

Our Healthy Year challenges: Playground games

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to get fit and healthy and have fun!

This month's challenge is Playground games. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready for the Playground games challenge?



Playground games

- Ask an older member of your family to teach you all a game they used to play.
- Make up a game to play in the garden or in the park.
- If you can do it safely, try an exercise circuit round the house, in the garden, or at the park. Even running up the stairs uses energy!
- Try a game like Twister or play charades (you could jump to indicate the number of words instead of using your fingers).
- Get out a skipping rope, space hopper or hula hoop.
- Play hopscotch.

