

# Time to Play



Children aged 5 – 8 years old should do **60** minutes of physically activity every day, ideally in bouts of **10 minutes** or more.

Help get your children active with these simple activities.

**These activities are ideal for at home or in a small space. All you need is a ball, and a little imagination.**

Benefits include:

- Sleep better
- Increased concentration
- Healthy muscles, bones and joints
- Healthy heart and lungs
- Healthy body weight

For more ideas/information visit

[www.derbyshiresport.co.uk/timetoplay](http://www.derbyshiresport.co.uk/timetoplay)

## Keepy-Uppys

Do as many tricks and flicks as you can!

- Grab a ball (or balloon)
- Count how many Keepy-uppys you can do with your feet, hands and head
- Now try with just your head and feet
- Now with just your feet
- Can you switch the ball between your left and right feet? Or how about juggling the ball on your shoulders?

## Head or Catch

Listen to the instruction or risk a forfeit?

- One person has the ball. As they throw it to someone, they shout 'head' or 'catch'
- That person tries to head or catch and if they get it wrong, must hop 5 times on each leg
- Remember to swap the person giving the instructions

## Bossy Ball

- Choose one person to be the 'Boss'
- They throw the ball to someone, shouting out a command such as 'Jump up and down' or 'touch your toes'
- The person has to catch the ball, and carry out the command, before passing back to the 'Boss'
- If that person drops the ball, they have to run on the spot for 10 seconds
- As soon as the 'Boss' drops the ball, someone else takes their place

## Hot Potato

Try not to get caught holding the hot potato

- Put some music on or sing a song
- Throw the hot potato (ball) to each other
- When the music stops, the person holding the hot potato must complete a forfeit

## Bin Ball

- Empty out a bin
- Stand 2 steps away from the in and try to throw the ball in
- If you succeed, take a step back and have another go
- If you miss, do 10 star jumps and try again
- Try throwing with two hands, one hand, overhead, through legs, with a run up and so on

## Footie Drabbles

- Keep the ball close to your feet and dribble it around
- Throw down clothes or cushions to make a course to dribble in and out of
- Use both your feet

