

Week #2



Day 1 & 3: Active Games for 20 minutes

Activity	Description	Count
Kick Bowling Switch up regular bowling inside or outside by having your children use different sizes of balls to kick down different objects such as empty bottles or rolls of paper towels. Skills developed: kicking Tip: Use multiple sizes and types of balls to see which is more successful for knocking down the items.	Set up items to be knocked down such as empty cans, bottles, rolls of paper towels etc. Mark a start line from where players will kick the ball towards the items to be knocked down. Additional lines can be drawn either closer or farther away depending on the age of the players. Players take turns kicking the ball and record how many items are knocked down. Provide each player 2-3 turns to knock down as many items as possible. Set the items back up for the next player and repeat.	Repeat for 10 minutes

Animal Walk

Inside or out, encourage the players to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours. Skills developed: hopping, galloping Tip: Encourage your child to imitate the noise that the animal makes too!	If there are multiple players, draw a start and finish line in your play area. Take turns having the players choose an animal to imitate. Players line up on the starting line and do their best animal walk imitation, finishing at the ending line. See who wins! If there is only one player, or you don't wish to make it competitive, let the players do their animal walks anywhere in the play area just for fun	Repeat for 10 minutes
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Day 2 & 4: Active Games for 20 minutes

Activity	Description	Count
Egg and Spoon For this hand-eye coordination and balance game, give players a spoon and have them balance a hard-boiled or plastic egg as they run from one point to another either indoors or out. Skills developed: balance, coordination Tip: Put on some music and see if the players can dance as they move while balancing their eggs!	Draw a start and finish line in your play area. Or have the players run around a circular course. Players start at the start line and see who can make it to the finish line first while still holding their egg. If a player drops their egg, they must pick it up and continue to the finish line. For more challenge, set up an obstacle course that the players have to complete while holding their eggs.	Repeat for 10 minutes
Lily Pad Jumping Use chalk, masking tape, rubber pads or hoops to make four lily pads stretching out in a straight line. Then put targets on the lily pads and have kids jump like a frog from lily pad to lily pad. Skills developed: motor skills, balance, core muscle Tip: Depending on the age of the players, adjust the spacing between the targets. Increase the spacing as the game progresses to challenge the players.	If there are multiple players, draw a start and finish line in your play area. Layout the targets equally spaced from start to finish in individual lanes. Players line up at the start line and hop from target to target until they reach the finish line. If there is only one player, or you don't wish to make it competitive, layout the targets anywhere in the play area and let the player hop between them just for fun.	Repeat for 10 minutes

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