



Family Active Zone

Family Active Zone is a fun, interactive programme for children and their families, which aims to encourage them to enjoy a fun, healthy and active lifestyle together. We believe that all children involved will become more confident, resilient, creative and determined individuals. Alongside physical improvement, and a healthier lifestyle, the programme provides the children with an opportunity to develop self-esteem build determination and improve their ability to co-operate and work well with others.

Our games are easy to set and up and you can adapt them to suit your family. Whichever way you choose to play, we hope you have lots of fun! Please upload any photos or videos of you and your family playing and having fun to your school pages or feel free to post on Happy Healthy Futures on facebook page.
Have a lovely half term!





Title of Game:

'Eat well plate' Relay Race

Safety

Make sure there is no bumping into others.

Make sure there are no slippery surfaces

Do the children...

Use their knowledge of food to help sort the foods?

Understand the difference between foods we can eat lots of and foods that we need to limit?

Equipment

What do need?

Plastic foods
or you can draw
food on paper
and colour in.

How to Play

Aim: The aim of the game is for the participants to sort foods into healthy and limited foods.

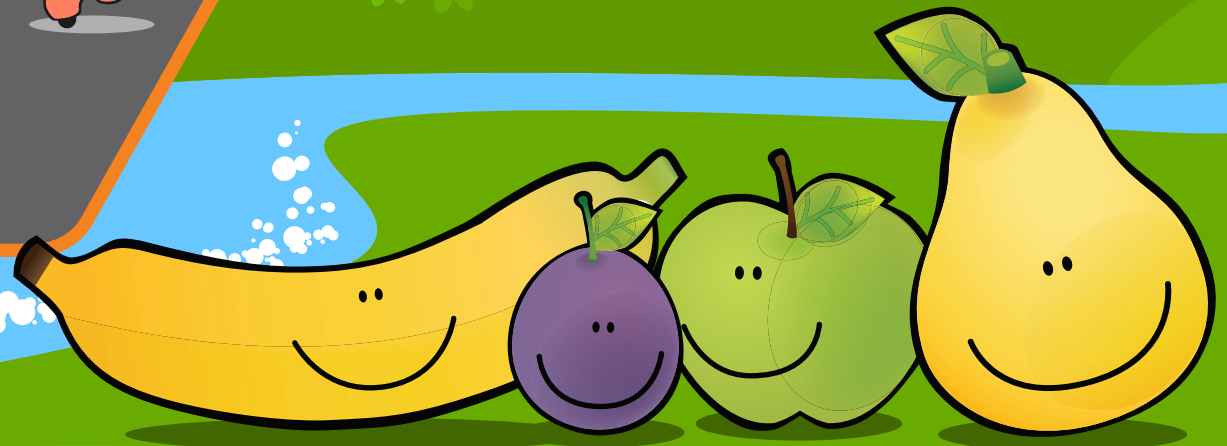
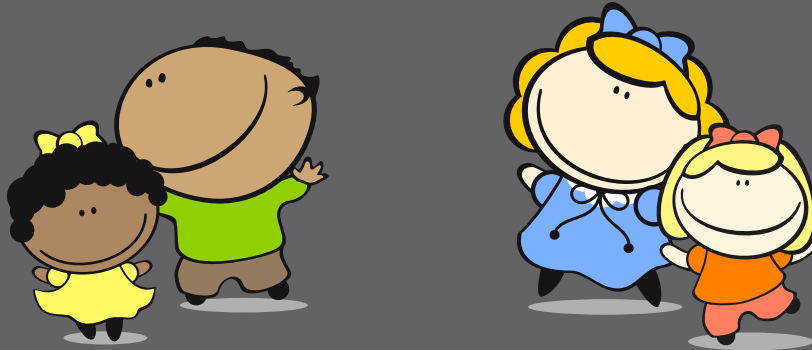
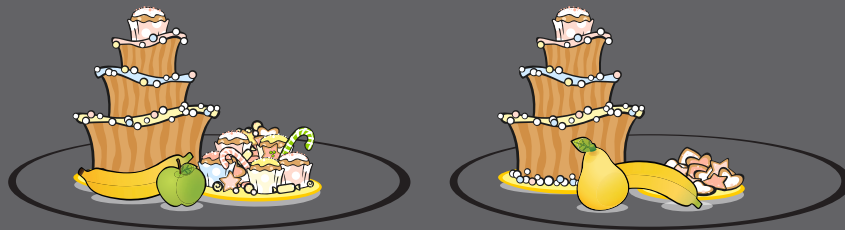
Set up: Split your family into two teams. For each team set two areas near the starting line and one area at the opposite side of the room. In this area put items of plastic food/drawings ensuring that there is enough for each participant to run at least once and that there are healthy and unhealthy foods.

How to Play

Children and adults are split into two teams. Taking it in turns they must collect all of the food items, separating them into foods we can eat a lot of and foods we need to limit. Once all of the items are collected discuss how the teams have separated them and make corrections if necessary.

Adaptations & Progressions

Place obstacles for the participants to go through/over before reaching the food.



Title of Game: Dragon Tails

How to Play

Aim: The aim of the game is to steal as many dragon tails from the other team as possible in a short period of time.

Set up: Set out a safe space in which this game will be played in.

Each person must be given a tea towel.
Everyone must tuck the towel into their trousers/ skirt on their back so they have a tail.

You need quite a long tail for others to 'steal'.

Equipment What do I need?

Tea Towels

Do the children...

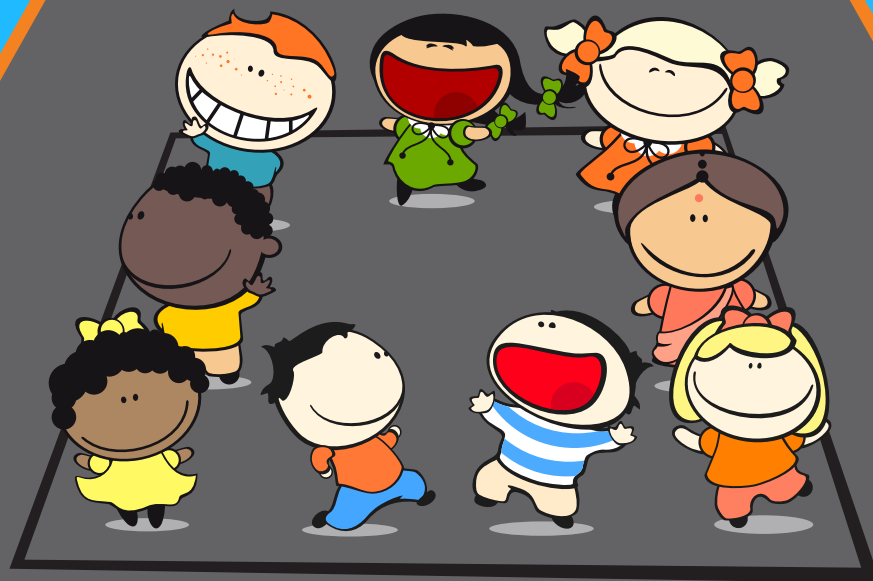
Dodge around to stop their tails being stolen?
Keep their balance when changing direction?

Safety

Make sure the children do not run outside of the safe space you have set up.

Make sure the children listen to instructions and ensure there is no bumping or pushing





Adaptations & Progressions

Set up a safety zone for those children who might need a rest or have a disability.

Teams could work in pairs to help children protect their tails.

Can the teams beat their score? Play the game for a little longer without the children realising it... they should improve their score and feel a real buzz as a result of their success.

How to Play

On the command 'go' the children / adults must run around inside the area and try to steal as many tails as possible from others by pulling them out of their waistband. If someone steals a towel they hold it until the end of the game and must continue to steal tails. If someone loses their tail they are still in the game. When someone tries to steal a towel, the other person cannot grab it to protect it.

The winner is the team with the most bibs. Play the game for around 30 seconds.

Title of Game: **Dragon Relay Race**



How to Play

Aim: The aim of the game is to be the first team to complete the obstacle course making sure that the dragons eggs are rolled safely.

Set up: Using the equipment available set up an obstacle course for two teams (the diagram is just an example) Encourage the children to hop/ skip/sidestep between obstacles rather than run.

Do the children...

Put their opposite foot forward when rolling the ball?

Safety

Make sure the children do not run into the other teams' obstacles

Make sure that the obstacles are age appropriate and do not involve dangerous situations

Ensure the equipment will not cause the children to slip.

Equipment

What do I need?

Large balls

Variety of equipment for obstacle course.



How to Play

On the command 'go' the children / adults must complete the obstacle course e.g. hop to the bench, step over the bench, sidestep to the tunnel, crawl through the tunnel, run to collect and roll the Dragons egg (ball) and collect it facing their team, run around the cone and run back to their team, passing the ball on to the next team member (who is then to complete the course) and sit down. The team with all of the members sitting down is the winner.

Adaptations & Progressions

Easier: children can run between the obstacles.

Harder: decrease the size of the ball that the children have to collect.



Title of Game: **Dragon Snack Time**

Do the children...

Remember their fruits?
React quickly when their fruit is called.

Help prompt others when fruits are forgotten?
Encourage other children to run faster/ take part in the game?

Safety

When the children are sitting, make sure their feet are not touching to avoid kicking.

Ensure all hands are inside the circle.

Make sure everyone runs in the same direction.

How to Play

Aim: The aim of the game is for each child/adult to become a dragon and to beat other dragons around the edge of the circle when their fruit is called.

Set up: Everyone to sit in a circle with their legs out straight in front of them. Keep the circle quite small to start. Set the scene... 'Our dragon is very hungry and wants a healthy snack. He really likes fruit in his lunch box when he goes to dragon school. What fruits could be put in his lunch box?'
Show children what each fruit looks like. 'What fruit is this?' etc.

Equipment What do I need?

Nothing





How to Play

Decide on three different fruits e.g. apple, banana, grapes. Go round the circle naming each person alternatively with these fruits.

Take it in turns to be the leader. When the leader shouts out a fruit

those individuals stand up and run around the circle back to their own spot. The winner is the person who gets to their spot first. If the leader shouts 'fruit salad' all of the children jump up and run.

Adaptations & Progressions

Make the circle bigger

Can you change the fruits midway through the game so children have to remember a different fruit this time? Let's work that memory!



Title of Game: Dragon Madness



How to Play

Aim: The aim of the game is for each child/adult to locate the coloured dragon called (coloured items) as quickly as possible and stomp on them by putting one foot into the coloured object.

Set up: Create a safe area for this game to be played in. Scatter different coloured objects inside the area.

Equipment What do I need?

Coloured Objects

Do the children...

Keep their head/ eyes up to avoid bumping into others?

Safety

Be careful not to bump.

Make sure the children do not slip on coloured objects





Adaptations & Progressions

When working with young participants it might not be appropriate to knock people out of the game to find a winner. Keep all of the children in the game. Perhaps add a little competition by counting the children down when you call out a coloured dragon.

Ask the children to move around the square in different ways e.g. hopping, skipping, side-stepping etc.

How to Play

On the command 'go' the children/adults begin to move around the safe space. Participants are not allowed to step on any of the objects unless a colour is called with the word 'dragon' e.g. 'red dragon'. If this happens all the participants must find a object of that colour and put one foot on it. Challenge the children by asking them to be the first to stomp on the dragon. See if you can trick the children by calling out just the colours.