**Ideas for Physical Activity for CRoS**

Some of these might be possible indoors, or if you have plenty of outdoor space (churchyard or garden) then aim to take the children outside for at least 30 minutes. If you feel there are too many children, or the ages are too widely spread, then take them outside in 2 groups, leaving adult helpers inside with the other group.

Here are some ideas for games to **play inside:**

1. Balloon volleyball: set up a rope, like a net, across the building. One team stands on each side of the net and the idea is to get the balloon onto the floor at the other side to win a point. In real volleyball, each team can only have 3 touches before it has to go over.
2. Sitting volleyball: 2 teams sit facing each other with an area of mats in between them. The idea of the game is to get the balloon onto the floor on the other side of the mats. Children can’t get up or crawl. They can lean and stretch to reach the balloon.
3. Hide and seek: this could be played indoors or outside. Check that you have permission for this. You could do the version where children have to get “home” without being caught.
4. Paper aeroplanes: who can make a plane to go the furthest? Give children different sizes of paper and different thicknesses to experiment with. Which design is best and why?
5. Parachute games: these could be played indoors or out.
6. Stand around the parachute, holding the edge. Put a football in the middle and try to keep it bouncing, but not off the parachute. Needs teamwork!
7. Hold onto the edge of the parachute and on the count of 3, lift it high and everyone runs in underneath it.
8. Cat and Mouse: put the parachute down on the floor and children sit round the outside. One child is the mouse and crawls under the parachute. The cat crawls on top of the parachute and tries to catch the mouse. The other children help the mouse by flapping the parachute to disguise where he/she is. When the mouse is caught, choose a different cat and mouse.
9. Balloon team games: children in 2 teams stand one behind the other. Front person holds balloon under his/her chin. They have to pass the balloon down the line using their chin and no hands! The child at the back brings balloon to front of the line (under chin) and starts again. The winning team is the one which gets everyone back to where they started first.
10. Over and under game: use the balloons for another team game. Children stand one behind the other. The balloon has to go overhead and under (between legs) all the way to the back of the team. Then the back person runs forward with it to the front and starts again. The winning team gets back to their starting positions first.
11. Balloon waddle race: children stand in teams and have to waddle with a balloon between their knees to the end of the course and back to the next person. Transfer the balloon to the next person without using hands!
12. Balloon and spoon race: Just like the egg and spoon race except you need large wooden spoons to hold the balloons. They tend to fly away easily though!
13. Keep it up game: Ask the children to stand inside a circle of chairs or cones. (If you use chairs, make sure the seats are facing the outside of the circle to avoid injury.) Make sure the circle is large enough for all the kids to lie down in it at the same time. Begin the game by having children stand inside the circle, then toss a balloon into the air. Children must work together to keep the balloon in the air, inside the circle. If the balloon goes outside the circle or touches the ground, the children must all kneel on their knees and play the next round from there. Each time the balloon touches the ground or goes outside the circle, the children must assume a new position. The positions, in order, are: Standing, Kneeling, Sitting, Lying Down. Children of all ages enjoy this game, and it teaches teamwork and unity.
14. Who’s got the button?: one child stands in the middle of the circle, and the button gets passed around the backs of the rest of the group. Those without the button pretend to pass it. When the passing stops, the player in the middle has to guess as to who actually has the button. If he/she is right, swap places with the button holder.
15. Flap the Fish: you need lots of paper fish cut out of newspaper and more newspapers rolled up to use as flappers (one flapper for each team). Children are in teams at one end of the hall/church. The first child has to run to a chair opposite and collect a paper fish. They put the fish on the floor and flap it (with rolled up newspaper) to make it move to the team. They must not touch the fish with hands. Then the next child does the same, until whistle blows. The winning team has collected the most fish.
16. Bouncy Castle: if your church has enough space, investigate hiring a bouncy castle for a day (or 2) eg. £50 for a bouncy castle for 7 hours which is 10’ x 12’ (from Ace Inflatables). Everybody loves to bounce!!

**Some ideas for outdoor activities:**

1. Scavenger hunt in pairs/teams (you will need scavenger hunt sheets and small bags)
2. Mini-beast hunt (if you are allowed to use your churchyard in this way) Search for woodlice, ants, spiders, or any other minibeasts. Give the children small pots to collect them in. Share what you found then make a bug hotel for your creatures.
3. Tag. Most children know how to play this. One child is “it” and chases the others. When a person is tagged, they become “it” and have to chase after the others.
4. Chain tag. As above, but when a child is tagged, they join hands with “it” and both run after the others. So the chain gets longer and longer until there is only one person left, who is the winner.
5. Stuck in the mud. As above, but when tagged a child stands still with feet “stuck” and arms stretched wide. Other players can free the stuck child by running underneath one of his/her arms.