BEING ACTIVE AT HOME! CREATE A GAME

Ever wondered who the first person was to kick a ball into a net and call it a goal? Ever wondered who decided a basket was worth 2 points? Ever wondered why Tennis is called tennis?

Well someone had to come up with these rules and create a new game! How about you create a brand new sport which we can then play in school?



HOW TO DO IT: T FIND A SAFE SPACE







ASK YOUR ADULTS FOR SUGGESTIONS

THE BIGGER THE SPACE, THE BETTER

COULD BE YOUR BEDROOM, GARDEN, LIVING ROOM, CORRIDOR

MAKE SURE IT IS A SAFE PLACE TO PLAY

DECIDE HOW MANY PEOPLE ARE GOING TO PLAY YOUR GAME (THIS WILL HELP FOR STEP 3)

CAN YOU GET EVERYONE IN YOUR HOUSE INVOLVED? THE MORE THE MERRIER

210W MANY PEOPLE IRE PLAYING?

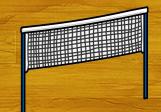




3 WHAT TYPE OF GIME IRE YOU CREATING?







TARGET

SCORE POINTS FOR GETTING CLOSER TO A TARGET OR FOR KNOCKING DOWN TARGETS

(BOCCIA, DARTS, BOWLING)

INVASION

WORKING AGAINST ANOTHER TEAM TO MOVE AN OBJECT INTO A GOAL OR INTO AN AREA

(BASKETBALL, FOOTBALL, RUGBY)

NET/ WALL

MOVING AN OBJECT AGAINST A WALL OR OVER A NET WHERE YOUR OPPONENT CAN NOT RETURN THE OBJECT

(TENNIS, TABLE TENNIS, VOLLEYBALL)

I SELECT THE RULES

Great opportunity to work as a team. If you're playing with a small group or in pairs, share the responsibility and pick a new rule each. Bring the rules together and 'booooooom' there's your game!

MOVEMENT

HOW WILL YOU MOVE YOURSELVES OR YOUR EQUIPMENT? EQUIPMENT

WHAT TYPE OF EQUIPMENT
WILL YOU USE? HOW
WILL YOU USE IT?

SPACE

WHAT ARE YOUR 'IN' AND 'OUT' BOUNDARIES?

HOW TO SCORE

HOW CAN YOU EARN POINTS?



5 PLIY THE GAME!

THE BEST PART! MAKE SURE EVERYONE KNOWS THE RULES AND GIVE YOUR NEW GAME A GO!

TWEAK YOUR RULES AT THE END IF YOU NEED TO

MAKE A
TOURNAMENT/
LEAGUE IN YOUR
HOUSE

TEACH IT TO SOMEONE ELSE NAME YOUR GAME!

WHAT'S NEXT?

MAKE A POSTER
EXPLAINING
YOUR NEW
GAME AND ITS
RULES

CHALLENGE SOMEONE TO CREATE A GAME OR DIFFERENT TYPE OF GAME

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COULD BE YOUR BEDROOM, GARDEN, LIVING ROOM, CORRIDOR

MAKE SURE IT IS A SAFE PLACE TO PLAY





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CAN YOU GET EVERYONE

IN YOUR HOUSE

INVOLVED? THE MORE

THE MERRIER!

WILL HELP FOR STEP 4)

PEOPLE ARE GOING TO PLAY YOUR GAME (THIS

DECIDE HOW MANY

NET/ WALL

AGAINST A WALL OR OVER A NET WHERE YOUR OPPONENT CAN NOT RETURN THE OBJECT MOVING AN OBJECT

WORKING AGAINST ANOTHER TEAM TO MOVE AN OBJECT INTO A GOAL OR INTO AN

GETTING CLOSER TO A TARGET OR FOR

SCORE POINTS FOR

TARGET

KNOCKING THE TARGET

DOWN

(BOCCIA, DARTS, BOWLING)

INVASION

(TENNIS, TABLE TENNIS, VOLLEYBALL)

(BASKETBALL, FOOTBALL,

Great opportunity to work as a team. If you're playing with a small group or in pairs, share the responsibility and pick a new rule each. Bring the rules together and 'booooooom' there's your game!

HOW WILL YOU MOVE YOURSELVES OR YOUR EQUIPMENT? MOVEMENT

WHAT TYPE OF EQUIPMENT WILL YOU USE? HOW WILL YOU USE IT? HOW CAN YOU EARN POINTS? HOW TO SCORE EQUIPMENT

> WHAT ARE YOUR 'IN' AND 'OUT' BOUNDARIES? SPACE

> > SPACE, THE BETTER

THE BIGGER THE

FOR SUGGESTIONS ASK YOUR ADULTS

EVERYONE KNOWS THE RULES AND THE BEST PART! MAKE SURE GIVE YOUR NEW GAME A GO! TWEAK YOUR RULES AT THE END IF

YOU NEED TO

MAKE A TOURNAMENT/ LEAGUE IN YOUR

SOMEONE ELSE TEACH IT TO

NAME YOUR

SOMEONE TO CHATTENGE

> VEW GAME AND ITS EXPLAINING YOUR MAKE A POSTER

CREATE A GAME

TYPE OF GAME CREATE A NEW OR DIFFERENT