

AT-HOME OUTDOOR ACTIVITIES FOR KIDS

WWW.KIDDO.EDU.AU



Improve your Move

Build & destroy

Build a castle using household items. How many throws to knock it down?

Footpath chalk games - hopscotch

Nature scavenger hunt

Wall ball

www.kiddo.edu.au/activities

Kick & Chase - kick a ball and chase after it, try to stop it with your foot

DIY backyard obstacle course

Footpath chalk games - jumping patterns

www.kiddo.edu.au/activities

Climb a tree

Diminishing targets

www.kiddo.edu.au/activities

Goal scoring bonanza - set-up goals using a laundry basket. How many can you get?

Catching challenges

www.kiddo.edu.au/promote

Footpath chalk games - design your own game

Minefield - dribble a soccer ball around obstacles, now try bouncing

Roll a dice fitness fun -
1 = star jumps
2 = run on the spot
3 = run backwards

Run/roll down a hill

Skipping rope games

www.kiddo.edu.au/activities

Super throw - how far/high can you throw? Try underarm & overarm

Animal Runs - run like a lion/kangaroo/bear/dinosaur

Ride a bike or scooter on the footpath

Ready, aim, fire - draw targets on a wall with chalk and throw/kick at them

Here, there, everywhere

www.kiddo.edu.au/activities

Jump & measure - use a measuring tape to see how far/high you can jump

Make a ninja warrior course

Create your own game with a ball

Crab walk - walk on all fours with belly facing up