



Indoor action games

Children should be supervised by a responsible person who will make sure that home safety rules are followed at all times.

The following may be appropriate for children in grades 3 – 5.

1. SPEEDY STAIRS

What You'll Need:

Stopwatch and a flight of stairs

How to Play:

Find a flight of stairs in your house. Race up the stairs and time yourself. The next time, try to beat your time. If you are playing with a partner, time each other and try to beat each other's time.

2. SOCK WAR

What You'll Need:

2 or more people wearing socks (the more the merrier!)

How to Play:

Everyone sits in a circle wearing socks on their feet. Give everyone a number. Call out two numbers. Those two people go to the middle of the circle and try every possible way (while staying on their knees) to get the other person's sock off.

The following may be appropriate for children in grade 3 – 8

1. T.V. CHALLENGE

What You'll Need:

Optional - a jump rope, a TV show

How to Play:

When the commercials come on during your favorite TV show, start doing as many jumping jacks, sit-ups, push-ups, or jumping rope as fast as you can. Count how many you can do during the break, and see if you can beat your record at the next commercial break. You can do this either alone or tag team with a partner.

Too easy? Try doing the activity while the show is on, and then taking a break during commercials!

2. CHINESE JUMP ROPE

What You'll Need:

A 10 foot or longer piece of rope and two chairs or two friends

How to Play:

Place the rope around the two legs of the chairs or around the legs of your two partners, making a long rectangle. (The higher up you put the rope on the legs, the higher you'll have to jump.) Next, make up a jumping pattern. Here are some ideas for jumps to include:

Jump #1: both feet in the middle

Jump #2: both feet to the outside

Jump #3: left foot in the middle and right foot to the outside

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Indoor action games



Jump #4: right foot in the middle and left foot outside

Repeat.

If you land on the rope when you are not supposed to or do an incorrect move, give the next person a turn, or start over.

Too easy? Make the pattern REALLY long, and add onto it with each player's turn, to see who can go the longest without forgetting the pattern. Or see who can do it the fastest.

3. LIMBO

What You'll Need:

A broomstick, 3 people or more

How to Play:

Two people hold the broomstick and the other bends backward at the waist and walks underneath (limbo). Every time the limbo person successfully goes underneath the stick (in the proper limbo position), the two holders lower the broomstick 1 inch. Once the limbo person can't go any lower without touching the broomstick, his/her turn is over and the next person does the activity.

4. INDOOR OLYMPICS

What You'll Need:

Timer. Optional- set of stairs or other sturdy box, plus pillows, 2 soup cans/water bottles, and anything else that can be used to make up an event.

How to Play:

Set up an Olympic course in your house. An example would be: Set up three pillows and do somersaults between each pillow, jump up and down on a box or stair 50 times, crawl on your hands and knees

through the family room, finish with 50 dumbbell curls with the cans. Do the course multiple times and try to beat your own time or time each player and whoever has the shortest time wins.

5. DANCE OFF

What You'll Need:

2 or more people, music.

How to Play:

Stand in a circle and start the music. One person starts off with a dance move and everyone follows. The next person repeats the first move and adds a new move. The next person (or first person) repeats both moves and adds a new move. This continues until one person doesn't successfully complete the dance routine.

6. HACKY SACK

What You'll Need:

2 or more people, hacky sack, bean bag or soccer ball.

How to Play:

The object is to keep the hacky sack in the air. You can use any part of your foot or leg (head and chest allowed for the soccer ball) to keep it in the air but no person can touch the hacky sack two times in a row.

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