

TEES VALLEY BAGS OF FUN

#YOUVEGOTTHIS



THIS BAG OF FUN IS YOURS TO ENJOY

You'll find some activities here to get you started but don't be afraid to use your imagination and make up your own.

It has been designed by **Tees Valley Sport** and **You've Got This** with funding from **Sport England**.

We think that being active is not only a great way to spend your time and challenge yourself this summer, it might also help you learn something new or give yourself something fun to think about.

WHY NOT SHOW US THE FUN



teesvalleysport
youve_gt



CHALK

ACTIVITIES

1 TIC TAC TOE

This can be done two ways. Throw a bean bag onto the tic tac toe board you've drawn and where it lands is where you draw your x (or o) First one that gets three in a row wins.

OR you can do the race game. Each player has one chalk. The players have to move fast to the grid and mark a spot, go back and touch your start point. First person that gets three in a row wins.

2 MAZE

Find an open space without any markings on the floor. Use your chalk to draw a maze. You can use whatever colours you like, but it helps to have a mixture. When it's ready, take turns to explore your way around.

3 LONG JUMP

Mark some equal distances with your chalk. You can jump, push or step from a line. Try and get as far as you can.

4 TARGET PRACTICE

Draw a target with number points inside and throw a bean bag, keep adding up your points.

5 OBSTACLE COURSE

You can make this into whatever you want. You can be as creative as you want; but here are some activities to get you started:

1. **Move quickly**
2. **Balance beam**
3. **Big movements**
4. **Little movements**
5. **Twirls**
6. **Go like a snail, slowly**
7. **Touch your knees or toes**
8. **Clap**

GET DRAWING!

RESISTANCE BANDS

ACTIVITIES

1 CURL

Tuck the resistance band underneath one of your knees and hold it with your matching hand. Pull your hand up towards your shoulder. Your upper arm should stay still as you pull on the band, keeping your elbow under your shoulder and close to your body. Release the hold and return to the starting position. Do all repetitions on one side, then switch to the other side.

2 KICK

Put the resistance band around both legs then take it in turns with each leg kicking an imaginary ball. You can do this sitting down or standing up.

3 PULL

Put 1 end of the resistance band in each hand. Raise both arms to your chest then pull out as far as you can. Another way to do this is the same exercise but behind your shoulders.

BEAN BAG BAG

ACTIVITIES



1 BEAN BAG TOSS

Make a target on the ground, you could use chalk, tape or a bucket. The aim of the game is to see who can throw the bean bag the closest, you could even count how many times you hit the target or get it into the bucket.

2 JUGGLING

Learning how to juggle takes practice... with one bean bag, begin to develop the skill by throwing and catching with one hand. Once #youvegotthis, add a second bean bag and practice passing each bag between your hands at the same time. Finally, add the third bean bag. The challenge is the timing. Each bag must be thrown after another and before the next one is caught.

A different game is to keep the bean in the air using any body part. Make it harder by trying not to use a specific body part, like your feet.

SKIPPING ROPE

ACTIVITIES



1 TIGHTROPE AT THE CIRCUS

Place the skipping rope on the floor to replicate the tightrope. Make your way along the tightrope without touching the floor. Can you do different poses or balances?

2 SNAKE

The rope, the Snake, is laid along the ground. Have two people hold one end of the rope each and waving it gently along the ground like a slithering snake, while other people attempt to get over it and try not to step on the snake.

CONES

ACTIVITIES



1 THE CONES ARE LAVA!

Lay your cones in a line on the floor. Dribble, bounce or balance a ball or bean bag whilst you move between the cones.

BALLOON BALL

ACTIVITIES



1 BALLOON BALL

1. Throw the ball in the air and try and keep it in the air. You can use all your body parts or make it harder by just choosing one. (do this on your own or with others)
2. Throw in the air and do a skill or dance move before you catch it again.

CATCH PAD

ACTIVITIES



1 CATCH PAD AND BALL

Easy to do activities:

1. How many times can you hit the ball up in the air and catch it on the pad.
2. Throw the ball and catch on the pad, back and forth between two players.

You could make these games harder by not letting the ball bounce, volley challenge.

3. Bounce the ball on the floor and catch with your pad.

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