haven't got bean bags, you can use rolled up socks, old cuddly toys, etc. as treasure.



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Fun Family Activity Cards

Bean Bag Balance



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Aim of the game

This fun game will help you to walk and run with good posture and balance.

All you need to play is

- One bean bag each or something similar to balance on your head.
- Cones or other items, to make an obstacle course.

How to set up

1. Give each person a bean bag.
2. Set out an area roughly 10 strides by 10 strides.
3. Spread the players out within the space.

How to play

1. Players place a bean bag on their head and move around the area, balancing the beanbag.
2. Encourage players to keep their chin up and look straight ahead – be aware of other players.
3. Gradually speed up or slow down the speed of the movement from walking to running.
4. Challenge players to:
 - Change direction
 - Turn around (with increasing speed)
 - Touch the floor and stand up straight.



Stay safe!

Make sure everyone:

- Stays aware of others around them, by keeping their heads up.
- Dodges others when moving around the area.
- Make sure the area is dry.

Mix it up!

- You can increase or decrease the size of the space.
- Set out a slalom course,
- Play follow the leader, with one player keeping up with another, whilst keeping the bean bag on their head,
- Use two bean bags.

If you haven't got beanbags, you can use rolled up socks, old cuddly toys, books etc. to balance on you head.



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Fun Family Activity Cards

Jump the Stream



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Aim of the game

This fun game will help you to practise jumping for distance.

All you need to play is

- Some washing line, skipping rope or chalk to mark the lines.
- Mats or a soft landing area (grass).
- A tape to measure everyone's distance (not essential).

How to set up

1. Create two lines in a long, narrow V-shape.
2. One end of the line should be roughly 1 stride (1m) apart and the other end of the line should be 2 strides (2m) apart.
3. Explain that the gap between the lines is the stream and that the players need to jump across the stream safely, without 'getting their feet wet'.

How to play

1. Starting at the narrow end of the stream, players jump across the stream.
2. They gradually work towards the wider end, thus jumping further.
3. Players should progress from:
 - Jumping from two feet to two feet
 - Jumping off one leg and landing on two feet
 - Jumping off the other leg and landing on two feet.
4. Try to work out which jump allows you to jump the furthest?
5. If safe, players can progress onto jumping from further away from the line.



Watch how to
play here



Stay safe!

Make sure everyone:

- Lands on a soft, dry surface.
- Lands softly, bending at the knees and using a two-foot landing.
- Does not do too many jumps.

Mix it up!

- You can increase/decrease the gaps between the take-off lines.
- Use a standing jump or short run-up (two steps maximum) for take-off.



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Fun Family Activity Cards

Line Bounce



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Aim of the game

This fun game will help you jump quickly from side to side, showing coordination and balance.

All you need to play is

- A line, chalk or rolled up towel to mark out the bounce line.
- If available a mat or soft landing surface.
- Stopwatch (you can use your mobile phone).

How to set up

1. Split group into pairs.
2. Each pair identifies a 'bouncer' and a 'counter'.

How to play

1. The 'bouncer' stands with both feet on one side of a line.
2. On the command "go", bouncers jump sideways across the line and back, as many times as possible in 20 seconds.
3. Their partner counts the number of bounces they complete in the time.
4. Now swap roles.
5. You can progress the game on to:
 - a. Jumping forwards and backwards, or if you have two lines, jumping in a grid pattern. See video for more info.
 - b. Pairs taking turns to do 10 bounces each and see how many sets you can do in 30 or 60 seconds.



Watch how to
play here



Stay safe!

Make sure everyone:

- Lands on a soft dry surface.
- Does not do too many jumps.
- Has adequate rest between goes.

Mix it up!

- You can add low obstacles, if safe to do so.
- Challenge another player to see if you can keep up with their line bounces,



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Fun Family Activity Cards

I can jump higher than!



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Aim of the game

This fun game will help you practice jumping for height with good balance.

All you need to play is

- Photos of animals (various heights, e.g. giraffes and bears – tall, etc.).
- Alternatively use trees with different branch heights.

How to set up

1. Select pictures of different sizes of animals, with a range of heights.
2. Place pictures of animals on a wall at different heights, above reaching height of the players.

How to play

1. Players jump up and try to touch the photos of the animals with their hands.
2. After a few minutes encourage the players to nominate parts of animal to be a target, i.e. head, nose, tail to help them jump higher.
3. Allow each player to practice for a further few minutes.
4. Players now attempt to jump with a short run-up.



Watch how to
play here



Stay safe!

- Make sure everyone lands on a soft dry surface.
- If using a wall, make sure players don't jump too close to the wall.

Mix it up!

- You could use the branches on trees or you can add chalk pictures on the walls as alternative targets.
- Use a tape measure to see who can jump the highest and what is the best family score.
- Try jumping and touching using either hand. What hand allows you to reach the highest when jumping?



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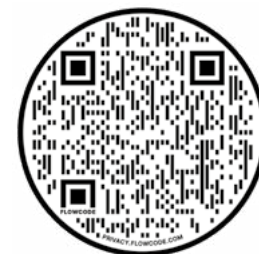
Roll a Goal



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Aim of the game

This fun game will help you practise rolling a ball accurately.

All you need to play is

- 4 cones or markers per pair.
- 1 tennis ball or football size ball each.

How to set up

1. Split into pairs or groups of four.
2. Place two cones roughly 1 stride (1m) apart, to set up a small 'goal'.
3. Now place another set of cones roughly 10-15 walking strides (10-15m) away.
4. Give each player one ball.

How to play

1. In turns, players roll the ball back and forwards through the goal.
2. After several minutes of practise, progress this challenge further by using two additional cones to place a narrow goal within the wider goal.
3. Score 3 points when the ball goes through the narrow goal and 1 point for the wide goal.
4. If working in groups, add individual scores together to give a team score.



Stay safe!

- Ensure players roll and do not throw the ball at the goal.
- When players are not rolling, they should stand clear of the goal.
- Only one team member should roll at a time.

Mix it up!

- Replace the ball with bean bags or rolled up socks.
- Place a target in the middle of the rolling lane and ask players to use an underarm throw to hit the target in the middle.
- Score 1 point if they hit it, 3 points if it lands and stays on the target.
- Progress to an underarm throw with eyes closed.
- Finally progress to with back to the target using an overhead throw.



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Fun Family Activity Cards

Feed the Animals



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Aim of the game

This fun game will help you practise throwing accurately at raised or floor targets.

All you need to play is

- Large pictures of animals.
- Bean bags and/or other small soft items to throw at the target.

How to set up

1. Place large pictures of animals at varying heights on a wall (with no windows) or on the floor at varying distances.
2. Set out a throwing line, roughly 5 metres from the first picture.
3. Players stand opposite a picture, behind the throwing line.

How to play

1. Players feed the hungry animals by throwing them some 'food' (bean bags).
2. Each player takes it in turn to throw their bean bag to the animal.
3. Move along the throwing line to try to feed all the animals.
4. Encourage players to explore using different throwing actions (underarm, overarm, overhead, etc.).
5. After a few goes, discuss which throwing action was the most accurate, and which went the furthest?



Stay safe!

- Ensure all players throw at the same time.
- Players should wait until everyone has thrown before retrieving a bean bag.
- You could introduce safety words such as 'throw' and 'collect'.

Mix it up!

- If outside, large cardboard cut-outs or pictures placed on the ground at various distances can be used instead of wall targets.
- Try throwing with your left and right hand to see which is the best.
- Try throwing with your eyes closed, or back to the target.



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Fun Family Activity Cards

Nutty Squirrels



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Aim of the game

This fun game will help you practise running fast over short distances, changing direction quickly and use their agility.

All you need to play is

- A small mat, towel or hoop.
- A further 3-4 other small mats/hoops.
- Several soft items, such as balls, beanbags, etc. to place on the centre mat.

How to set up

1. Set out an area with up to 5 mats/hoops, one in the centre of the area and the remaining hoops spread out evenly around the rest of the area.
2. Place one player behind each one of the outer mats/hoops.
3. Explain that: players are squirrels collecting nuts (bean bags) to store in their tree (hoop).
4. Place all the nuts (bean bags) in the centre of the space.

How to play

1. On "go" players runs to collect one nut at a time and return it to their tree.
2. As soon as the nut is in the tree, they can run back to collect another nut.
3. The game ends when there are no nuts left in the centre, the winning player is the one with the most nuts in their tree.
4. This game can also be played in teams with one person going at a time.



Stay safe!

Make sure everyone:

- Stays aware of others around them, by keeping their heads up.
- Dodges others when running back to the home line.
- If playing in teams, one squirrel from each group goes at a time (so as to minimise any potential collisions).

Mix it up!

- Once all bean bags have been collected from the centre, players have one minute to 'steal' nuts from each other, collecting nuts from any other tree. The same rules apply to previous game.
- You can increase or decrease the size of the space, the amount of nuts and the distance to the centre.
- If you haven't got bean bags, you can use rolled up socks, old cuddly toys, etc. as nuts.



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Fun Family Activity Cards

Push it, Bounce it



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Aim of the game

This fun game will help you practise a two-handed push throw and moving side to side with coordination.

All you need to play is

- One ball (whatever you have at home: football, basketball, netball) between pairs.
- Two lines roughly 5 metres apart.

How to set up

1. Split into pairs of similar throwing ability.
2. Each pair stand opposite each other, roughly 5 strides (5m) apart.
3. Each pair needs a ball.

How to play

1. Pass the ball to each other using a two-handed push throw.
2. Practise this using a chest pass and a bounce pass.
3. When you have got the hang of both throwing actions, try changing from one to the other on the commands: "push it" and "bounce it".
4. After a little practice, now try taking one step back and see if you can still pass the ball to your partner with the same action(s).
5. Keep moving back gradually, until you reach a point it is hard to pass the ball to your partner.
6. Think about how you could change your throwing action to reach your partner easier, e.g. step forwards and then push the ball.



Stay safe!

- Ensure the throwing area is big enough and clear of any obstacles.
- Space players out so that they do not interfere with each other when throwing.
- Ensure pairs are throwing in the same direction.
- Pair players with others of similar strength.

Mix it up!

- Once you have got the hang of the pushing action, now try doing the same action whilst moving side to side along a line.
- You could also try to push it over a high obstacle or bounce it under a low obstacle.



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Fun Family Activity Cards

Rock, Paper, Scissors



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Aim of the game

This fun game will help you practise quick reactions and running quickly from a standing position.

All you need to play is

- A large clear area with playing lines. (e.g. a football field, etc.).
- Cones or other markers.

How to set up

1. Place two cones/markers roughly 20 walking strides apart (20m).
2. Divide group into pairs of similar running speed/ability.

How to play

1. Pairs stand together halfway between the two cones and play the game 'Rock', 'Paper', 'Scissors'.
2. Together the players say "1, 2, 3" and then make their hand into a fist for a rock, flat for paper or hold two fingers apart for scissors.
3. Rock blunts scissors, paper wraps rock and scissors cut paper.
4. The loser of the game runs to their cone and the winner chases them and tries to tag them before they reach the cone.
5. Repeat several times.



Watch how to
play here



Mix it up!

- If one person is always winning, make their cone further away or their partners cones closer.
- Replace Rock, Paper, Scissors with facial snap.
- Each player makes either a smile, frown or angry face.
- If both players make the same face, the first person to shout snap wins.
- Repeat points 4-5 in 'How to Play'

Stay safe!

- Tag and do not push your partner when trying to catch them.
- Be aware of other pairs and avoid any collision.
- Stay within identified area.



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Fun Family Activity Cards

Push / Throw Golf



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Aim of the game

This fun game will help you practise a single-arm or two-handed push throw to reach a target on the ground.

All you need to play is

- Hoops (or towels/ mats).
- Beanbags.
- Coloured spots / Cones.

How to set up

1. Set out a number of targets (hoops) 20-30 strides (30m) apart around a field, with a coloured spot 20-30 strides away from each hoop.
2. Explain that each hoop represents a hole on a golf course and the spots represent the tee off.
3. Each player tries to get their bean bag from the spot to the hoop in as few throws as possible.

How to play

1. Players take it in turns to stand on the coloured spot and throws their bean bag towards the target, using a push throw.
2. Players now throw again from where the first throw landed.
3. Continue until all players have thrown into the hoop.
4. Once all children have completed their first hole, they rotate around to the next hole and start again.
5. Remember to keep your scores.




Watch how to
play here



Stay safe!

- Players should never throw while others are in front of them.
- Shout "FORE" if a throw is likely to hit anyone.
- Holes should be spaced well apart.

Mix it up!

- Play throw golf in your back garden or smaller area, by:
- Shortening the distance between the start and target
- Use an underarm throw
- Add in obstacles to make it a little more challenging.



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