

Hello everybody! I hope that you all are staying healthy and safe. I've compiled another list of fun games and activities that you can do alone or with your family. Try them out! They're tons of fun!

-Mr. Walters

Racket Sports

Yes, tennis and badminton can be games for kids to play alone! They can volley tennis balls off a wall, bounce them on the ground with the racket, or bounce balls and birdies up from a racquet held horizontally.

How many can they get in a row? Can they top their personal best? It's actually a great way to hone their hand-eye coordination, which is useful for many other things.

Hula Hoop

Kids can practice hula hooping indoors or out. Challenge them to count how many revolutions they can do or how long they can keep the hoop spinning without dropping it.

Watch a few hooping videos online so your child can see what kinds of tricks are possible, too. For instance, they can try to master the technique of working the hoop from the hips to the neck and back down.

Dancing

Did you ever hear the expression, "dance like no one's watching"? Many people are nervous about dancing in public, but you can encourage your child to dance alone and work on some confidence-building skills. All it takes is music.

You can also use games, such as Just Dance or Zumba Classes. These can help kids build a repertoire of moves.

Going for a Ride

Encouraging your child to go on a little bike or scooter ride is a great option. It's also a perfect solo activity. You will need to set boundaries and make sure kids know and obey safety rules before they set out, though.

Art Projects

Art and craft projects can keep kids busy for hours. If your son or daughter has a creative streak, give them some supplies and let them explore their imagination. A larger mural or a 3-D sculpture offers plenty of physical activity.

Exergames

While you probably don't want your child to spend all their playtime in front of a screen, setting them up with motion-controlled video games will definitely get them moving.

It may even inspire activity away from the TV.

Digging and Building

Got dirt, sand, or snow in the yard? Equip your child with some simple tools like shovels, pails, and maybe a few molds and let them dig and build to their heart's content. It's easy to spend hours crafting a castle, a roadway, a snow creature, or even a flower garden.

Solo Balloon Volleyball

Volleyball is usually a team sport, but it's a lot of fun for one, too. All you need is a balloon and, with a few boundaries set, it can be an indoor game.

Set up a ribbon to act as a net and blow up a balloon for a ball. Then challenge your child to play volleyball—on both sides of the net! They hit the balloon up and over the ribbon, then scoot under to hit it from the other side, and so on until the balloon wafts to the ground.

Sidewalk Chalk Games

On a nice sunny day, a tub of sidewalk chalk can keep many kids busy for a long time. They can use the chalk to make hopscotch, mazes, obstacle courses, and much more. You might even show them photos of amazing sidewalk chalk art by professional artists to inspire their own artwork.

The 7-Up Game

he 7-Up Game All your child needs is a ball and some open space for this classic, active game. It challenges them to master increasingly complex skills. It's a great outdoor game or it can be played in your basement, garage, or anywhere that doesn't have breakables.

To play the 7-Up ball game, all you need is a smooth, flat surface (a wall or a floor) and a bouncy ball. If you have a safe, open indoor space (without breakables), you can even play 7-Up inside.

Kids can play the 7-Up game solo or with family members. The game is simple to learn but challenging enough to keep your child's interest. Most importantly, it gets them moving to boost their physical activity time.

Supplies: Bouncy ball, such as a tennis ball or soft, small rubber ball

Where to Play: Garage, basement, driveway, playground, schoolyard, cul-de-sac

Other Names: Sevens, Seven Times

How to Play

Find a safe space to play. Outside, you need a flat area where you can safely bounce a small ball, such as a tennis ball or a rubber ball. The 7-Up game is traditionally played against a smooth wall or even a garage door. Brick or concrete works better than aluminum siding, and a broad space without windows works best. If you don't have a good wall to use. But you can also play the 7-Up game against the ground.

The object of the game is to bounce the ball against the wall a set number of times while performing a specific skill in between bounces.

The skills are as follows (although variations are common; these are just a suggestion):

Sevensies: Bounce the ball against the wall seven times. Catch it on the seventh time.

No-wall version: Bounce the ball against the ground seven times.

Sixies: Bounce the ball against the wall and then allow it to bounce once on the ground before you catch it and throw it again. Repeat six times.

No-wall version: Throw the ball up in the air six times (no bounces).

Fivesies: Bounce the ball on the ground five times.

No-wall version: Bounce the ball on the ground five times, but throw it hard enough so it bounces up over your head. Catch on the way down.

Foursies: Bounce the ball from the ground to the wall and then back to you (this is the opposite of what you do for Sixies). Repeat four times.

No-wall version: Throw the ball up, let bounce, then catch. Repeat four times.

Threesies: Bounce the ball on the ground first, then use your palm to bat the ball against the wall, then catch it before it bounces on the floor again. Repeat three times.

No-wall version: Bounce the ball, then hit it down again before catching. Repeat three times.

Twosies: Toss the ball under your leg and bounce off the wall, then catch. Repeat.

No-wall version: Bounce the ball under your leg, twice.

Onesies: Throw the ball against the wall, spin around completely (360 degrees), then catch the ball before it bounces.

No-wall version: Throw the ball up in the air, do your spin while it falls and bounces, then catch.

Want to keep playing? Repeat the whole process, but add in a clap of the hands between each throw/bounce. Then add two claps, and so on. Or change to a finger snap, a knee lift, or some other move. There is plenty of room for creativity.

Some More Exercise Activities To Get Your Child Fit &

Healthy:

Races:

This is an extremely obvious kind of physical activity. You can organize races with a small prize for your child and their friends in a yard or area around your house.

Get creative with the type of race. You can have a three-legged race, a one-legged race, a crab walk race, etc.

Also, let's not forget the classic race of deciding on a finish point that's a bit far off and any route can be used to get there to see who wins. Jump rope (skipping rope) races are great, too, as it's maximum leg exercise combined with a cardio workout!

Obstacle course:

It's an exciting way to exercise!

If you've watched any television reality game shows, you know what I'm talking about. Use some furniture, and also some chalk to draw out a course ranging from the inside of your house to the garden or corridor outside. Add

challenges to the course. You can add a puzzle to be solved, a vast area to be crossed without touching the ground, etc.

Hunt!

This can be either indoor or outdoor!

Organize a hunt that spreads across a large area, or even just inside your house.

Just place toys or treats hidden in different places and start your kid off with the first place.

Each place should have a puzzle written for the next. If you make sure the places are far apart, your kids will get a good run out of it.

Gardening: Simple activities like gardening are a great source of exercise

for kids. If you don't have your own garden, just get some pots, some mud, and some saplings and ask your kids to fill the pots up themselves!

Dance!

By far the simplest and the most fun-filled activity to do to get that daily cardio workout.

Just put on some music, get some preferably healthy snacks and gather up your child's friends!

You now have your very own dance party. You could also just do this during family time with your children.

Walk:

If you have a dog, divide daily responsibilities of walking it. If you don't, practice going for strolls in the park or walking to the grocery store instead of taking a vehicle. Walk as much as you can with your kids.

Hula Hooping:

For some reason, children love hula hoops!

Get your children some hula hoops and start hooping with them. Just teach them how to do it and we promise you that they won't be able to get enough.

Blow off that steam!

We're used to the tantrums our kids throw, right? What if I told you that you asking them to throw these temper tantrums on purpose when they're in a good mood will actually help them both psychologically and physically?

It may sound a bit crazy, but when they kick and run and jump and scream, they're getting tired out because of the energy they're spending.

This also helps them get out all their pent up anger and emotion without them even realizing it.

7 Exercise Games For Kids That Are Absolute Fun:

Follow the leader:

When playing this game, you'll be the leader and it's the easiest way to get a good workout done by your kids. Make sure to include exercises like jumping jacks, kicks, running, jumps, etc.

Tag:

A simple game of tag where you chase your children and when you catch someone, they then have to do the chasing, is a fun old-school option for a workout.

Hopscotch:

Hopscotch is a good game that can be played both indoor (using floor tiles as markers) and outdoors (with chalk on a sidewalk or pavement). Keep making the hopscotch course bigger and bigger to keep your kids active and excited by all that jumping.

Twister:

We've all seen the twister mat game in various toy stores and online websites. It's the perfect indoor exercise game for kids so it's an excellent idea to invest in it.

Table Tennis:

It's a great idea to also invest in a table tennis table for another great indoor exercise game option.

Any small, mostly empty room can be used to play table tennis and as it does involve quite a bit of running, it's a great way to exercise.

You can even find a smaller sized table that your kid can use with their friends if your kid is very young.

Pop, pop, pop!

Inspired by some awfully simple birthday games, all you have to do for this is blow some bubbles out in your garden and ask your kid to run around popping all of them.

Another variation of this game is don't let the balloon touch the ground (without holding it for more than a second at a time, of course).

Quick Tips:

There are a few tips you have to keep in mind while getting kids to exercise sometimes isn't the easiest job.

Schedule it right:

Make sure to pick a certain time in the day that is suitable to everyone's moods as well as free time. Right before or right after lunch usually works best.

Track, chart, and reward progress:

Keep track of all the exercises completed and even chart out the exercise-related achievements made by the kids and have a small monthly reward for the kid or family member with the most achievements.

Try an activity box:

Activity boxes such as Flintobox can help in both fine motor and gross motor exercise! Since the activities are play-based and hands-on, children enjoy a fun brain workout away from screens.

Get your child involved in planning:

If there's one thing kids love the most, it's letting their creativity flow by planning something that other people would follow and enjoy.

Get them to plan the workouts and maybe even set goals for a week. Hand them the reins.

Spend more time in open nature:

Whether it's going for a picnic or simply to play and stroll in the park, it's always good to spend time out in the open. If possible, plan a picnic once every couple of weeks and take along the ball, a frisbee, and a skipping rope to keep your child both occupied and well-exercised.

Conclusion:

If these tips are followed properly, soon enough, your kids are sure to enjoy taking part in physical exercise.

The trick really is to just make spending time doing these exercises as fun as possible. Your kids will automatically be enticed by these exercise games and will soon be enthusiastic about doing them.

Make sure that you're enthusiastic about this if you want your kids to be. Whether it's a workout at home or outdoors, it can always be turned into a fun way of spending time with your kids.

It will also help to explain the importance of physical exercise at a young age, to your kids. They need to understand why it's essential.

Indoor Activities

1. The Animal Kingdom

This game is quite fun and your child will love to act like animals of the jungle. Ask your child to hop like a frog or walk like a penguin. Imitating the movements of different animals will develop his physical strength and he will even learn something or the other about the animals he imitates.

2. Over and Under

For this activity, you need to lie on the ground. Elevate your hips so that you form a bridge with your body. Ask your child to crawl from under the bridge. Get in the plank position then and ask your child to jump over. Not only is this a fun activity for your child, but you can consider this to be a small workout for yourself.

3. Jumping Jacks

Jumping Jacks is a great exercise for adults but your child can do it too. Encourage your kiddo to do at least 10-15 jumping jacks – he will have fun plus he will get some exercise.

4. Keep the Balloon Up

This activity can prove to be a lot of fun for your child but you must make sure that your child tries this activity in an open space or in a room where there are no harmful toys or glass objects. For this activity, blow some balloons and then ask your child to keep the balloons floating up in the air and they should not touch the ground. If you want to make it more fun, you can turn it into a competition.

5. Freeze Dance

If your kid loves dancing to music, he will enjoy this activity for sure. Play some music, your child's favourite music and let your child dance his heart out. Pause the music every once in a while, and your child to freeze when the music stops. He should freeze in whatever position he happens to be in.

Outdoor Activities

Some outdoor activities for toddlers include:

1. **Play Ball**

Take your baby out to the park for a game of ball. If you have a backyard, that's even better. You and your child can play catch or kick with the ball. Make sure you do not use any hard balls but go for the ones made for children of their age.

2. **Go Cycling**

Invest in a tricycle and let your little one peddle along happily. This is good exercise and also very fun for your child.

3. **Garden Gnomes**

This game requires you to have a few little garden gnome figures. You could also just use any other objects you want as long as it is easy for your child to find. Just hide them around the place and give your child a basket to collect them in when they find them. You can ask them to hide the gnomes around the garden for you to find as well to keep things more interesting for them.

Physical Activities for Kindergarten

Physical activities will help lower the chances of children becoming overweight or developing other health-related issues. They will also help improve your child's overall growth and development. Preschoolers need at least one hour of properly structured playtime each day as well as one hour of free play. It is best if all the activities are exciting and that your children have fun in the process.

Indoor Activities

1. **Balance Beam**

For this activity, all you will need is masking tape. Roll out the tape on the floor such that you form a line, then ask your child to walk only on that line. You can even stick the tape in a zigzag to make it more fun for your child. This activity will help improve the balance of your child.

2. **Follow the Leader**

For this activity, you will have to be the leader and ask your child to follow what you do. Walk in and around the house and while walking, do activities like jumping, jogging, squatting and stomping and ask your child to repeat after you. This is one of the most fun indoor physical activities for preschoolers.

3. **Musical Bubble Shapes**

Take some bubble wrap and cut it into different shapes big enough for your child to stand on and stick them on to the floor. The activity is meant to teach them about different shapes in a fun way. Play some music and let your kid dance, hop and jump around over all

the shapes, bursting the bubbles. When the music stops, the kids have to tell you what shape they are standing on.

4. The Missing Fruit

You will need some plastic fruit that you can hide around the place and a few fruit cards that match the plastic fruit. Give your child one card to observe and then ask him to find the matching plastic fruit.

5. Proposition Obstacle Course

Set up the room to form a makeshift obstacle course. Then ask your child to follow instructions that you give him. Your instructions should be like “Crawl *under* the table.” “Climb *over* the chair.” etc., in order to pass the course.

Outdoor Activities

1. Hot Potato

This is the game your child can play with his friends. Ask the children to stand in a circle – one child should stand in the centre of the circle holding a ball. The ball is the “hot potato”, and the circle is the “oven.” The child has to try and get out of the circle while pushing the ball around with his feet. The rest of the children have to try and stop the child from getting the ball out, and they too are only allowed to use their feet. Pick a different child for the next round.

2. Hula Hooping

One of the best outdoor physical activities for preschoolers is hula hooping. Place some different coloured hula hoops on the ground randomly. Then allow the children to gather around to follow instructions such as “hop into the green hoops in groups of four.”

3. Treasure Hunt

You will need a small treasure box decorated by the children and collect some inexpensive treasures like a few beaded necklaces and small rings, play money and perhaps some candy. Hide the treasure box somewhere in the yard then make some instructions or clues to help the children find the treasure. The clues or instructions should also be spread about and simple enough for the kids to understand like “Go to the place where the flowers grow” or “Take ten steps to the right from the benches.” Kids will definitely enjoy the activity ‘Treasure Hunt’ and even thank you for introducing this activity to you.

4. Outside Animals

Ask the children to stand in a line in the garden facing the direction they will be running in. Draw a line at some distance – it will be the finish line. The kids will need to go to the finish line the same way a particular animal would. If you call out “Penguin!” then they will have to race by walking like penguins to the finish line. This makes for fun physical activity for 4-year-olds.

5. Blind Trust

This activity will help your child learn to pay attention to and follow instructions. Set up a simple obstacle course like a few hula hoops, cones, skipping ropes and a few small boxes.

Give him a ball, blindfold him then guide him around the obstacle course with verbal directions.