

How to engage children	<ul style="list-style-type: none"> ☺ play games with achievable goals – consider their favourite toys/tv shows and try to incorporate them into the activities ☺ if it's too easy for them, make it harder - allow children to lead the play and change rules – but most importantly make sure they have FUN. ☺ Remember not all physical activity needs to leave children out of breath! ☺ Have the kids make up their own game and get Mum & Dad to join in!
Dance party	put your favourite music on and bust out your best dance moves, do the conga, the limbo or make your own dance – make sure you get involved too as well as the children!
Balance beam	Put a long piece of masking tape on the floor and have the children walk along it without taking a foot off the line – make it harder by using multiple lines and getting them to hop from one to another!
Indoor hopscotch	While you have the masking tape out, why not set up a game of hopscotch? Use a beanbag/small soft teddy or something similar to toss onto the squares of the area.
Bean bag toss	Set up some targets and have your children toss beanbags/soft toy or balls into it – you can use bowls at different distances worth different points or even cut a hole in some boxes and have them throw through those.
Simon says	there's nothing like a good old game of Simon says. Make sure the commands are related to physical activity e.g – jumping on one foot, running on the spot
Stretching & Yoga	there are lots of free online resources suitable for getting the little ones started with yoga to improve balance and posture, see our website links for some great examples.
Magic/Card tricks	have you always wondered how magicians do their card tricks? Learn yourself by watching how to videos on YouTube, this will improve your co-ordination and you'll find that some are really easy!
Treasure hunt	hide some of your child's favourite objects around the house (iPAD, games, or even their favourite snacks) in sneaky places, and give them some clues and a time limit to find them. Change the hiding spot frequently and if there are siblings get them to create clues and hide on each other.
Hot potato	a simple but classic game, make it trickier by using an egg instead of a ball!
Musical Bumps	play your favourite songs, dance away and bump to the floor when the music stops.

Outdoor Games – if you have a garden <i>Make the most out of your space and please remember this may be the best opportunity for a high intensity activity so use this to your advantage</i>	
Set up a relay race	if you have more than one child – this is good for teaching teamwork and sportsmanship!
Build an obstacle course	have the kids brainstorm the obstacles and set it up outside (or even inside!) and have them do time trials.
Use Hula Hoops	Hula Hoops are so versatile, you can use them as jump ropes, to play bean bag toss, or have a family Hula contest!
Sports day games	ah good old sports day... why not grab some eggs & spoons, or a potato sack if you can find one and play all their favourite sports day games!
Freeze dance	put some music on in the garden (weather permitted) and have your children dance around until the music is stopped by you, if they don't freeze straight away they're out!
Bleep test	depending if you have a garden and how big it is – get your children to start off lightly by jogging to one side of the garden and back and start with a time limit of roughly 20 seconds... as they achieve each lap, reduce the time of the 'bleep' by 1 or 2 seconds until they can no longer make it back before the bleep!
Skipping	if you have skipping ropes at home this is a good way to keep the children active whilst not completely tiring them out, even just 10 minutes of skipping a day has a positive effect on mental health and fitness
Gardening	a perfect time for mum and dad to teach you the importance of keeping a fresh, healthy garden... see if there's any new plants/flowers you can plant

DIFFERENT SPORTS Don't think that you need the right equipment to try new sports, use whatever you can from around the house to and either play the following sports or games related to them	
Gymnastics	handstands, cartwheels , shapes, balances and sequences
Boxing	practice shadowboxing in the house, use pillows for bags
Dancing	practise your best moves and put on a show
Rugby	practise passing and see if you can run past your parents for a try
Tennis	practise balancing, patting up, and even try to score high in a rally
Hockey	this can be done with bats and tennis rackets, practise shooting and saving
Basketball	practise bouncing 10 times the with alternative hands, can ypu bounce through your legs Golf – you may already have some clubs around the house or use bats with tennis balls
Netball	use hoops for a net, can you pass and move to score points
Football	see how many keep ups you can do, balance the ball on various body parts

For fine motor development, threading, sewing, playdough, loombands etc. are all good activities which children enjoy but also help strengthen the muscles in the hands.