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| **Simon/Simone Says**  While the rules are simple, the options for movement are endless. Simon can have kids jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving their hands over their heads.  **Skills developed:** multiple depending on the leader’s actions (jumping, balancing, hopping, etc.) |
| **Hopscotch**  A favourite with kids of all ages, hopscotch is a game that can be played inside or out. Inside, use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks. Outside, use chalk to make a court and use rocks or the chalk itself as a marker. The [rules](https://activeforlife.com/content/uploads/2013/11/LP_Hop_3.3_hoop_hop_hopscotch.pdf) are simple and the game can be played alone or with friends.  **Skills developed:** hopping, throwing |
| **Throw Snowballs**  Roll up some of your children’s sock’s and set up large targets for the children to hit. Focus on their underarm throwing.  **Skills developed:** throwing |
| **Balloon Kicks**  Using a balloon get children to try and keep the balloon off the floor using their feet. If this is too difficult get the children to use any parts of their body to keep the balloon off the floor.  **Skills developed:** kicking |

