

10 GAMES FOR **Small Spaces**

Wondering what you can do with your class when the weather's not so great? Check out these ideas for inclusive indoor play.



Equipment:

None

UP, DOWN, START, GO

- ▶ Have players stand up.
- ▶ Demonstrate “Up” – jump or stretch as high as they can; “Down” – squat; “Stop” players freezes; and “Go” – walk, jog, skip, or hop (decide on the movement that works best for your space).
- ▶ If players don’t do the correct movement, give them a task to complete (e.g. jumping jacks, or giving the leader a high five).
- ▶ Call out the commands and movements.



EQUIPMENT

Radio or music player

DANCE FREEZE

- ▶ Clear an open space.
- ▶ Put on the radio or music player.
- ▶ Everyone dances when the music plays when the music stops every player must freeze immediately and hold the position until the music begins again.
- ▶ If a player is caught moving, they must do 10 jumping jacks during the start of the next round before rejoining the dance.



EQUIPMENT

One ball

BRIDGE BALL

- ▶ Everyone stands in a circle, foot to foot a little more than shoulder width apart, with their hands on their knees.
- ▶ The object of the game is for players to roll the ball between other players legs “bridges”. Every time a ball goes through a player’s bridge, they get a letter of the word BRIDGE - until one player spells the word.



EQUIPMENT

Two balls of different sizes & color

FOX & RABBIT

- ▶ One ball is the fox, and the other the rabbit. Each ball is like a hot potato and cannot be held for more than one second.
The object of the game is for the fox to catch the rabbit.
- ▶ The group forms a circle and the balls are given to two people on opposite sides. Students pass the ball to the person next to them until the fox catches the rabbit to start a new round.



EQUIPMENT

Open space with four corners

FOUR CORNERS

- ▶ Players split up between four corners of a classroom/room. One person is selected to be in the middle.
- ▶ The player in the middle closes their eyes and counts slowly from 10 to 0. When they’re counting, everyone must quietly move to a different corner.
- ▶ After counting and with their eyes still closed, the player in the middle points to one corner. Anyone standing in that corner must sit down. The game continues until 1 person is left. In the next round, the winner of the last game is the counter in the next.



EQUIPMENT

Computer & projector



EQUIPMENT

Radio or music player



EQUIPMENT

Playground ball & play area with clear boundaries with a wall or fence



EQUIPMENT

Hula hoops & jump ropes



EQUIPMENT

Card decks

KIDS FITNESS VIDEOS ON YOUTUBE

For inclement weather there's lots of great fitness videos for kids online. Check out the following:

- ▶ Instant Recess
- ▶ Go Noodle
- ▶ Just Dance Kids

DANCE SHADOW

- ▶ One player sits on the side. The other player gets up and does a dance
- ▶ Then they switch and the other player copies that move.
- ▶ Then he or she does a new move and the next person has to copy it. The best copycat wins!

ROLLERBALL

- ▶ One player is the pitcher, and everyone else lines up against the wall as dodgers
- ▶ The point of the game is to avoid being hit with the ball, the pitcher rolls the ball and tries to hit opponents from the waist down.
- ▶ When a dodger is hit, they step off the wall and cheer on. The last person hit by the ball is the new pitcher

JUMP ROPE & HULA HOOPS

- ▶ Hula hoops and jump rope are an inexpensive & great way for kids to be active in small spaces.
- ▶ Set up an indoor obstacle course with hula hoops & jump ropes.

YOGA PRETZELS OR FIT KIDS CARDS

- ▶ Yoga pretzels & fit kids card decks can be found on Amazon for under \$13. They offer different exercises that kids can try on their own time
- ▶ For another alternative, get a traditional deck of cards and make each suit a different exercise. Kids pull the card and do the number of exercises they see. (E.g. Heart = jumping jacks; Diamond = squats; Spade = arm circles; Club = crunches)



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