STREETGAMES
ACTIVITY CARDS
**[01] KERBY**

**HOW MANY CAN TAKE PART** 
2

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
- 1 or 2 kerbs
- Chalk lines
- 1 or 2 balls

**HOW TO PLAY**
The aim of the game is to throw your ball and hit the kerb or chalk line opposite. If you hit the target you get a point and then throw again. If the ball hits the target and rebounds straight into your hands (i.e. you don’t need to move to catch) you get 2 points. Players take it in turns to throw - the player who reaches 10 first, is the winner!

**HOW TO SET UP**

**HOW TO KEEP COVID SAFE**
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Co-operate to find a spot to play and to agree a successful point or not. In addition to counting points, add to the numeracy by introducing a timing element.
STREET GAMES ACTIVITY CARDS

[02] 40 40 IN

HOW MANY CAN TAKE PART 2-6+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
No equipment / place to hide or act as obstacles

HOW TO SET UP

HOW TO PLAY
Using an area as the ‘Base’, one person is the base keeper and the rest hide in the agreed surrounding area. The base keeper seeks others while the others try to get back to the base where they will be safe. To get a person out, the base keeper needs to be within 2 metres of base and say their full name. A player that is caught out, then becomes a second base keeper.

HOW TO KEEP COVID SAFE
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HOW TO SET UP
Take turns as referee to adjudicate on 2m rule.
Extension into creative me by inventing new rules.
[03] DONKEY

**HOW MANY CAN TAKE PART**

2-6+

**WHERE CAN THE ACTIVITY BE PLAYED**

- **HOME**
- **GARDEN**
- **STREET**
- **PARK**

**WHAT DO THEY NEED**

Ball (any shape and size)

**HOW TO PLAY**

Pass the ball to each other. When a player drops the ball they gain the letters D O N K E Y, once they collect all letters then they become a 'Distractor'. Their role is to make it hard for others to catch the ball. The winner is the person left in with the least letters. You can make it harder by standing further apart or moving around. You can also make it easier by standing closer.

**HOW TO SET UP**

Use other (new) words as alternatives to donkey to learn spellings. A great game for making up new rules (the ball must be bounced/passed every second/third go etc.)

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
**[04] REBOUND**

**HOW MANY CAN TAKE PART** 2-4

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
Ball (any shape and size) and a wall or vertical hard surface.

**HOW TO PLAY**
Start by rebounding the ball from the wall / hard surface to your opponent. If needed let the ball bounce on the floor before you catch and return the pass. You can throw the ball under or over-arm if you're confident, but be aware of the space you have around you. When confident play first to 10, you can gain a point if the other player(s) isn't able to return the bounce (e.g. don't catch the ball or the ball bounces more than once).

**HOW TO SET UP**
A great game for inventing new rules - drawing “in play areas” (where the ball must land or hit) with chalk on the ground or on the wall, etc. Can be a game to improve skills (building the best me) by increasing distances gradually.

**HOW TO KEEP COVID SAFE**
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

A great game for inventing new rules - drawing “in play areas” (where the ball must land or hit) with chalk on the ground or on the wall, etc. Can be a game to improve skills (building the best me) by increasing distances gradually.
[05] SWEET PONG

HOW MANY CAN TAKE PART
2-6

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Table Tennis ball or equivalent (small ball/pebble/ball of paper)
- 6 or 12 containers
- Treats/Forfeits

HOW TO PLAY
Each team or individual has 3 or 6 cups. Lay them out in a triangle space on a flat surface. Fill them with sweets, forfeits if you have any. The aim is to throw or bounce the ball into your opponent's cup. They then eat, drink or do whatever is inside the cup. The winner is the player with the most cup remaining.

HOW TO SET UP
- Playing in Household or Support Bubble
- If not playing in Household or Support Bubble

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

A great game to practice discussion skills - thinking up and agreeing what will go in the cups!
FOOT GOLF

WHERE CAN THE ACTIVITY BE PLAYED
- Home
- Garden
- Street
- Park

WHAT DO THEY NEED
- Football
- Cones / or something you can use as markers (jumpers)

HOW TO PLAY
Spread out the markers in a wide area. From a starting point, kick the ball as many times as needed to get the ball inside or to hit the marker/goal. The winner is the player who takes the least kicks to get the ball into all the markers/goals.

HOW TO SET UP
- Try to create more challenging “courses” - think crazy golf.
- Try to improve skills (building the best me) to lower your score.

HOW TO KEEP COVID SAFE
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MINE SWEEP

HOW MANY CAN TAKE PART
2-6

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Any items (between 5—15)
- Blind fold

HOW TO PLAY
Using a clear space in the room or garden place items on the floor. One person wears a blind fold and the other helps to guide them through the area using spoken directions, to avoid them touching any of the items. If you hit an obstacle, start again. Time how long it takes to get through the area.

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

A great communication game (speaking and listening)! Think up more challenging courses - add challenges at set points (doing an activity blindfolded). Film attempts using in-phone camera (Digital me).
**[08] KICK BALL**

**HOW MANY CAN TAKE PART**
4+

**WHERE CAN THE ACTIVITY BE PLAYED**
- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**
- 1 Ball
- 3 objects for bases

**HOW TO PLAY**
Split the group into different roles: kicker, bowler, fielder and backstop. The bowler gently kicks the ball to the kicker who then kicks the ball into a space. The fielder, bowler and backstop have to kick the ball back to the bowling circle before the kicker runs all the way around the 3 bases and back to the starting position. Make it harder by: making the diamond bigger, only kick with your weaker foot or by only allowing the kicker to kick it in one direction!

**HOW TO SET UP**
- **Bowler**
- **Fielder**
- **Base 1**
- **Base 2**
- **Base 3**
- **Kicker**

**WATCH THE VIDEO**

**HOW TO KEEP COVID SAFE**
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In a larger group take turns to be referee and scorer.
AROUND THE WORLD

STREETGAMES ACTIVITY CARDS

HOW MANY CAN TAKE PART 5+

WHERE CAN THE ACTIVITY BE PLAYED

- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED

- Ball - football or equivalent
- Markers for net and playing area

HOW TO PLAY

Split the number of players in half, either side of the net. Play starts with all players at the base line, in an order. The aim is to catch and kick the ball from one side to the other. Once a player kicks the ball over the other side they run other side and join the end of the other line. There are no outs! Every time the ball is kicked out of the area, not over the net or not caught cleanly that player gains a point. The player with the least points at the end is the winner.

HOW TO SET UP

A good co-operation game. Good for mental maths as well (keeping your score) or take turns in being a score keeper with a tally chart.

How to keep COVID safe

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
**HOT SHOT**

**How many can take part:** 5+

**Where can the activity be played:** Home, Garden, Street, Park

**What do they need:**
- Ball
- Hoop or target
- Markers

**How to play:** Lining up, one at a time you take a shot in the hoop or target. If you make the shot you join the back of the line. If you don’t make the shot you stand on marker until another player misses their shot. Each player has 10 lives, if on the marker you lose a life every time someone makes a shot.

**How to set up:** Great for mental maths - step it up by trying to keep your friend’s score in your head at the same time as yours!

**How to keep COVID safe:** If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Great for mental maths - step it up by trying to keep your friend’s score in your head at the same time as yours!
**THE FLOOR IS LAVA**

**HOW MANY CAN TAKE PART** 2+

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
- Small ball or rolled up socks
- Objects that can be stood on: Towels, Jumpers, Furniture

**HOW TO PLAY**
Choose 1 player to be the tagger. This player must have the ball. The remaining players start standing on an object of their choice. The aim of the game is to stay away from the tagger. This can be achieved by moving from one object to the next without touching the floor. The tagger can tag a player by touching them with the ball. Once tagged, you are the new tagger.

**HOW TO SET UP**
Be creative with new rules, such as time limits on different obstacles.

**HOW TO KEEP COVID SAFE**
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Be creative with new rules, such as time limits on different obstacles.
**O’S & X’S**

**HOW MANY CAN TAKE PART** 2+

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
- Tape or chalk to mark out the grid
- 3 objects of one colour
- 3 objects of another colour

**HOW TO SET UP**

**HOW TO PLAY**
Mark out a 9 box grid. 2 players/teams take their objects to the start line, which is approximately 5 meters away from the grid. 1 player from each team places an object in the grid. They then return to collect the next object. To win you must place 3 objects in a row.

**HOW TO KEEP COVID SAFE**
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Discuss strategies and patterns with team mates before the game starts.
SPIN THE BOTTLE RUN!

HOW MANY CAN TAKE PART
2+

WHERE CAN THE ACTIVITY BE PLAYED
HOME GARDEN STREET PARK

WHAT DO THEY NEED
- A plastic bottle
- Rolled socks, small balls or water balloons

HOW TO SET UP
HOME BASE

HOW TO PLAY
Stand in a circle. Take turns to spin the bottle on the floor. If the bottles land on you, you become the ‘thrower’. Everyone else has to run to safety. The thrower will try to hit those running with a ball. The ball can only make contact to the shoulders or below. If you are hit you gain 1 point. The winner of the game is the player with the least points.

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Rather than have a home base, be creative with the “hit zone”... maybe have concentric rings around the thrower... the thrower gets more points if they can hit someone in the outer rings.
4 CORNERS

HOW MANY CAN TAKE PART 4+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- 8 objects to mark out goals
- Football or rolled up socks

HOW TO SET UP

HOW TO PLAY
Mark out 4 goals in the corners of the playing area. The aim of the game is to score in the other team’s goal. Each goal can only be scored in once. If a player scores in your goal you join their team.

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Be creative with new rules... may have two balls in play... keeping your score while playing will be a challenge!
**KICK TENNIS**

**HOW MANY CAN TAKE PART** 4+

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
- Objects or chalk to mark out grid and net
- Football or a few rolled up socks

**HOW TO SET UP**

**HOW TO PLAY**

Divide the players into 2 teams. Each player must take turn to kick the ball over the net. The other team must catch the ball before it touches the floor more than once. If the other team do not catch the ball or the ball touches the floor more than once the kicking team are awarded 1 point. If the kicking team kick the ball out of the grid the receiving team are awarded 1 point. The first team to 10 points win.

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Working with your team to cover the area is essential. Agree rule changes such as one bounce before passing back... maybe volleyball rules (up to three passes to team mates), maybe use only feet! Lots of possibilities. Good mental maths opportunities.
**Hunter’s Rules Rounders**

**Where Can The Activity Be Played?**
- Home
- Garden
- Street
- Park

**How Many Can Take Part?**
4+

**What Do They Need?**
- Soft ball or rolled up socks
- A bat
- Objects to use as markers
- Object to use as obstacles

**How To Play**
Game can be played in 2 teams or 1 person batting and others fielding. The batter receives 3 bowls, they can choose which 1 of the bowls to run. The batter must make it to at least the first marker. If the batter makes it all the way around without stopping they score 2 points, if they stop at a marker they score 1 point. If the ball gets to the marker before the batter does or the ball is caught, the batter scores 0 points. In between each marker there is an obstacle to complete.

**How To Set Up**
Be creative with the obstacles that have to be negotiated between the bases!

**How To Keep COVID Safe**
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BOXING COLOUR TAP

HOW MANY CAN TAKE PART
2

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
2 small soft objects of varying colour

HOW TO PLAY
Player 1 holds up 2 coloured objects. Player 2 stands split stance (one foot forward and the other back) making sure to keep on their toes so they can move around. Player 1 calls out a colour. Player 2 taps that coloured object with their hand. To increase difficulty multiple colours can be called at once, e.g. blue blue red. Alternatively the players can move around. Each time player 2 taps the correct colour they gain 1 point. Play for 1 minute then swap roles. The winning player is the player with the most points.

HOW TO SET UP
Good for developing speaking and listening skills under time pressures, especially when using combinations of three four or five touch patterns! Also, taking on the role of encouraging the other player like a coach (“Keep moving on your toes! Hands up ready to touch! Keep moving! Etc.)

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
[18] **CHAMPION!**

**HOW MANY CAN TAKE PART**

2+

**WHERE CAN THE ACTIVITY BE PLAYED**

- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**

- 3-4 markers
- A basketball ball hoop or target on a wall
- Ball or rolled up socks

**HOW TO PLAY**

Place the markers in a line starting 5 meters from the hoop or target. Each player takes it in turns to shoot. Each time a player scores they move back one marker. The Champion is the player that scores from each marker first.

**HOW TO SET UP**

A good exercise in exploring the concept of fairness: the player that loses can stay at the closest marker. If there are five markers, they win if they get to five first.

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

A good exercise in exploring the concept of fairness: the player that loses can stay at the closest marker. If there are five markers, they win if they get to five first.
[19] CROSS BAR CHALLENGE

HOW MANY CAN TAKE PART

2+

WHERE CAN THE ACTIVITY BE PLAYED

HOME  GARDEN  STREET  PARK

WHAT DO THEY NEED

- Empty plastic bottles or plastic cups
- A wall, bench, table or goal
- A ball or rolled up socks and/or a Tennis racket
- Objects to use as markers

HOW TO SET UP

HOW TO PLAY

Stand the items along the wall, bench, table or goal. The aim is to knock the items over by throwing, hitting or kicking a ball. Each time a player hits an item they gain a point and take a step backwards. The winner is the first person to knock all the items over.

HOW TO KEEP COVID SAFE

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

A great exercise in equity and self-improvement: the winner of each round begins the next one two steps back from their original start position, the loser one step closer! Self-improve and compete from a starting point that reflects individual skill levels!
**DODGEBALL TAG**

**How many can take part:** 2+

**Where can the activity be played:** Home, Garden, Street, Park

**What do they need:**
- A number of soft balls or rolled up socks
- Objects or cones as markers

**How to play:**
In the marked out area the aim is to throw and hit the other players while dodging their shots. Each player gets 10 lives, every time a shot hits (shoulder and below) the player loses a life. All players must stay inside the area when playing. You can go out of the area to collect the balls.

**How to set up:**
Creative way to build empathy. If one player is really bad at dodging, the players can agree to give them more lives. If a person is weak at throwing, each hit by them double counts. Good for mental maths!

**How to keep COVID safe:**
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Creative way to build empathy. If one player is really bad at dodging, the players can agree to give them more lives. If a person is weak at throwing, each hit by them double counts. Good for mental maths!
SOCIAL DISTANCING TAG

**HOW MANY CAN TAKE PART**

2+

**WHERE CAN THE ACTIVITY BE PLAYED**

- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**

- Markers to mark out an area

**HOW TO PLAY**

In a large area with a smaller group of people. Have a time limit of 30 sec to 1 min. 1 person is the tagger. The aim is to keep away from the tagger. 1 person to stand out of the area and keep watch on if the ‘tagger’ gets too close they shout ‘STOP!’ Whoever the tagger is closest to, they become the new tagger.

**HOW TO SET UP**

Every person must take the role of a referee. This is a great activity to practise leadership and followership, and for judging distances. When the referee says STOP, everyone has to stop. The referee’s decision is final!

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
WATER BALLOON VOLLEYBALL

HOW MANY CAN TAKE PART
1+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Party balloons
- Small amount of water

HOW TO PLAY
Add a small amount water in the balloon. Blow the balloon up. The aim is to keep the balloon off the floor. You can play this on your own, as a pair or in 2 teams. If the balloon touches the ground the last person that touched it gains a point. The team or person with the least amount of points wins. CAUTION: the balloon can burst at any point so you may get wet! Remember to pick up the balloons when you are done.

HOW TO SET UP
Think up new rules and new challenges (such as the height and shape of obstacles)

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
**5 MIN WORKOUT CHALLENGE**

**HOW MANY CAN TAKE PART**

2+

**WHERE CAN THE ACTIVITY BE PLAYED**

- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**

- A 2 meter square space per person
- Some water to drink

**HOW TO PLAY**

5 exercises, for example squats, lunges, press ups, sit ups and burpees. Each one is performed for 1 min at a time with the next exercise to start as soon as the minute is up. Keep count of how many reps you do, can you beat your own reps next time or if you are doing it as part of a group, can you beat them.

**FOOTBALL**

- A 2 meter square space per person
- Some water to drink

**HOW TO SET UP**

- Keep a record over three-four weeks.
- Present the data in tables or graphs.
- Compare your results with friends.
- Keep at it even if no quick improvements—develop grit and determination!

**HOW TO KEEP COVID SAFE**

- If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

- Keep a record over three-four weeks. Present the data in tables or graphs. Compare your results with friends. Stick at it even if no quick improvements—develop grit and determination!
**[24] PING PONG PAN**

**HOW MANY CAN TAKE PART**

1+

**WHERE CAN THE ACTIVITY BE PLAYED**

- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**

- Pots and pans or hard objects
- Ping pong or small bouncy ball
- Cup with a small amount of water

**HOW TO SET UP**

Games like this are excellent opportunities to develop problem solving skills. Experiment with different objects, different surfaces and positions. Try to predict where the ball will end up.

**HOW TO PLAY**

Aim is to lay out the pans or hard objects on the floor and a cup with a small amount of water in at the end. Bounce the ball starting from one pan so it bounces off each object travelling to the cup of water. You may need to move the objects and have them at different angles to help the ball travel to the next object.

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
**TRICK SHOT**

**HOW MANY CAN TAKE PART** 1+

**WHERE CAN THE ACTIVITY BE PLAYED**
- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**
- Unbreakable object
- Different size and shape ball
- Flat surface
- Buckets and bins
- Obstacles

**HOW TO PLAY**
Set up objects around an area. Using the balls, throw, roll, or kick to knock the object down. Make it harder, add obstacles in the way for you to shoot over, around, or under. Film it and share it! Challenge your friends and family to see if they can do better.

**HOW TO SET UP**
A great game for developing “grit” and determination to improve skills... and don’t forget to capture the moment of success using your smartphone camera!

**HOW TO KEEP COVID SAFE**
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
[26] **PUSH IT TO THE EDGE**

**HOW MANY CAN TAKE PART**
1+

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
- Hard flat surface (table or floor)
- If using floor; chalk or tape
- 10p or milk bottle lid

**HOW TO PLAY**
Starting at one edge of the table or, at the marker start point, Place your 10p or bottle lid. The aim is to push the 10p or bottle lid using your finger. The aim is to get the 10p or bottle lid to slide on to the opposite edge or tape line. Each player has 3 attempts. The winner gets the 10p or bottle lid closest or on the edge/tape line. You can make the area longer or shorter.

**HOW TO SET UP**
Think up new rules, new places to play the game, new objects. For example, if each person has three go’s, you are allowed to knock someone else’s token off the table if it is in a winning position!

**HOW TO KEEP COVID SAFE**
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**TABLE RUGBY**

**HOW MANY CAN TAKE PART** 2

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
- Small ball paper

**HOW TO PLAY**
With your hand make rugby posts by both your thumbs touching and the index finger pointing up making a H With the balled paper the other player flicks it, trying to score a point by getting it over the post and through the up rights.

**HOW TO SET UP**
Gradually increase the distance... Change the angles... Who can score in the last minute of the World Cup Final to win the game?! Add pressure in terms of a forfeit or challenge (e.g. do the washing up!)

**HOW TO KEEP COVID SAFE**
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[28] **BUCKET BALL**

**HOW MANY CAN TAKE PART**

<table>
<thead>
<tr>
<th>HOW MANY</th>
<th>CAN TAKE PART</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4+</td>
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WHERE CAN THE ACTIVITY BE PLAYED

- [ ] HOME
- [ ] GARDEN
- [ ] STREET
- [ ] PARK

**WHAT DO THEY NEED**

- A bucket/bin OR Marker to mark out a goal
- A number of balls or soft objects

**HOW TO PLAY**

Place the bucket/goal in the middle of the area. Scatter the balls and/or objects 5-10 meters around the bucket. Place a goal circle 1 meter around the goal. The aim is to collect the balls and objects as fast as you can and score by throwing them from the goal circle while the other person tries to intercept or stop the ball/object going in the bucket.

**HOW TO SET UP**

Think of new ways to play the game, or to co-operate in teams. For example, one player could be blindfolded and another could give them verbal instructions to help them hit the target.

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

TAG US IN YOUR VIDEOS DOING THIS ACTIVITY
[29] ROAD KILL

HOW MANY CAN TAKE PART: 4+

WHERE CAN THE ACTIVITY BE PLAYED:
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED:
- Markers
- Soft balls, rolled socks

HOW TO SET UP:

HOW TO PLAY:
Split into 2 teams. 1 team are the throwers and stand at the sides on the area. The other team are the runners and start at one end of the area. The aim is for the runners to make it across the area without being hit by the balls or rolled socks. The throwers can only throw the balls or rolled socks once the runners have moved into the area. Be careful to only hit shoulder and below. If a runner is hit they sit out and cheer the rest of their team on.

HOW TO KEEP COVID SAFE:
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Develop team strategies in order to trap as many of the opposition as quickly as possible.
STREET CURLING

HOW MANY CAN TAKE PART 2+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Chalk
- Ball
- Bean bag
- Bottle lid

HOW TO SET UP
- Experiment with different objects, on different surfaces... over different distances.

HOW TO PLAY
With the chalk mark out a circle target with 3 circles inside; each circle scores different amounts of points. The aim is to slide, kick or throw the ball, bean bag or bottle top to the target and try to score the most points.

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Experiment with different objects, on different surfaces... over different distances.
**Kwik Cricket**

**How Many Can Take Part**

4+

**Where Can the Activity Be Played**

- Home
- Garden
- Street
- Park

**What Do They Need**

- Football
- Bat
- Ball
- Markers

**How to Play**

One batter or kicker and a bowler with the rest of the players fielding. The aim is for the batter to hit or kick the ball into space. The batter runs to the score markers and back to base to hit the next ball - and repeat. Each time the the batter reaches the scoring marker they score a point. The fielders aim is to get the ball back to the bowler, who continues to bowl even if the batter has not yet returned to base. After 1 minute, or if the batter is out, the role of batter switches to another player.

**How to Keep Covid Safe**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Very good for developing mental maths skills whilst doing other activities. Good team building skills when fielding. Opportunities to grow leadership skills as an umpire (referee).
[32] HEADS AND CATCH

**HOW MANY CAN TAKE PART**

2+

**WHERE CAN THE ACTIVITY BE PLAYED**

- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**

- Football
- Soft ball

**HOW TO PLAY**

One person is in the middle or the passer. They give the command ‘head’ or ‘catch’. The player they pass to passes back via the passers command. To make it harder: swap the commands, head=catch and catch=head. If the player returns the pass wrong they lose a life. Each player gets 3 lives, once they are all used they become the passer.

**HOW TO SET UP**

Develop speaking and listening skills under pressure. Create new games by adding words or phrases that mean “pass to the person two places to your right...” etc.

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
TOP SPORTS PEOPLE TRUE OR FALSE?

HOW MANY CAN TAKE PART

2+

WHERE CAN THE ACTIVITY BE PLAYED

HOME  GARDEN  STREET  PARK

WHAT DO THEY NEED

- Laptop or Smartphone with internet access
- Using Zoom or Google Hangout, but you must ask for parental permission

HOW TO SET UP

TAG US IN YOUR VIDEOS DOING THIS ACTIVITY

HOW TO PLAY

Each person chooses two favourite sports personalities, and searches the internet for three interesting facts about their lives (anything from favourite foods to funny things that happened to them). Each person makes up two false facts. Then, on a video call, play TRUE or FALSE, with one point for each correct answer. After two rounds, the highest score wins.

STAY SAFE

When using Zoom or Google Hangout, you must ask for parental permission first.

A great opportunity to apply a number of Core Strength skills at the same time!
**BURN OFF AN EXTRA CHOCOLATE BAR**

**HOW MANY CAN TAKE PART**

1+

**WHERE CAN THE ACTIVITY BE PLAYED**

- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**

- Laptop or Smartphone with internet access
- Go to the website: https://www.wcrf-uk.org/uk/here-help/health-tools/exercise-calorie-calculator
- Or scan QR code:

**HOW TO PLAY**

Everyone has a favourite snack... but what happens if you eat too much?

1. Have a look at the snack wrapper to see how many calories it contains.
2. Find this website https://www.wcrf-uk.org/uk/here-help/health-tools/exercise-calorie-calculator or scan the QR code above. Enter your weight, and the calories in the snack.
3. Click on the activities, to see how long you have to be active in order to burn the calories!

**STAY SAFE**

When using the internet you **must ask for parental permission first.**

Using an app on the internet to find out specific information and using it to think about lifestyle choices... and make changes if necessary. Can be extended by creating a chart or poster of their findings.
BE A SPORTS REPORTER FOR THE DAY!

HOW MANY CAN TAKE PART

1+

WHERE CAN THE ACTIVITY BE PLAYED

HOME  GARDEN  STREET  PARK

WHAT DO THEY NEED

• TV
• Laptop or Smartphone with internet access

TAG US IN YOUR VIDEOS DOING THIS ACTIVITY

HOW TO PLAY

Watch a live sports event, and pretend you are a reporter. Either write an exciting account of the sports event, or record an audio commentary on your phone or computer... or design a web page. Share it with friends and family. Ask them to rate it out of 10. Ask them how it could be presented better next time (how it could be improved).

STAY SAFE

When using the internet you must ask for parental permission first.

A great opportunity to improve presentation skills in a fun and engaging way. Accepting criticism and acting on it is also an important Core Strength competency.
**STREETGAMES ACTIVITY CARDS**

[36] **500**

**HOW MANY CAN TAKE PART**

4+

**WHERE CAN THE ACTIVITY BE PLAYED**

- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**

- Any ball

**HOW TO PLAY**

All players stand distanced in an area. One player is the thrower, one player is the stopper. The thrower, calls a number and throws the ball in the air. The group then need to make the number of passes that the throw calls out and the stopper need to try and stop them. Have a different thrower and stopper for each game.

**HOW TO SET UP**

Other people and Me

The Creative Me

**FIND OUT WHAT ELSE WE ARE UP TO:**

- [QR Code]

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

A collaborative game that can be developed with new rules and ideas: like adding netball rules (cannot move if you have the ball), time constraints (Pass within 3 seconds), having two or more stoppers, etc.
**ON THE LINE**

**HOW MANY CAN TAKE PART** 4+

**WHERE CAN THE ACTIVITY BE PLAYED**
- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**
- Any ball
- Chalk line

**HOW TO PLAY**

Draw a line in the middle of your playing area. 2 teams, 1 either side of the line. Start 1 meter from the line. The aim is to bounce the ball to the other team but when the ball bounces, the ball must hit the chalk line. When you hit the line your team takes a step back and bounces again once the other team have had their turn. The winner is the team that is furthest away from the line and can still hit it.

**HOW TO SET UP**

**BUILDING THE BEST ME**

This game, over time, is a simple one to improve eye to hand co-ordination. Keep encouraging players to widen the starting distance once a 1m start point is mastered.

**HOW TO KEEP COVID SAFE**

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IT’S IN THE RHYTHM

HOW MANY CAN TAKE PART

WHERE CAN THE ACTIVITY BE PLAYED

WHAT DO THEY NEED

• Skipping rope

HOW TO SET UP

FIND OUT WHAT ELSE WE ARE UP TO:

2 x 2 is 4
2 x 3 is 6
2 x 4 is 8...

HOW TO PLAY

Use the rhythm of skipping to practice multiplication tables, starting with the 2 x's table. See how far they can get without making a mistake. Top tip: If you have more than one child, you could ask a multiplication question, like 5 x 5 and the winner is who can skip the answer correctly or fastest.

HOW TO KEEP COVID SAFE

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

A wonderful opportunity to improve mental maths skills. Forcing your brain to multi-task is a great Core Strength improvement activity in itself!
[39] DOUBLE DUTCH RHYTHM

**HOW MANY CAN TAKE PART**

3+

**WHERE CAN THE ACTIVITY BE PLAYED**

- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**

- 2 Skipping ropes

**HOW TO PLAY**

This variation involves three or more kids using a longer double dutch rope. On each end of the rope is a ‘turner’, and in the middle is the ‘jumper’. The two turners each yell out a number. The jumper combines the numbers (either multiplies, adds or subtracts depending on the rules you decide to use) and jumps the answer.

**HOW TO SET UP**

Turn it into a competition by making it an ‘elimination’ game. For example, if you have six kids, two are turners and four are jumpers. The jumpers form a line and take turns jumping. If someone jumps the wrong number, or makes a mistake while jumping, they are eliminated. The last jumper remaining wins.

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.
**FIGURE OF 8**

**HOW MANY CAN TAKE PART** 4+

**WHERE CAN THE ACTIVITY BE PLAYED**
- HOME
- GARDEN
- STREET
- PARK

**WHAT DO THEY NEED**
- Small ball
- Bats / rackets
- Football
- Net or chalk

**HOW TO SETUP**

**HOW TO PLAY**

Set up an area to play with a line in the middle or a net. 2 players on each side pass the ball to the other side of the net or chalk line with 1 bounce. Players are to pass the ball in a figure of 8.

**HOW TO KEEP COVID SAFE**

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Go to the website: [https://network.streetgames.org/coaching-life-skills](https://network.streetgames.org/coaching-life-skills)

Or scan QR code
**WHERE CAN THE ACTIVITY BE PLAYED**

- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**

- Small ball
- Bats / rackets
- Football
- Net or chalk
- Markers

**HOW TO PLAY**

Set up an area to play with a line through the middle or a net. 1 player starts as the bowler and is on 1 side of the net / chalk. The rest line up on the other side. The bowler bowls the ball and the player kicks or hits the ball to the other side. If the ball lands in the marked areas, they play on and join the back of the line. If a player hits the net or hits the ball out of the area, they then join the bowler to try and catch the other players out.

**HOW TO SET UP**

![Diagram showing setup]

**HOW TO KEEP COVID SAFE**

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Go to the website: https://network.streetgames.org/coaching-life-skills
Or scan QR code
[42] DOWN THE CLOWN

HOW MANY CAN TAKE PART | 1+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Rolled socks
- Stairs or levelled surface
- Unbreakable items e.g DVD cases / Toilet roll / Pillows / Shoes

HOW TO SET UP

HOW TO PLAY
Place the items on the stairs or levelled surface. Standing 1m away, you have 30 sec to 1 min to throw the rolled socks to knock the items down. Each level of the items have different points. For example, the higher the item, the more points. The winner has the most points after 3 rounds.

HOW TO KEEP COVID SAFE
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Go to the website:
https://network.streetgames.org/coaching-life-skills
Or scan QR code
**END ZONE**

**HOW MANY CAN TAKE PART**
6+

**WHERE CAN THE ACTIVITY BE PLAYED**
- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**
- Ball / Rolled socks
- Markers

**HOW TO PLAY**
Set up an area with a score zone either end. Split the group into 2 teams. With one player from each team in the score zone. The aim of the game is to pass the ball within your team to then score by passing the ball to your player in the scoring zone. Once a player scores they then swap with the player that was in the score zone and the other team starts with the ball. This is a non-contact game, when defending you must stay 1 meter away from other players. You can intercept the ball in play. First team to 10 points wins.

**HOW TO KEEP COVID SAFE**
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Or scan QR code
**SCATTERBALL**

**WHERE CAN THE ACTIVITY BE PLAYED**
- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**
- Ball / Rolled socks
- Markers
- Bat

**HOW TO PLAY**
Set out markers in a diamond shape. 1 person batting or kicking, 1 bowler and the rest fielders. The aim is for the bowler to bowl all the balls to the batter and for the batter to hit all the balls into space. Once the last ball has been hit, then the fielders can move and collect all the balls. While the balls are being collected, the batter runs around the diamond shaped markers. Each marker give the batter a point when they pass them. If the fielders get all the balls back to the bowler before the batter completes the diamond then they do not gain any more points.

**HOW TO KEEP COVID SAFE**
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Go to the website: [https://network.streetgames.org/coaching-life-skills](https://network.streetgames.org/coaching-life-skills)
Or scan QR code
DIAMOND CRICKET

HOW MANY CAN TAKE PART

6+

WHERE CAN THE ACTIVITY BE PLAYED

HOME GARDEN STREET PARK

WHAT DO THEY NEED

• Ball / Rolled socks
• Markers
• Bat x4
If you do not have enough bats you can kick the ball with your foot or bat with your hand if using a soft ball.

HOW TO PLAY

4 batters start in a diamond shape with the bowler in the middle and fielders outside of the diamond. The bowler can throw the ball to any of the batters. Once the batter has hit the ball, all batters have to run clock-wise around the diamond scoring a point every time they reach a new base. If a batter is caught or is stumped out, they swap with a fielder. The winner is the player with the most points.

HOW TO SET UP

10 pts 10 pts
10 pts 10 pts
6 pts 6 pts
6 pts

TAG US IN YOUR VIDEOS DOING THIS ACTIVITY

HOW TO KEEP COVID SAFE

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Go to the website:
https://network.streetgames.org/coaching-life-skills
Or scan QR code
BENCH / DODGEBALL COMBO

HOW MANY CAN TAKE PART
6+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Ball / Rolled socks
- Markers
- Chalk

HOW TO PLAY
Set up a playing area with a ‘no crossing’ zone through the middle of the area and a ‘bench’ zone at the end of each side. The aim of the game is to play dodge ball and to try and get the other team player out by hitting them with the ball from shoulders or below. Once a player is out they stand on in the bench zone on the other teams side. To get your players back in the game, you can pass them the ball over the other players area and they catch the ball. The winner of this game is the team with the most players after 5 minutes of play.

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

FIND OUT WHAT ELSE WE ARE UP TO:
Go to the website: https://network.streetgames.org/coaching-life-skills
Or scan QR code
CAPTURE THE FLAG

HOW MANY CAN TAKE PART 6+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Ball / Rolled socks
- Markers / chalk
- Flag or jumper

HOW TO PLAY
Mark a half way line in the area and in each half a 'jail'. Place the flag at the end of the zone. The aim is to get the other teams flag and bring it back to your teams half. Once crossed the half way line the other team can tag you. If you are tagged you then are placed in the jail. Your team mates can get you out of the jail by giving you a high 5. You win by collecting the other teams flag and bringing it back to your teams half. If you are tagged while carrying the flag, you must drop the flag and go to the jail.

HOW TO SET UP

HOW TO KEEP COVID SAFE
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

FIND OUT WHAT ELSE WE ARE UP TO: Go to the website: https://network.streetgames.org/coaching-life-skills
Or scan QR code
The Reading and Writing Speaking and Listening Maths and Me

How Many Can Take Part

3+

Where Can the Activity Be Played

Home Garden Street Park

What Do They Need

• A ball
• Chalk line

Find Out What Else We Are Up To:

How to Play

Mark out an area with 3 channels. A player in each channel. The aim is for the 2 end channels to pass to each other while the middle player tries to intercept or hit the ball away. If the ball is intercepted, hit away or not caught by the other player, someone swaps into the middle. There are different points for different passes made. Flat pass = 5 points. High pass = 1 point. Kick along the floor = 5 points. The winner is the player with the most points.

How to Keep Covid Safe

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Go to the website: https://network.streetgames.org/coaching-life-skills
Or scan QR code
[49] PAC MAN

HOW MANY CAN TAKE PART
4+

WHERE CAN THE ACTIVITY BE PLAYED
- HOME
- GARDEN
- STREET
- PARK

WHAT DO THEY NEED
- Tea towel or t shirt
- Chalk

HOW TO SET UP

HOW TO PLAY

Using the chalk, make a grid with straight lines, some crossing or joining. 1 player is the ‘on’ (Pac man) the rest are apples. The apples place a tea towel or t shirt in their pocket so it hangs out. The aim of the game is for all apples to travel along the lines of the grid and stay away from Pac man. In order to tag people Pac man must pull the tea towel or t shirt out of the apples pockets. If you have been tagged, you become Pac man and the old Pac man becomes an apple.

HOW TO KEEP COVID SAFE

If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

Go to the website:
https://network.streetgames.org/coaching-life-skills
Or scan QR code
**HUMAN SKITTLES**

**HOW MANY CAN TAKE PART**
4+

**WHERE CAN THE ACTIVITY BE PLAYED**
- Home
- Garden
- Street
- Park

**WHAT DO THEY NEED**
- Marker
- Ball

**HOW TO PLAY**
In an area about 7 meters long, one end is the bowler and the other end is the remaining players in a triangle formation (skittles). The bowler has 3 attempts to hit as many of the skittles as possible, scoring 1 point for each skittle. Once the 3 bowls are done, they swap and become a skittle and the next player has 3 goes. The winner is the player with the most points. Make it harder by having the skittles walk from side to side or use your weaker arm to bowl.

**HOW TO KEEP COVID SAFE**
If playing with other households, please consider: using hand sanitiser between goes, using your own equipment, maintaining a social distance, wearing a mask when less than 2 metres apart. Follow government Covid-19 guidelines.

**FIND OUT WHAT ELSE WE ARE UP TO:**
Go to the website: [https://network.streetgames.org/coaching-life-skills](https://network.streetgames.org/coaching-life-skills)
Or scan QR code