

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 run down and mark a spot, run 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 HOPSCOTCH

Throw a bean bag or similar into the first square; it must land within the square if not miss a turn. Hop through the squares there and back, missing the bean bag on the way there and picking it up on the way back. Then pass the bean bag onto the next person. First person to finish all the numbers wins.

Players hop in single squares with one foot (either foot is fine), and both feet for the side by side squares.

4 LONG JUMP

Mark some equal distances with your chalk. You can jump from a line... or do a running jump. It's fun to see the difference.

5 TARGET PRACTICE

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

6 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. Hop on one foot
2. Balance beam
3. Big jumps
4. Little jumps
5. Twirls
6. Crawl
7. Touch your toes
8. Clap
9. Jump three times on one spot

GET DRAWING!

TENNIS RACKET AND BALL

ACTIVITIES



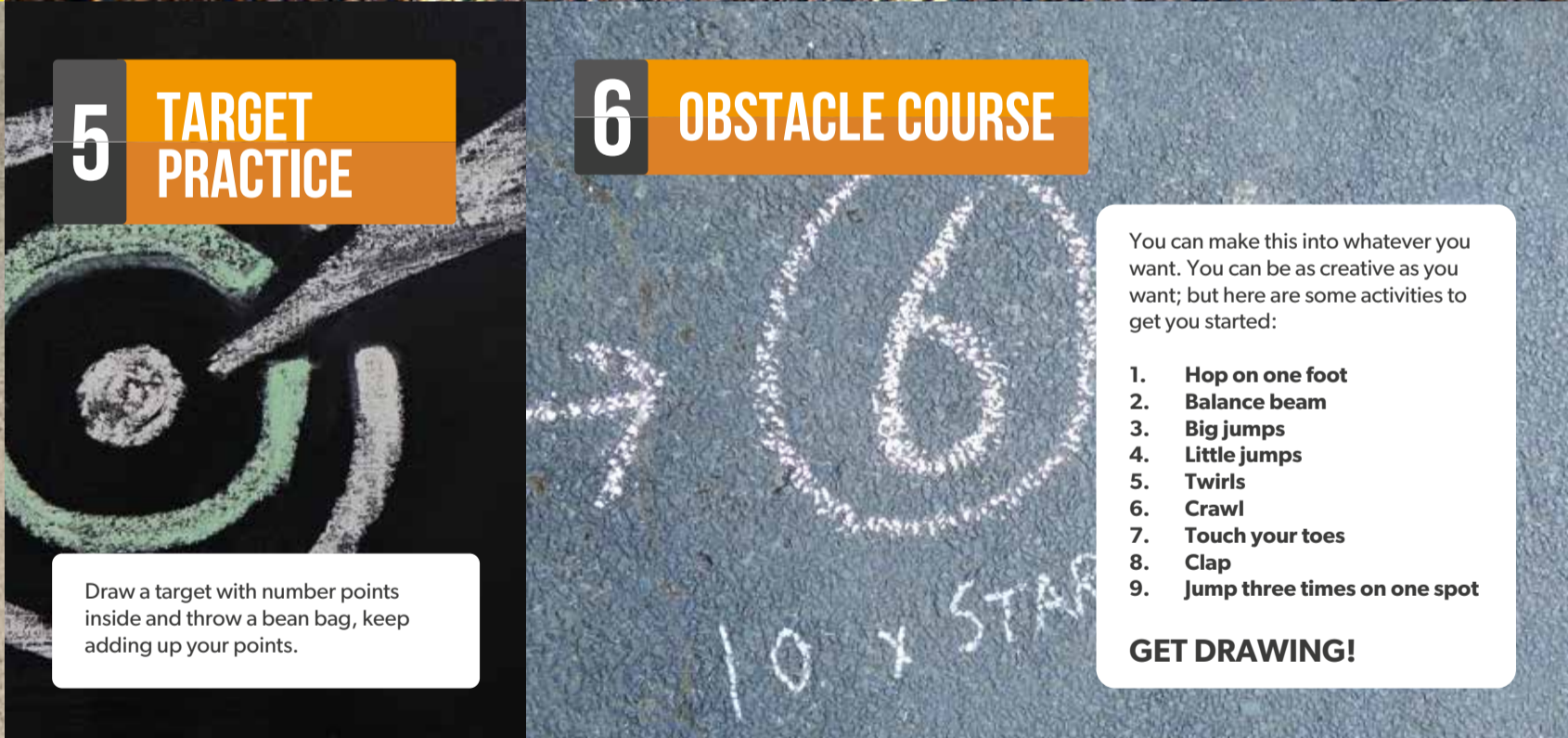
1

1. How many times can you hit the ball up in the air.
2. Hit the tennis ball back and forth between two players.

Volley Challenge - You could make these games harder by not letting the ball bounce.

2

Why not find your local courts and play a game of tennis?



BEAN 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. Walk along the tightrope without touching the floor. Try balancing on one leg. Can you do different poses or balances?

2 SNAKE

The rope, the Snake, is laid along the ground. Have someone holding each end and waving it gently along the ground like a slithering snake, while other people attempt to jump over it. Take turns being the jumper and the snake-mover.

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. You could also try using your tennis racket and ball.

NO EQUIPMENT NEEDED

ACTIVITIES



2 BOWLING

Using empty plastic bottles/tins, create your very own game of bowling. Try and knock them over using a bean bag or ball.

1 SPELL YOUR NAME

WORKOUT

Spell your name, street, favourite colour etc and do the exercise assigned to each letter.

A	B	C	D	E	F	G	H	I	J	K	L	M
10 SECONDS RUN ON THE SPOT	20 JUMPS	10 HOPS	15 STAR JUMPS	10 SECONDS PLANK	12 SECONDS BALANCE ON ONE FOOT	20 HIGH KNEES	8 SQUATS	10 ARM CIRCLES	5 TUCK JUMPS	10 SECONDS BEAR CRAWLS	15 STEP UPS	20 HEEL KICKS
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10 SECONDS SUMO WALK	10 LUNGES	15 SECONDS SKIPPING	8 SECONDS PLANK	15 JUMPS	15 ARM CIRCLES	20 SECONDS BALANCE ON ONE FOOT	15 SECONDS BEAR CRAWLS	20 STEP UPS	15 HEEL KICKS	15 SECONDS SUMO WALK	15 HOPS	10 STAR JUMPS

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