



ONE A DAY <<< FOR >>> ACTIVE PLAY!

Not For Distribution

One A Day For Active Play has been developed to equip activity leaders with 200 creative games and activities that are fun for participants of all ages and abilities. The games and activities can be implemented in small and/or large spaces, indoor or outdoor.

Consider using this resource for active breaks throughout the day, as ice-breaker activities, as a warm-up to a planned activity or to support the implementation of Daily Physical Activity (DPA).

CAPTURE THE CONE



TARGET

EQUIPMENT >>>

- ✓ 1 hula hoop per participant
- ✓ Pylons
- ✓ Timer (optional)

SET-UP >>>

- ✓ Divide participants into two equal teams, giving each participant a hula hoop.
- ✓ Split the activity area into two halves and assign each team to a side.
- ✓ Create a centre line by placing the pylons in a line one hoop distance apart.
- ✓ Both teams line up facing each other with their hoops, parallel to the pylon line on either side of the activity area.

ACTIVITY >>>

- ✓ At your signal, participants throw or roll their hula hoop toward the pylons, trying to get the hoop to land around it. If successful, participants receive one point.
- ✓ If the hoop does not land around a pylon, the other team may retrieve the hoop and throw or roll it.
- ✓ The activity ends when all the hoops have landed around the pylons or after a pre-determined amount of time. The team with the highest number of points wins.

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HOOP IT UP!



EQUIPMENT >>>

- ✓ Bouncing balls
- ✓ Hula hoops of different colours (equal number of each colour, 1 colour per team)

SET-UP >>>

- ✓ Divide participants into teams of two to six, giving each team a different coloured hula hoop.
- ✓ Teams place their hula hoops around the activity area behind a pre-determined throwing line.
- ✓ Once the hula hoops are placed, they cannot be moved.
- ✓ Remind participants to be aware of other moving participants and to watch footing as hula hoops can be a tripping hazard.

ACTIVITY >>>

- ✓ At your signal, participants from each team take turns throwing their team's ball to the wall so that the ball bounces off the wall and into another team's hula hoop.
- ✓ If a team's ball lands in another team's hula hoop, they claim the hoop.
- ✓ At the end of the game, the team with the most hoops wins.
- ✓ Note: If there are a large number of participants and a large activity space, some of the participants can be identified as "defenders" that move to defend their hoops.

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FRUIT PLATTER BALANCE



EQUIPMENT >>>

- ✓ 1 small object (e.g., bean bag, flying disc, poly spot) per participant
- ✓ 2-3 pinnies

SET-UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.
- ✓ Two to three participants volunteer to be taggers. Give them pinnies.
- ✓ Give other participants one object each.

ACTIVITY >>>

- ✓ At your signal, participants balance their object in an open hand. It should look like they are trying to balance a platter of fruit.
- ✓ Participants then move around the activity area balancing their object while taggers try to tag them. (A tag is a light touch on the shoulder/arm).
- ✓ If tagged, the participant and tagger perform five of an on-the-spot physical activity (squats, push-ups, jumping jacks, high knees, etc.) and change roles before returning to the game.
- ✓ If participants drop their object before being tagged, they pick it up and balance the object on a different body part.

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