

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: 1 FIND A SAFE SPACE



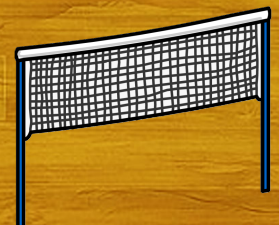
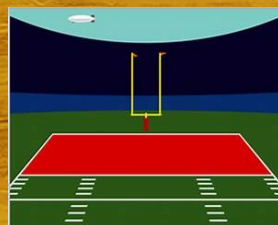
ASK YOUR ADULTS FOR SUGGESTIONS
THE BIGGER THE SPACE, THE BETTER
COULD BE YOUR BEDROOM, GARDEN, LIVING ROOM, CORRIDOR
MAKE SURE IT IS A SAFE PLACE TO PLAY

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

2 HOW MANY PEOPLE ARE PLAYING?



3 WHAT TYPE OF GAME ARE 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)

4 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 'boooooom' 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 PLAY 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

CREATE A NEW OR DIFFERENT TYPE OF GAME

BENEFIT ACTIVE AT HOME! CREATE A GAME

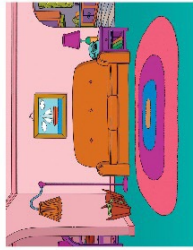
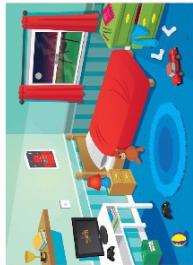
Ever wondered who the first person was to kick a ball into a net and call it a goal? Ever wondered who decided a basket was worth 2 points? Ever wondered why Tennis is called tennis?

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

1 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 4)
CAN YOU GET EVERYONE IN YOUR HOUSE INVOLVED? THE MORE THE MERRIER!

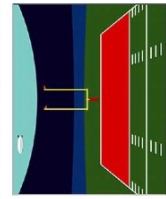
2 HOW MANY PEOPLE ARE PLAYING?



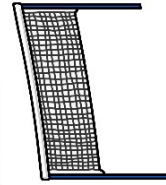
3 WHAT TYPE OF GAME ARE YOU CREATING?



TARGET
SCORE POINTS FOR GETTING CLOSER TO A TARGET OR FOR KNOCKING THE TARGET DOWN
(BOCCIA, DARTS, BOWLING)



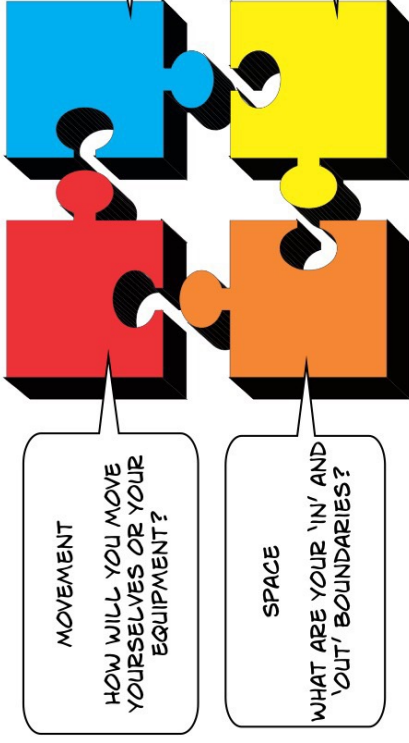
INVASION
WORKING AGAINST ANOTHER TEAM TO MOVE AN OBJECT INTO A GOAL OR INTO AN AREA
(BASKETBALL, FOOTBALL, RUGBY)



NET/ WALL
MOVING AN OBJECT AGAINST A WALL OR OVER A NET WHERE YOUR OPPONENT CAN NOT RETURN THE OBJECT
(TENNIS, TABLE TENNIS, VOLLEYBALL)

4 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 'boooooom' 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 PLAY 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

CREATE A NEW OR DIFFERENT TYPE OF GAME