

Outdoor Fun!

1. Chalk on the driveway a four square. Make it big! Use any ball you have to play four square.
2. Make up an obstacle course using anything you have. You can use recycled items for "cones." For example; plastic bottles, boxes, etc. (Just no glass or aluminum for safety reasons.) You can weave in and out of your equipment, go around a tree, jump over a stuffed animal, touch the house and run through the finish line. Time yourself with your iPad and see if you can break your record or your group's record!
3. Chalk a hopscotch on the driveway. Play hopscotch.
4. Play 500 with any ball. Don't have a ball? Fold some old socks into each other. Look up rules if you don't know how to play.
5. Modified baseball for two or more players. You need 2 "bases" and a "ball." Set up a home plate and second base only. Batter stands at home plate and throws the ball as far as possible. Fielder fields the ball and runs back to second base. If the batter runs around second base and back to home before the fielder gets the ball to second base the batter scores a run.
6. Play soccer with any ball that you have. Make sure you have gym shoes on! Set up two goals with recycled items.
7. Giants, Wizards, and Elves for three or more people. (Giants beat wizards, wizards beat elves, elves beat giants). They should know how to play if they have had me for a P. E. teacher. 😊
8. Chalk line tag on the driveway for two or more players. Pick who's it. Once tagged you become the tagger AND you have to freeze for 5 seconds before chasing someone.
9. Have a plank challenge. Use your iPad to record your time. No bellies or knees on the ground. No bridges. Try every other day to see if you can beat your record!
10. Have a throwing contest. Stand behind a "cone". Step and throw as far as you can. Have someone mark where your ball landed with a "cone." Try to beat your own record or the farthest throw of the group.