

PE at Home:

Quick and Easy Activities to Develop Skills, Exercise and Have Fun

(Ages 9 - 11)

Looking for some exciting and simple activities to help your child develop skills, get active and have a great time?

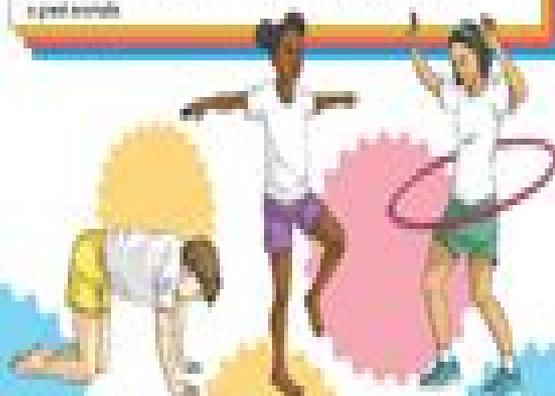
These ideas are perfect for kids aged 9 to 11 - they're all easy to set up and will keep your child entertained for hours!

Parental Tip

Help boost confidence by reminding your child that it's okay to make mistakes during these activities. Celebrate their effort and encourage them to try again.

While these activities are designed to be fun and active, always make sure the environment is safe for play. Set clear boundaries, supervise and check that the space is free from hazards.

Have fun on the go! These will certainly make a nice job, but you can set a great example.



10/11



1 Balloon Volleyball

Get your 'net' using string or even a piece of tape and string a few pieces of balloons volleyball. You'll need a balloon instead of a ball, making the game slower and easier to control for younger players. Plus, it's a great way to get kids moving and improve hand-eye coordination.



2 Human Hoop Time

Grab a few large hoops or hula hoops. Someone stands like a star and the other person throws the hoops over their or legs, which you position like a star. It's a great way to get everyone moving and improve coordination.



3 Balloon Pop Relay

Blow up a few balloons and tie them to your child's ankles. The challenge? Run to the finish line without letting the balloons pop! The winner is a balloon for leg strength, balance and agility.



4 Backward Running Challenge

Have a race where the goal is to run backwards! This unusual running style improves balance, coordination and spatial awareness while offering a great workout.



5 Spider Crawl

Challenge your child to crawl around the garden or living room like a spider on all fours with their neck flat and arms and legs extended. It's a brilliant full-body exercise that builds strength and flexibility.



10/11



6 Tag of War with a Twist

Instead of a traditional tag of war, use a large hoop and have each player try to tag the other to a specific spot. The goal? They have to tag on the fly while doing it! This adds an element of balance and strength to the game.



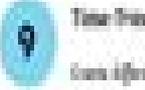
7 Human Staircase

Have your child work with family members or friends to build a 'human staircase' by stacking people safely (being a support like forearms). The activity improves balance, teamwork and communication.



8 Modified Obstacle Course

Set up an obstacle course and have your child complete it while blindfolded. Guide them with verbal instructions or after each turn, but let them rely on their instincts as much as it is safe to do so. It's a fantastic way to enhance their spatial awareness, trust in others, and concentration.



9 Time Travel Relay Race

Create different stations, each representing a different time period. For example, one station could be 'Prehistoric' where they use life dinosaurs, and another could be 'Victorian' where they do fancy walks. Encourage your child to think of creative ways to move, whether it's in the style of an ancient Egyptian or a futuristic astronaut. The bonus: they create while they're being active!



10 Balloon Soccer

Instead of using a regular ball, use a large balloon. The lighter ball makes it easier to control and pass, making it a great way to improve coordination and teamwork.

Super Eco Options Available

More Quick And Easy Activities

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