

Joy of moving  
Programme



# JOY OF MOVING

WINTER GAMES





# WELCOME TO THE JOY OF MOVING WINTER GAMES

**We know that it can be difficult for children to stay active during the winter months and now even more so, given the challenging times with current restrictions. So we want to help families and their children get active whilst having fun, right from the comfort of their own homes!**

We know that being active is good for our physical health, but it can also improve sleep, concentration, our mood, social skills and ability to learn. Therefore it has never been more important for children to be physically active for the recommended average of 60 minutes each day. To provide some inspiration we have created a pack filled with simple games and activities for you and your family to play at home during the winter months – our Joy of Moving Winter Games! Whilst all the games have been designed to be suitable for all abilities, the key thing they have in common is that they encourage children to get moving while having fun.

**The Winter Games**, which follows the successful Joy of Moving Home School Festivals in the summer of 2020, will take the form of a **Winter Adventure** with an exciting selection of games and activities that you and your children can play along the way.

We would love to see you and your children experiencing our new **Joy of Moving Winter Games**, so if you are happy to, please take a picture or video of you all playing the games and completing the **Winter Adventure**. You can then share them with us on social media using **#JOMWinterGames** for a chance to win equipment for your child's school. Look out for more information in this pack.

When you complete the booklet's **Winter Adventure**, you can also download and print a certificate to celebrate your child's achievements.

## WHAT IS JOY OF MOVING?

Joy of Moving is an unbranded CSR programme designed to inspire active lifestyles in children. We aim to teach children how to enjoy moving through play and to help them develop positive habits for adulthood.

The EFL Trust is the charitable arm of the English Football League (EFL), which supports the network of charities of EFL clubs. See if you can find the badge of your local or nearest club on the next page.

If you love this pack, you can find many more games that your family can do on the Joy of Moving website, [www.joyofmovingresourcehub.co.uk](http://www.joyofmovingresourcehub.co.uk)



# OUR FOOTBALL NETWORK






# HOW TO USE THIS PACK

**This pack has been designed for you and your family to have fun and there are lots of different games to get everyone involved whilst you are at home! All you need to play is a small space, some willing participants and a small amount of equipment – which can even be made from every day household items!**

## JOY OF MOVING WINTER GAMES

Each Joy of Moving game in this pack includes instructions on how to play and how it can be adapted. You can find the games from page 12 onwards. Some can be played individually and some with a family member.

Before you get started, there is a **Play Space Discovery Task** that, with your help, your child/children can complete to help identify safe spaces to play in and around the home. *(Please note that all games are to be played in line with current Covid government guidelines.)*

Look out for the print symbol at the top of the page which means you have an option to print the page if you wish. The print symbol looks like this: 

## THE JOY OF MOVING WINTER ADVENTURE

The **Winter Adventure** can be found on page 6 and can be printed so all the family can see it and get involved. If you don't have a printer, don't worry - you and your family can also use the **Winter Adventure** page as a template to recreate your own special adventure on a separate piece of paper using a pen or pencil.

1. Start the **Winter Adventure** by selecting games to play each day. More than one game can be played a day and games can be played multiple times. For every game you and your family play, move one place along the **Winter Adventure** board.

2. As you move along the board, you will land on wintry 'location' squares – remember to look out for the fun fact specific to that location somewhere on the page! In addition, you will also land on 'reflection' squares that prompt your child to do a reflection and mindfulness activity.

Remember to share your family's completed adventure board on social media for us to see using **#JOMWinterGames**! There is also a competition element as part of the adventure, so keep an eye out for more information on how you can win £500 worth of equipment for your child's school!

## COMPLETING THE WINTER ADVENTURE

Once your child has reached the end and completed the **Winter Adventure**, please download and print a certificate to help celebrate the moment. You and the family can continue to have fun and stay active with Joy of Moving by taking part in the **Extra Time Play Diary** on page 10.



[Click here to download certificate](#)

**GOOD LUCK, GET PLAYING, AND MOST IMPORTANTLY – HAVE FUN!**



# THE PLAY SPACE DISCOVERY TASK

**Your usual play space, such as your garden or local playing field, may not be available during the winter months, but there are still plenty of ways you can still have fun and be active! Your first task is to identify a safe space to play in.\***

With an adult, go and explore your home and see which rooms or spaces you can use; this could be your living room, a bedroom, or even the hallway. You might also have an outdoor space within your home that you can play in, if the weather is suitable!

**Complete the table below with an adult.**

Can you find five safe spaces to play in?

**NOW IT'S TIME TO PLAN AND START  
YOUR WINTER ADVENTURE!**

**A safe play space indoors** should give you enough space where you can stretch out your arms sideways and front to back safely without any sharp objects, hard pieces of furniture or heating sources nearby (i.e. fires, ovens or radiators). A good safe space to play these games is roughly two big steps in width and length with a flat, level surface. If the weather allows and you would like to play outside in your garden, make sure there are no slippery surfaces and no hard or sharp objects nearby. Make sure you and your parent or carer have a good look around!

NAME	LOCATION	INDOORS OR OUTDOORS	SURFACE	ANY HAZARDS?	PARENT/ GUARDIAN APPROVED
<i>e.g. Living room</i>	<i>e.g. House, downstairs</i>	<i>e.g. Indoors</i>	<i>e.g. Carpet</i>	<i>e.g. Fireplace</i>	<i>e.g. Dad / Mum / Guardian</i>

\*(Please note that all games are to be played in locations in line with government guidelines on Covid).



# THE JOY OF MOVING WINTER ADVENTURE

Iceland is the second largest island  
in Europe after Great Britain.<sup>3</sup>



Canada is where some of the  
oldest rocks on earth can be found  
– one was even discovered to be  
about 4.28 billion years old!<sup>8</sup>

A village in Russia, Oymyakon, is known  
as the coldest inhabited place in the world  
with an average temperature of  $-50^{\circ}\text{C}$ !<sup>14</sup>



The Alps are the  
largest mountain range  
in Europe crossing eight  
different countries!<sup>12</sup>

START

GAME:  
SCOTLAND

MAKE SURE YOU WRITE  
THE NAME OF THE GAME YOU  
PLAYED IN EACH SQUARE.

Scotland has the highest  
mountain in the UK –  
Ben Nevis is 1,345m tall!<sup>1</sup>



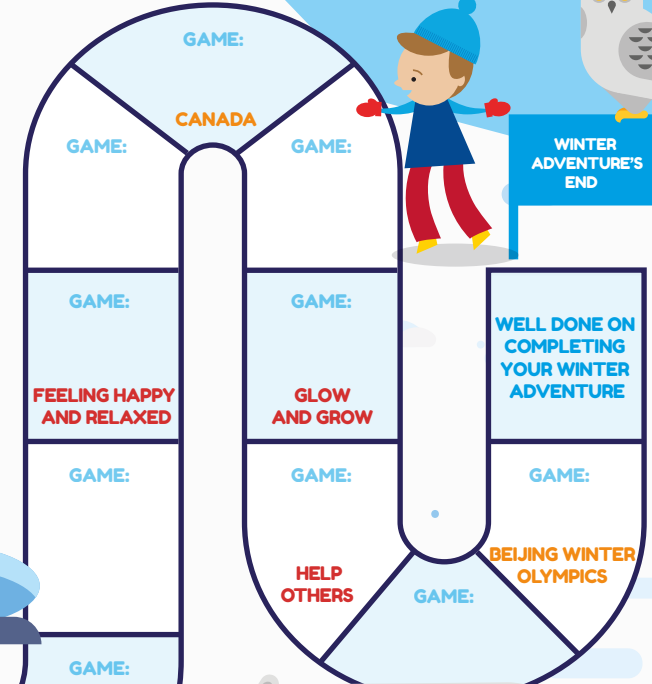
In mid-summer, the sun doesn't set  
in Lapland for 73 days in a row  
– you can see the sun all day long!<sup>5</sup>

There is no land at the North  
Pole, it's a thick layer of ice  
measuring 6 to 10 feet in depth.<sup>6</sup>



## INSTRUCTIONS

- Choose games to play from the full list on page 12.
- For every game you play, move along one space on the board by marking or colouring in that square.
- If you land on a **LOCATION** square, play a game and then find the interesting fact about that location somewhere on the board!
- If you land on a **REFLECTION** square, play a game and then answer the question under the same heading on the next page!



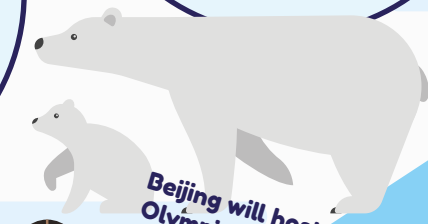
WINTER  
ADVENTURE'S  
END

WELL DONE ON  
COMPLETING  
YOUR WINTER  
ADVENTURE

BEIJING WINTER  
OLYMPICS

Beijing will host the 2022 Winter  
Olympics, making it the first city  
to host both the summer  
and winter Olympic Games.<sup>9</sup>

Located on the border between  
Nepal and Tibet, Mount Everest  
is the highest mountain in the  
world at 8,848 meters.<sup>7</sup>







# REFLECTION AND MINDFULNESS

## CONNECT

Take a moment to chat with someone in your household about how their day is going. Who did you connect with, how did they feel, and what did they say?

---

---

---

---

## FEELING HAPPY AND RELAXED

Is there something or someone that makes you feel happy? What or who is it, and can you think of the reasons why they make you happy?

---

---

---

---

## TAKE NOTICE

Try to go out for your daily walk\* with your family and take time to have a look around and talk about what you see on your walk. What did you see?

---

---

---

---

## GLOW AND GROW

Name one thing that you are proud to have achieved and one thing you would like to continue to improve?

---

---

---

---

## KEEP LEARNING

Think about a new book that you have read or a new skill that you have learnt from playing the Joy of Moving Winter Games. Write your thoughts below.

---

---

---

---

## HELP OTHERS

Helping others in your household with their tasks is a kind thing to do and can make you feel good too - why not try it! Who did you help, and what did you do?

---

---

---

---

*\*Please refer to the latest government guidelines with regards to spending time outside*



# COMPETITION TIME

## CAN YOU CREATE YOUR OWN WINTER-THEMED GAME TO PLAY?

Now that you have played some of the games in the Joy of Moving Winter Adventure, can you create your own wintry game to play? This can either be a game to play individually (on your own) or with your family or even your friends when you are able to see them again!

Once you have created your new winter-themed game and you have enjoyed playing it, ask your parents or guardians to share a video of you playing the game. They can then post the video on social media to be in with a chance of winning equipment for your school.

(Parents or guardians, when uploading the video on social media, remember to use the hashtag **#JOMWinterGames**)



Terms and Conditions: Open to UK residents aged 18+ only. Open from 0:01 on 08/02/2021 – 23:59 on 19/03/2021. To enter: upload a video/image of your competition entry, following the instructions in the Joy of Moving Winter Games booklet, on Twitter or Instagram using the hashtag #JOMWinterGames (and Scotland residents to include #JOMScotland in addition to #JOMWinterGames). One entry per household. Internet access and Instagram/Twitter account required to enter. Prize: There are 4 prizes available to be won, each consisting of £500 worth of equipment for their school. For full Ts & Cs and details visit <https://www.joyofmovingresourcehub.co.uk/>. Promoter: Ferrero UK Limited, 889 Greenford Road, Greenford, Middlesex UB6 0HE.





# EXTRA TIME PLAY DIARY

**Congratulations, you have completed the Joy of Moving Winter Adventure! We hope you have had fun, played some new games, discovered new spaces to play, and learnt some new and exciting skills. Remember to ask your parent or guardian to download and print your certificate!**



**Click here to download certificate**

## **The fun doesn't have to stop there!**

You can stay active and continue to move through play with the Joy of Moving by completing the **'Extra Time Play Diary'**.

Your **'Extra Time Play Diary'** is available to print on the next page.

Using your favourite Joy of Moving Winter Games and others from **[www.joyofmovingresourcehub.co.uk](http://www.joyofmovingresourcehub.co.uk)**, schedule the games you would like to play, who you want to play with and the time of the day. Complete the following diary for a week and feel free to continue the diary for as many weeks as you want! Ask your parent or guardian to upload your completed schedule on social media for us to see, using the hashtag **#JOMWinterGames!**





Parental supervision  
required



# EXTRA TIME PLAY DIARY

WEEK \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Game Name(s)							
Who are you playing with? (Myself or with a Family Member)							
Time of the day?							





# ADDITIONAL SUPPORT

Remember it is important to look after your mental wellbeing as well as your physical wellbeing.

Your mental wellbeing is about how you're feeling right now, and how well you can cope with daily life. Our wellbeing can change from moment to moment, day to day, or month to month.

Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes. But if you have poor wellbeing for a long time, you might start to find things more difficult to cope with and you might need to ask for help.

The Mind and Childline websites are good places to look for support.

## Mind

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

## Childline

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/taking-care-of-yourself/>

Call 0800 1111

## Having good wellbeing can help everyone to:

- Feel and express a range of emotions
- Have confidence and positive self-esteem
- Have good relationships with others
- Enjoy the world around you
- Cope with stress and adapt when things change

### Here are some tips to help you look after your wellbeing:



**Be active**



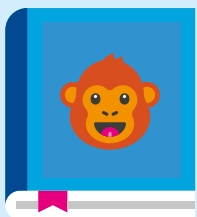
**Eat a balanced diet**



**Get creative**



**Learn something new**



**Do things you enjoy**

































**Connect with others**



**Get enough sleep**

# GAMES CONTENT TABLE

#	Individual	Page
1	 <b>Around the Sock</b>	13
2	 <b>Around the World</b>	14
3	 <b>Catcher</b>	15
4	 <b>Hopscotch</b>	16
5	 <b>Kernels</b>	17
6	 <b>Maps</b>	18
7	 <b>Rebound Bridge</b>	19
8	 <b>Table Football</b>	20
9	 <b>The Cap Race</b>	21
10	 <b>Wall Toss</b>	22
#	Individual or Family	Page
11	 <b>Airplanes Landing</b>	23
12	 <b>Crab Games</b>	24
13	 <b>Crazy Cards</b>	25
14	 <b>Hand/Foot Golf</b>	26
15	 <b>Homemade Bowls</b>	27

16	 <b>Kitchen Pins</b>	28
17	 <b>No Hands</b>	29
18	 <b>Roll the Dice</b>	30
19	 <b>Sock Tennis</b>	31
20	 <b>Wind Bowling</b>	32
#	Family	Page
21	 <b>Con...tact</b>	33
22	 <b>Double Drop</b>	34
23	 <b>Guess the Sport</b>	35
24	 <b>Moving Target</b>	36
25	 <b>Noughts and Crosses</b>	37
26	 <b>Protect the Body</b>	38
27	 <b>The Mirror</b>	39
28	 <b>Winter Ready</b>	40
29	 <b>Winter Scoop</b>	41
30	 <b>Winter Wonderland</b>	42



# AROUND THE SOCK

Ages 7+ | Individual | 1 player

## AIM OF THE GAME



- ▶ How quickly can you move around the clock made of socks.

## EQUIPMENT



- ▶ Four socks of different colours or patterns and a stop watch or timer.

## HOW TO PLAY



- ▶ Find a space on the floor and place four socks in a circle like a clock. One sock at 12 o'clock, one sock at 3 o'clock, one sock at 6 o'clock and one sock at 9 o'clock.
- ▶ Set yourself in the middle of the sock clock, getting into a press up position.
- ▶ When the timer starts, keep your feet in the same area and use your hands to walk your body in a circle, just like hands on a clock. How many quarter turns can you make in 30 seconds?

## GAME VARIATIONS



1. Try different positions i.e. hands stay in the middle and move your outstretched feet around in a circle with your tummy facing up or on your side. Can you come up with other ways to move around?
2. Within the press up position have a small ball under your left hand that you must roll to your right hand before moving around clockwise. Roll from your right to your left hand if going anticlockwise.



# AROUND THE WORLD

Ages 5+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Similar to a round of golf, try to score by hitting suitable targets in a safe playing area with as few attempts as possible, keeping score as you move from one hole or target to another.

## EQUIPMENT



- ▶ A safe playing area and objects that can be used as holes or targets. This may include cups, bottles, buckets for holes or paper, books, toys or teddies for targets.
- ▶ A small ball or rolled up socks and a piece of paper and pencil to keep score with.

## HOW TO PLAY



- ▶ In a safe playing area, set up holes/ targets around the house, or outside, with different start positions.
- ▶ Starting at the first hole, try to throw the ball into the hole/target, keeping a count of the number of times it took.
- ▶ Work through all of the holes/targets adding the different holes scores together at the end.
- ▶ Play individually to beat previous scores or play against other players to see who can get the lowest score.

## GAME VARIATIONS



1. Vary the distance between the tees and the holes/targets.
2. Use different parts of the body or objects to strike the ball.
3. Place objects in between the starting position and the hole or include corners into your hole/target.
4. Set the amount of shots each hole should take and see if you can beat that.





# CATCHER

Ages 6+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Get the ball inside the bottle by swinging the ball in different ways.

## EQUIPMENT



- ▶ A used, non-glass bottle or cup, string, sellotape, and a small ball, bottle cap or crumpled up tinfoil ball.

## HOW TO PLAY

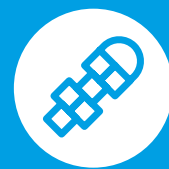


- ▶ To make the catcher using a used, clean non-glass bottle, ask an adult to cut the bottle in half or closer to the top if a large bottle. This should leave you with the neck of the bottle as an ideal handle or place to hold and the cut edge as the top of the catcher.
- ▶ Tape over any sharp or jagged cut edges to keep safe. Then tie, or fix string to the neck of the bottle at the bottom of the catcher and fix the ball, bottle cap or tinfoil ball to the other end. The length of the string can be as long or as short as you wish, start off with about 30 - 40cm.
- ▶ Alternatively to using a bottle, you could use an old yoghurt pot or a plastic cup to be the catcher. Attach the ball in the same way.
- ▶ Play by swinging the catcher to move the ball and then catch the ball inside it.

## GAME VARIATIONS



1. You may start by throwing the ball attached to the catcher up with one hand and catch it in the catcher using opposite hand.
2. Try catching it with your eyes closed.
3. Try playing with two catchers, one in each hand and play the game at the same time.
4. Start with the ball resting on the floor and kick the ball into the catcher.
5. Have the ball hanging in the air and try kicking it into the catcher.



# HOPSCOTCH

Ages 6+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Throw a safe object to a target square and hop through the squares, stopping to pick up the object along the way.

## EQUIPMENT



- ▶ Chalk or tape to mark out the pattern and a flat stone, beanbag or bottle cap to throw.

## HOW TO PLAY

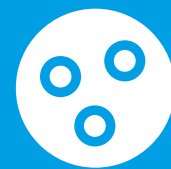


- ▶ Draw or mark out the hopscotch pattern on the ground, this pattern can vary and change but should include at least seven squares with numbers assigned to each square. Standing behind a start line, the first player throws their stone (beanbag or bottle cap) into the first square; if it lands in the square they hop or jump into that square, picking up the stone and continue through the squares in order to the end. They can either come back through the squares or just run back to the start line to repeat by throwing the stone to the second square and so on working their way up to the last number.

## GAME VARIATIONS



1. Hop on one leg rather than jumping with two feet, alternate from right to left hopping, or alternate hopping and jumping in a sequence to travel through the squares.
2. Hop or jump with eyes closed.
3. Playing against time to complete the course.
4. Challenge the hopping and jumping sequence further by holding a ball in your hands whilst going through squares, squeezing an object behind your knee of your raised foot or balancing a flat, soft object on your head.
5. Try incorporating maths into the game. Your parents may want to help you set some sums for you to work out, with the answer being one of the numbers on the pattern which you need to land a stone on and move to, to complete.



# KERNELS

Ages 7+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Tossing a kernel into the air and at the same time picking others off the ground before catching.

## EQUIPMENT



- ▶ Five kernels e.g peach, apricot, plum or avocado stones. Or alternatively smooth small pebbles, marbles or rolled up tinfoil to make small balls.

## HOW TO PLAY



- ▶ Draw or mark out a playing circle around one step across in diameter on the ground and place your kernels, pebbles or marbles within the circle.
- ▶ Sitting inside or just outside of the circle the player takes one kernel, tosses it into the air and tries to catch it with the same hand. If the player can achieve this they can move onto the below sequence of difficulty levels.
- ▶ Level 1. Toss the first kernel into the air, try to pick up another one on the ground and then catch the first kernel. Do this until all the kernels are picked up, if one is dropped you start from the beginning again.
- ▶ Level 2. Toss a kernel into the air, pick up two, and catch the kernel. Repeat until all kernels are picked up.
- ▶ Level 3. Toss a kernel into the air, pick up three, and catch the kernel. Repeat until all kernels are picked up.

- ▶ Level 4. Place the five kernels in the palm of your hand, toss them all into the air at the same time and try to catch them either with your other hand or with the back of same hand that tossed them all up.

## GAME VARIATIONS



1. When tossing kernels in the air, use the opposite hand to catch them, and with the hand that tossed them up, collect the kernels off the ground.
2. Increase combination and actions whilst the kernel is in the air. For example clap hands or place both hands' palms flat on the floor before catching or collecting kernels.
3. Play in pairs with one tossing the kernels and the other catching them whilst staying in their own circles.



# MAPS

Ages 6+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Using their imagination, a player reproduces their created route from a map.

## EQUIPMENT



- ▶ A pen and paper and a safe space to move around in.

## HOW TO PLAY



- ▶ Each player draws out a route on a map using pencil and paper, which could have different buildings to visit or obstacles to move around, over, through or avoid.
- ▶ The player then recreates this journey in an open playing area moving through the space as on the map.
- ▶ Features that could be added to the map include, caves, bridges, slippery ground, a hole and buildings like houses or castles.

## GAME VARIATIONS



1. Add challenges to the journey such as doing it backwards or in reverse, or adding specific actions to perform at each obstacle.
2. Increase the map area to include rooms of the house that are safe to enter.
3. Using their favourite reading book or story, try to draw out the map and actions that appear in the story to re-enact.



# REBOUND BRIDGE

Ages 5+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Using a wall as a rebound, challenge yourself to roll a ball against the wall and as it rebounds, move into a bridge position, hold it and let the ball pass under you.

## EQUIPMENT



- ▶ Can be played with any appropriate ball for the space playing in and that can bounce off a wall when rolled.

## HOW TO PLAY



- ▶ Facing a wall with some space in front and behind you. Roll the ball against the wall and then quickly make a "bridge" shape with your body so when the ball rebounds off the wall it rolls under your bridge.
- ▶ The bridge could be made by only using your legs spread wide apart, putting hands and feet on the floor or making any shape you can.
- ▶ Remember to quickly get out of the shape to collect the ball after it has passed under you and before it hits any other walls or objects behind you.

## GAME VARIATIONS



1. Try to come up with as many different bridge shapes as you can in a minute and only change shape if the ball goes under your bridge.
2. Make a bridge shape with two, three, four, or five body parts touching the floor.
3. Try doing this in a sequence with each ball roll against the wall. Remember only change shape if the ball goes under your bridge.
3. Move closer or further away from the wall to increase or decrease the time to move into and hold a bridge shape
4. If playing with a partner, one can roll the ball under the bridge instead using a wall whilst the other moves into and holds the bridge shape. Either player could move to collect the ball once passed under bridge.



# TABLE FOOTBALL

Ages 6+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Score by flicking the ball into the goal from various distances and positions.

## EQUIPMENT



- ▶ Three books stacked to make a goal and a small ball (tennis ball, ping pong ball, rolled up socks or scrunched up tin foil)

## HOW TO PLAY



- ▶ Play on a flat surface which could either be the floor or a table.
- ▶ Using three strong books stack them up to make a goal by having two books standing upright and the third laid across them for the crossbar. The bigger the goal, the easier the game.
- ▶ In front of the goal, mark out a penalty spot to shoot from by flicking the ball with fingers. See how many goals can be scored from five shots.

## GAME VARIATIONS



1. Increase the difficulty by shooting from different positions and distances.
2. Play using both hands, changing each time to use left and right.
3. If playing on your own, add an object into the goal as a keeper. This could be a cup or non-glass bottle, a thick pen stuck in a ball of blu-tak.
4. Play in pairs to see who can score the most out of five attempts, allow the opposite player to put their arm and hand through the goal to act as a keeper to stop the ball.
5. If in pairs, add in another goal so there is one at both ends and play against each other.





# THE CAP RACE

Ages 7+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Move by flicking the caps along the track.

## EQUIPMENT



- ▶ Chalk, ropes/string or play building blocks to mark out a race track and plastic bottle caps to race with.

## HOW TO PLAY



- ▶ Lay out the track on a flat surface. This can be marked out using chalk, ropes or string, wooden or play building blocks or any other objects that are safe to place on the ground and that won't break if hit by a plastic cap.
- ▶ Once the track is ready, the players take turns in moving their cap with a flicking movement of the fingers. The first to reach the finish line is the winner, or if playing on your own try to reach the finish line in as few flicks as possible.
- ▶ If the cap goes off the track, you must replace the cap where it originally was and miss a go.

## GAME VARIATIONS



1. If your cap hits an opponent's cap, you miss a go.
2. If playing with more players you may want to play as pairs, taking turns to flick the cap.
3. Use different round objects to race with, either a marble or a scrunched up piece of paper.
4. Change the track design to create a circuit to play with laps or use different surfaces and obstacles to play with.



# WALL TOSS

Ages 5+ | Individual | 1 Player

## AIM OF THE GAME



- ▶ To throw and catch the ball against a wall.

## EQUIPMENT



- ▶ Any size ball, a safe wall to throw ball against and chalk or a marker.

## HOW TO PLAY



- ▶ Using a safe wall, mark a brick or a target area on the wall using chalk to throw the ball against.
- ▶ Choose a distance from the wall to stand at, aim and throw the ball at the target, quickly moving to catch the ball after it bounces off the wall.
- ▶ See how many throws at the target and catches you can make in a row.

## GAME VARIATIONS



1. Change the size of the target area to throw at, the smaller the target the harder the game.
2. Catch using one hand, changing which hand you use each time.
3. Play using a sequence of throwing right handed, catching left, throwing with left, catching with right and repeating. Or come up with your own sequence to memorise and repeat as many times as possible.
4. Perform a task or movement between throwing and catching. For example, bending down touching toes, spinning around or clapping hands in front or behind body.



# AIRPLANES LANDING

Ages 7+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Build and throw paper airplanes at a target.

## EQUIPMENT



- ▶ Three pieces of paper.

## HOW TO PLAY



- ▶ Using three pieces of paper build three airplanes using any design. The airplanes can be drawn and coloured on to make them all look different.
- ▶ Set up a target or a large bowl on the floor.
- ▶ Standing 5-8 steps away, throw the airplanes to try and land in the target. Change the designs of the airplane during the game.

## GAME VARIATIONS



1. Change the landing zone or target, the smaller the area the harder the game.
2. With an adult and if safe to do so, change the height level you are throwing from.
3. If playing with others see who can get nearest to the target.
4. A playmate can hold up a hoop between starting point and the landing zone to fly the plane through before landing.



# CRAB GAMES

Ages 5+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Using the 'crab' position to complete different challenges.

## EQUIPMENT



- ▶ Soft ball/pair of socks, goal/pair of shoes, box/basket/bin.

## HOW TO PLAY



- ▶ Get familiar with the crab position. With both hands and feet on the floor, lift your hips off the ground and keep it up for as long as possible to complete the below challenges.
- ▶ Crab Football – if you do not have a goal, use a pair of shoes to create your goal. Whilst in the crab position, try to flick the ball/pair of socks into the goal. Crab to walk over to the goal, retrieve the ball/socks and go again. How many goals can you score in 60 seconds?
- ▶ Crab Basketball – use a washing basket, bin, box or bucket as your basket. Whilst in the crab position, try to throw your ball/socks into the basket. How many baskets can you get in 60 seconds?
- ▶ Play on your own or with a playmate to perform and come up with different challenges.

## GAME VARIATIONS



1. To make the games more difficult, increase distance and/or decrease time allowed.
2. Add in obstacles/obstructions to make scoring more difficult.
3. Be creative to come up with more 'Crab Olympics' games/activities to keep you busy and active.
4. Try a different position to "Crab" to complete the same activities. On all fours as a "Bear" or lying flat on your back or tummy as a "caterpillar".



# CRAZY CARDS

Ages 7+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ To try and turn over all your cards in the correct order.

## EQUIPMENT



- ▶ A safe space to play in and a deck of playing cards.

## HOW TO PLAY



- ▶ Set out one suit of cards per player or team at one end of the playing area. Players start the game at the opposite end of the playing area.
- ▶ Cards should be facing down and jumbled up in a random order. Cards can be laid out in a line or scattered within an area.
- ▶ If playing in teams, one player per team comes out at a time, and turns over a card. Returning to their team after each attempt to let the next player go.
- ▶ Each team needs to turn all their cards over in order, starting at ace and finishing on king.
- ▶ Players need to work together and communicate with one another to turn the cards over in the right order successfully.
- ▶ The team that has turned over all their cards in the correct order wins the game.

- ▶ If playing on your own, play as above but bring the correct card back to the start line once it's been turned over. Only turn over one card per visit, returning to the start line each time.



## GAME VARIATIONS

1. Make the game easier by removing picture cards from the suit or only play until a number that you have set (e.g. until card number 9).
2. Make the game harder by combining suits together to add more distractions or choices to the players. You may decide to complete the suits in order i.e. Diamonds ace, Jacks ace, Diamonds 2, Jacks 2 etc..
3. Add in a special cards rule. If you turn over a King at any time you can turn over another card on the same visit. If you turn over a Jack in the wrong order you must turn over all your cards that have previously been turned over, the re-mix up cards and the game restart again.



# HAND/FOOT GOLF

Ages 4+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Roll the ball into the cup.

## EQUIPMENT



- ▶ A cup and ball (the ball must be able to fit inside the cup).

## HOW TO PLAY



- ▶ Lie the cup on the floor on its side in a safe space.
- ▶ Set up a starting point about two to three steps away and try rolling the ball into the cup using your hand or foot.

## GAME VARIATIONS



1. Increase the distance from the cup.
2. Be creative and add obstacles between the cup and starting point i.e. cushions, small toys etc... How many hits do you need to get the ball in the cup?
3. If playing against a playmate, challenge each other to design different obstacles or positions of laying the cup.





# HOMEMADE BOWLS

Ages 3+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Get your ball as close as possible to the target.

## EQUIPMENT



- ▶ A toilet roll or kitchen roll cardboard tube, and three small balls or rolled up socks.

## HOW TO PLAY



- ▶ Place your toilet roll or kitchen roll cardboard tube in a safe space. This is the target that you are aiming for.
- ▶ From a starting line which should be three to five steps away from the target, throw the small balls or rolled up socks to get them to land as close as possible to the target.
- ▶ Have three go's to see how close you can get. If an adult is available to help, ask them to help using a tape measure to see which ball is closest to the target.
- ▶ If playing with others see who can get the closest, making sure you remember whose ball is whose.

## GAME VARIATIONS



1. Vary the distances, the further away the harder the game.
2. Try different types of throws, underarm, overarm, hand underneath the ball, hand on top of the ball, using your left or right hand.
3. Throw from different positions such as sitting down, balancing on one leg, or turning around and sending the ball backwards through your legs.
4. Send the balls to the target by rolling and even placing different objects in the way as obstacles.



# KITCHEN PINS

Ages 3+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- Knock over as many of the pins as you can.

## EQUIPMENT



- Toilet roll or kitchen roll cardboard tubes to be used as “pins” and a small ball.

## HOW TO PLAY



- Set up your toilet roll or kitchen roll cardboard tubes as “pins” in any shape you wish. These could be in a line, a triangle on the floor or stacked up in a triangle on top of each other.
- Draw out a bowling line 3-5 steps away.
- From the line either throw or roll the ball to knock down as many pins as you can.
- Have three go's to see how many you can knock down which becomes your score.
- If playing with others see who can knock the most down after three attempts each.

## GAME VARIATIONS



1. Vary the distances you bowl or throw from, the further away the harder the game.
2. Roll or throw from different positions such as sitting down, balancing on one leg or turning around and sending the ball backwards through your legs.
3. Change the number of pins to knock over.
4. Place obstacles between bowling line and pins, like a chair that the ball must travel under, or a book laid flat that you must bounce the ball over before hitting the pins.



# NO HANDS

Ages 5+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Transfer all the items from one place to another without using your hands.

## EQUIPMENT



- ▶ A variety of soft items (e.g. pillows, socks, teddy bears, soft balls, balloons).

## HOW TO PLAY



- ▶ Place all the soft items at one end of the room/garden/space.
- ▶ Playing on your own or with a partner, all the items must be collected from one end and transferred to the opposite end.
- ▶ Players must not use their hands when collecting or transferring any of the items.
- ▶ Transfer all the items as quickly as possible using other body parts, being as creative as possible.

## GAME VARIATIONS



1. Play individually and race against another person.
2. If an item is dropped the players must begin the turn again.
3. Partners must carry the items using different/specified body parts (use a 'Twister' spinner to determine the body parts to be used).
4. Add obstacles to the course to move around or over (e.g. pillows, blankets, cushions).



# ROLL THE DICE

Ages 6+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Perform a balance or shape related to the number rolled on the dice.

## EQUIPMENT



- ▶ Safe space to play in and a dice.

## HOW TO PLAY



- ▶ In a safe space roll a dice to see what number it gives.
- ▶ Whatever number the dice shows you must hold a balance or shape with that number of body parts touching the floor.
- ▶ For example if a 3 is rolled, hold a balance or shape with three body parts touching the floor.
- ▶ Hold this shape or balance for the count of 10 before rolling again.
- ▶ Try to come up with different balances and using different body parts for each roll.
- ▶ If playing as a pair or with a group, one player rolls and performs a balance, the other players must copy the balance. See who can hold that balance or shape for the longest.

## GAME VARIATIONS



1. If playing as a group, think creatively and list different balances that the opposite players must do when the dices is rolled. This may involve balances or shapes involving one, two or three players.
2. Play with two dice and add the two numbers together to give number of body parts needed to touch the floor. This could be as an individual, or as a pair or group.
3. Rather than balances or shapes, assign movements to each number on the dice. i.e 1 is a star jump, 2 is running on spot etc.. Perform each movement for a count of 20 before rolling again.



# SOCK TENNIS

Ages 7+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Transfer the socks using the clipboard as a tennis racquet from one end of the court to another.

## EQUIPMENT



- ▶ Five pairs of rolled up socks and a clipboard or strong piece of cardboard to be used as a racket.

## HOW TO PLAY



- ▶ Mark out a court or safe area and place all the sock balls at one end
- ▶ If playing on your own, transfer all the sock balls, one at a time, from one end of the court to the other by balancing the sock balls on your 'racket' whilst moving.
- ▶ Try to transfer all the sock balls as quickly as possible from one end of the court to the other.
- ▶ If playing with a partner see who can transfer all five sock balls the quickest.

## GAME VARIATIONS



1. Hit the sock balls up and down on your racket as moving them from one end of court to the other.
2. If an item is dropped the players must start from the beginning.
3. Add a bin/box/bucket that the socks must be hit into at the end of the court. Use a line to hit from, the further away the harder the challenge.
4. If playing with a partner try hitting the balls back and forth to each other whilst travelling.



# WIND BOWLING

Ages 5+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Using the power of wind, blow down the skittles.

## EQUIPMENT



- ▶ Non-glass cups or bottles and a balloon or piece of paper/card.

## HOW TO PLAY



- ▶ Line up the cups or bottles on a table as skittles. These could be in a line or a pattern.
- ▶ Standing two steps away from the table wave the balloon, piece of paper or card as fast as possible to create wind to blow down the skittles.
- ▶ Count out loud to see how long it takes to blow the skittles down or with one wave of the balloon/card see how many skittles can be knocked over.

## GAME VARIATIONS



1. Change the distance to the table, the further way the harder the game.
2. Change the formation of the skittles. Can some be stood on top of each other like a pyramid?
3. If playing with others see who can blow the most over or in the quickest time.





# CON..TACT

Ages 6+ | Family Based | 2+ Players

## AIM OF THE GAME



- ▶ Replicate a playmates body shape whilst blindfolded.

## EQUIPMENT



- ▶ A safe space to play and a blindfold (a handkerchief or jumper).

## HOW TO PLAY



- ▶ The game is played in pairs, one player is blindfolded, while their partner (the statue) assumes the most unusual position next to them with their eyes open.
- ▶ Using their hands and without opening their eyes, the player blindfolded has to touch and recognise the exact position of their partner to reproduce it.
- ▶ The position can be whilst standing or sitting on the ground.

## GAME VARIATIONS



1. Incorporate equipment or an object into the shape being made by the statue.
2. Rather than only using tactile feedback from touching, encourage questioning to the statue in which they can only answer yes or no to give additional feedback.
3. The statue creates shapes based on a theme, for example letters from the alphabet to spell out a word or name.



# DOUBLE DROP

Ages 5+ | Family | 2 Players

## AIM OF THE GAME



- ▶ Catch both balls as quick as you can.

## EQUIPMENT



- ▶ Two small balls that bounce, preferably marked or coloured differently.

## HOW TO PLAY



- ▶ One player stands with a ball in each hand held out to the side of them, ready to drop. Their playmate stands facing them around three steps away ready to move and catch the balls.
- ▶ When the player holding the balls shouts 'go' they drop one of the ball's in either their left or right hand.
- ▶ The player catching move quickly to catch the dropped ball as quickly as they can. Once they have the ball, the next ball is dropped on the other side.
- ▶ The catcher must quickly move around their playmate to catch the second ball as quickly as they can.
- ▶ Try to catch both balls with only one bounce.

## GAME VARIATIONS



1. Catch the ball with one hand – using the same hand as from which the ball was dropped, or if the balls are marked differently use left hand for one ball and right hand for the other.
2. Change the start positions of the catcher. Sitting down, facing away from playmate or with eyes closed.
3. Rather than starting on command of "go", just drop the balls with no voice command.
4. Catch the balls after bouncing with only one hand.



# GUESS THE SPORT

Ages 5+ | Family | 2+ Players

## AIM OF THE GAME



- ▶ The aim is to recreate a sport that the other team has to guess.

## EQUIPMENT



- ▶ Pen and paper, stopwatch or timer and any sports equipment.

## HOW TO PLAY

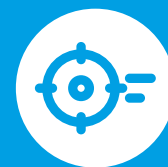


- ▶ Create a list of as many sports or physical activities as you can and if possible, collect some equipment from around the house that represents them.
- ▶ One player then recreates one of the sports or activities for the other player to guess.
- ▶ See how many you can recreate in two minutes.
- ▶ If playing with three players, one recreates and acts, whilst the other two players have to guess. Who can guess the most before swapping roles?
- ▶ If playing with four or more players, split split into teams with your own team trying to guess the sport or activity.

## GAME VARIATIONS



1. You can add in bonus points rounds, i.e., draw a sport or recreate a particular sporting memory.
2. As a test of memory, the team guessing must recall as many of the sports or activities that are performed for 10 seconds each over 1 minute or more. Calling them out at the end without using any notes.
3. As a further test of memory, teams play the original version of game but for each sport, they also have to call out the previous sports in order as they were performed before saying the new sport.



# MOVING TARGET

Ages 5+ | Family | 2+ Players

## AIM OF THE GAME



- ▶ To throw the ball to a moving partner so that they can catch it.

## EQUIPMENT



- ▶ Any size ball and a safe space to play in.

## HOW TO PLAY



- ▶ Both players work in an area where a ball can be thrown safely to each other.
- ▶ The player with the ball throws the ball to their playmate, who cannot stand still and always has to be on the move.
- ▶ Be creative and use as many different types of throws as you can. Avoid repeating the same type of throw.
- ▶ Try and make as many throws and catches whilst on the move as you can in one minute.

## GAME VARIATIONS



1. Have a hoop or a target as a moving goal that can be rolled/thrown into the air as a target.
2. Try throwing with one eye or both eyes closed. This requires good communication.
3. Catch one-handed, or use your less dominant hand.
4. Play against each other using a points system. If Player A successfully throws the ball at Player B and they catch it Player A gets 10 Points, Player B gets 5. If Player B drops it then Player A gets 5 points for a good pass and Player B gets 0.



# NOUGHTS AND CROSSES

Ages 5+ | Family | 2+ Players

## AIM OF THE GAME



- ▶ Relay dribbling race to gain a go on noughts and crosses.

## EQUIPMENT



- ▶ Pencil and paper, a ball, a safe space and any other objects that could be used to mark out an obstacle course.

## HOW TO PLAY



- ▶ Set up a piece of paper and pencil at one end of the playing area with a noughts and crosses grid marked out. Both players start at the opposite end of playing area with a ball each on the floor.
- ▶ Starting on the shout of 'go' by one player, both players dribble the ball with their feet towards the noughts and crosses paper. The first player who gets there and stops the ball under control has the first go at noughts and crosses.
- ▶ The other player then has their go, before both returning to the start line to repeat again.
- ▶ Switch over who shouts "go" to start each time. The first player to get three in a line at noughts and crosses wins the game and gets one point. Play to see who can be first to five points.

## GAME VARIATIONS



1. Travel with the ball in different ways such as throwing and catching in hands or bouncing it.
2. Change the start positions to sitting on the floor legs crossed, laying on back or laying on tummy.
3. Use markers to make an obstacle course on way to noughts and crosses paper.
4. If playing with more players, work in teams with the next player starting as soon as their team mate comes back.



# PROTECT THE BODY

Ages 5+ | Family | 2 to 4 Players

## AIM OF THE GAME



- ▶ Using the cushion or pillow defend the body by blocking away the socks that are going to be thrown at you.
- ▶ One life is taken away from the defender every time they get hit by the thrower. All defenders start on 10 lives.

## EQUIPMENT



- ▶ One Cushion/Pillow
- ▶ 10 or more pairs of Socks

## HOW TO PLAY



- ▶ One player stands up holding a Cushion/ Pillow as a shield, facing the thrower.
- ▶ The thrower stands opposite around five steps away with 10+ pairs of socks ready to throw at the person holding the shield.
- ▶ One pair of socks are thrown at a time. The player with the shield must defend all parts of their body using the cushion. If the socks touch any part of the body, one life is lost. Start with the same amount of lives as pairs of socks being thrown.
- ▶ Once all socks have been thrown, count how many lives the defender lost due to being hit by the thrower, and then switch roles.

## GAME VARIATIONS



1. Balance on one leg whilst shielding.
2. Use only one hand to hold the shield.
3. Thrower can move around the blocker so they have to turn their body around so they are facing the thrower at all times.
4. No cushion – Just using your hands, block the socks from hitting their body, switching which hand you use each time.



# THE MIRROR

Ages 6+ | Family Based | 2+ Players

## AIM OF THE GAME



- ▶ Copying or 'mirroring' the actions and movements of playmates.

## EQUIPMENT



- ▶ No equipment needed, just a safe space to play in.

## HOW TO PLAY



- ▶ Working in pairs in a safe area one player is the leader and moves different parts of their body whilst their partner copies them as a mirror image. Hold that mirror image for count of three. If playing with three players, the third playmate will check and confirm the mirror image is correct before the leader moves a different body part or makes a different shape.
- ▶ Start with only moving one body part at a time, for example an arm or leg before making it harder and using two or three different body parts. Change over roles after five actions.

## GAME VARIATIONS



1. The leader chooses and performs a shape or image for their partner to mirror, holding it for as long as possible. The winner of that round is who holds it for longest.
2. Within a safe space divided in half, the leader can move around their area with their partner mirroring their movements and direction of travel in their half. The leader must count to three to allow their partner time to mirror the action before performing the next movement.
3. Include objects such as a ball to be included in the actions or movements.



# WINTER READY

Ages 4+ | Family | 2+ Players

## AIM OF THE GAME



- ▶ Find and return the five objects to get dressed and winter ready.

## EQUIPMENT



- ▶ Five small toys, figures or objects, a hat, a scarf and winter gloves.

## HOW TO PLAY



- ▶ Set up a starting point with a hat, scarf and gloves laid out ready.
- ▶ One player hides five small toys, figures or objects around the room or house where it is safe to do so.
- ▶ The other player needs to get 'Winter Ready' by finding the objects one at a time returning to the starting point.
- ▶ Each time an object is returned, one item of clothing must be put on e.g. one glove.
- ▶ The game is complete when the player has returned all objects and is wearing a hat, scarf and two gloves.

## GAME VARIATIONS



1. If playing with more players, have two sets of winter clothes set out and hide two sets of five objects. See who can find, return and put on the winter clothes the quickest.
2. Add a winter coat and hide the clothes around the room or rooms to put on as soon as they are found.
3. If playing in teams have one player hide the objects or clothes without their playmate looking. They can only direct them to the objects or clothes using phrases on a scale of being freezing cold (far away) to burning hot (being really close). Who can get all the clothes on quickest?





# WINTER SCOOP

Ages 4+ | Family | 3+ Players

## AIM OF THE GAME



- ▶ The aim of the game is to be the first person to scoop up the prize at the correct moment.

## EQUIPMENT



- ▶ A safe prize to pick up such as a ball or soft toy and oven gloves or large gloves.

## HOW TO PLAY



- ▶ Before starting the game work as a group to list as many different exercises that you can perform (such as jumping, hopping, running on spot, star-jumps, squats) and body parts that you can touch (head, shoulders, knees etc.).
- ▶ Within a safe space two players face each other at least two steps away from each other wearing oven gloves or thick large winter gloves. Using bobble hats or tying jumpers around hands could also be used.
- ▶ In between them is the 'prize' placed on the floor.
- ▶ The third player is the caller and uses the list created to call out one exercise or body part at a time that the other two have to perform.
- ▶ Both players have to do these movements facing each other as quickly as they can after they have been called out.
- ▶ When the caller shouts 'Scoop', it is the first person to pick up the object in the middle whilst wearing their gloves. The person who picks it up first gets a point.
- ▶ Play first to three points and then change over roles to have a different caller.

## GAME VARIATIONS



1. Add an extra instruction of "touch". As well as saying 'Scoop', they can also say "touch" and the players have to touch the object. If they do the wrong instruction (e.g. scoop the object when the caller says touch) the other person gets a point.
2. Add an extra colour object into the middle. When the caller shouts 'Scoop', they call the colour of the object, making the players think hard about choosing the correct object to scoop. If someone gets it wrong the other person gets a point.
3. Play the above variations but as opposites to challenge players further. For example touch means scoop, and scoop means touch.
4. Add in an extra movement before the players have to scoop. For example, when you say 'Scoop', each player has to jump up and spin around before being able to scoop up the object in the middle.



# WINTER WONDERLAND

Ages 5+ | Family | 2+ Players

## EQUIPMENT



- ▶ To create your own 'Winter Wonderland' you need a starting and finishing point in a safe space, some pen and paper, some household objects to use as props such as cones, toys, plastic bottles etc., a winter coat, hat, gloves and a scarf or blindfold.

## AIM OF THE GAME



- ▶ Working in pairs help your team mate move through the winter wonderland.

## HOW TO PLAY



- ▶ Using your imagination, list down as many buildings, animals or structures that you might see in a winter wonderland (i.e. polar bears, penguins, igloos, ice mountains etc.).
- ▶ Write these down on separate pieces of paper or use different household objects that are safe to use (cones, toys or plastic bottles) to recreate your list as an obstacle course.
- ▶ Set these out between your start line and finish line. This may be in the same space or room in the house or moving between spaces and rooms.
- ▶ As a pair, take turns at manoeuvring your playmate through the course whilst being blindfolded (eyes closed or covered using hands).
- ▶ Your playmate uses simple commands e.g. 'one step to your left', or "one step forward". If the blindfolded player leaves the area or touches one of the objects, they must stop, open their eyes and go back to the start.

- ▶ To make it through the winter wonderland you have to get your playmate to the finish line without them touching any objects.
- ▶ Start by instructing them to put on winter clothes (coat, hat and gloves) whilst blindfolded or eyes closed, before setting out on their journey.

## GAME VARIATIONS



1. Try to repeat the course in a quicker time than before or within a set time limit. Which player can get their playmate the furthest?
2. Change the layout of the course or add more or different obstacles to manoeuvre around, over or under safely.
3. Change the way of travelling around the course to either walking backwards or with the movements of a winter wonderland animal i.e., polar bear or penguin.



The Joy of Moving programme, delivered through a partnership with the EFL Trust over the last seven years, is an unbranded CSR programme designed to inspire active lifestyles in children. It aims to teach children how to enjoy moving through play, and to help them develop positive habits for adulthood. There are two initiatives in the programme: the Move & Learn project, which delivers 9 hours of physical activity and learning to children in years 5-6 in schools nationally, and the Festivals, which take place in the summer term and consist of easy, simple and fun games to inspire children of all ages to develop life skills by learning through play. For more information visit [www.joyofmovingresourcehub.co.uk](http://www.joyofmovingresourcehub.co.uk)

The EFL Trust is the charitable arm of the English Football League (EFL) and is a national charity that uses the power of football to change people's lives. Over 36.6 million people live within ten miles of an EFL Club and the EFL Trust unites the inspirational work delivered across England and Wales by the dedicated network of Football Club Community Organisations associated to these Clubs. The EFL Trust's vision is to create stronger, healthier, more active communities. The network engages over 880,000 people every year, using the power of football to improve health and wellbeing, raise aspirations, realise potential and build stronger, more cohesive communities.