

Fun activities for all the family

Try one of these family competitions.

Who will be crowned the winner?

Memory Match – One person completes a move e.g. hop on one leg, the next person completes your move and then adds one of their own. E.g. hop on one leg, pencil jump in the air. Complete as many different moves as you all can, until someone forgets the sequence. That person is out.

Fun Run - Try and run with one sheet of paper on your tummy and keep it there with no hands. Who can run the furthest?

Hopscotch – Create your own hopscotch grid. Throw a small object on a number, landing on 1 foot, 2 feet, 1 foot, 2 feet etc. When you pick up your thrown object, try not to do so while only standing on one foot.

Bounce Spell – Why not try, spelling words whilst throwing and catching a ball between you and your family. Who can spell the most words?

Rhythm and Timing – Try to jump, jump clap, jump, jump clap at the same time as the music from Queen – We will rock you. Can you now try it with no music? Can you make up your own family dance?