10 GAMES FOR Small Spaces

Wondering what you can do with your class when the weather’s not so great? Check out these ideas for inclusive indoor play.

**UP, DOWN, START, GO**
- Have players stand up.
- Demonstrate “Up” – jump or stretch as high as they can; “Down” – squat; “Stop” players freeze; and “Go” – walk, jog, skip, or hop (decide on the movement that works best for your space).
- If players don’t do the correct movement, give them a task to complete (e.g. jumping jacks, or giving the leader a high five).
- Call out the commands and movements.

**DANCE FREEZE**
- Clear an open space.
- Put on the radio or music player.
- Everyone dances when the music plays when the music stops every player must freeze immediately and hold the position until the music begins again.
- If a player is caught moving, they must do 10 jumping jacks during the start of the next round before rejoining the dance.

**BRIDGE BALL**
- Everyone stands in a circle, foot to foot a little more than shoulder width apart, with their hands on their knees.
- The object of the game is for players to roll the ball between other players legs “bridges”. Every time a ball goes through a player’s bridge, they get a letter of the word BRIDGE – until one player spells the word.

**FOX & RABBIT**
- One ball is the fox, and the other the rabbit. Each ball is like a hot potato and cannot be held for more than one second.
- The object of the game is for the fox to catch the rabbit.
- The group forms a circle and the balls are given to two people on opposite sides. Students pass the ball to the person next to them until the fox catches the rabbit to start a new round.

**FOUR CORNERS**
- Players split up between four corners of a classroom/room. One person is selected to be in the middle.
- The player in the middle closes their eyes and counts slowly from 10 to 0. When they’re counting, everyone must quietly move to a different corner.
- After counting and with their eyes still closed, the player in the middle points to one corner. Anyone standing in that corner must sit down. The game continues until 1 person is left. In the next round, the winner of the last game is the counter in the next.
KIDS FITNESS VIDEOS ON YOUTUBE

For inclement weather there's lots of great fitness videos for kids online. Check out the following:

- Instant Recess
- Go Noodle
- Just Dance Kids

DANCE SHADOW

- One player sits on the side. The other player gets up and does a dance
- Then they switch and the other player copies that move.
- Then he or she does a new move and the next person has to copy it. The best copycat wins!

ROLLERBALL

- One player is the pitcher, and everyone else lines up against the wall as dodgers
- The point of the game is to avoid being hit with the ball, the pitcher rolls the ball and tries to hit opponents from the waist down.
- When a dodger is hit, they step off the wall and cheer on. The last person hit by the ball is the new pitcher

JUMP ROPE & HULA HOOPS

- Hula hoops and jump rope are an inexpensive & great way for kids to be active in small spaces.
- Set up an indoor obstacle course with hula hoops & jump ropes.

YOGA PRETZELS OR FIT KIDS CARDS

- Yoga pretzels & fit kids card decks can be found on Amazon for under $13. They offer different exercises that kids can try on their own time
- For another alternative, get a traditional deck of cards and make each suit a different exercise. Kids pull the card and do the number of exercises they see. (E.g. Heart = jumping jacks; Diamond = squats; Spade = arm circles; Club = crunches)

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