



QUARANTINE GAMES

Games to be played indoors with the
Family!



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FOREWORD

The recent COVID-19 pandemic has put over a third of the global population in lockdown. With all of us stuck at home, sedentary behavior is on the rise which can adversely affect your physical and mental health.

Gyms, parks, playgrounds are all are shut for the foreseeable future, making physical activity in open spaces a challenge. **Space** and **Equipment** are two main challenges that we will face in our endeavor to keep up physical activity and being physically fit.

To help boost the motivation to do any form of physical activity the only way to get around this is to replace the aforementioned challenges it with two other words – **improvisation** and **imagination!**

In the coming pages, there is a list of games that can be played using equipment made from things that are easily available at home as well as online apps & websites that can help you in this endeavour.

Remember, your fitness is only limited by your imagination!

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MAKING EQUIPMENT AT HOME

BALL:

To make balls from paper or plastic paper

- crush or roll up the paper or plastic into a basic ball shape
- use enough paper to form the required size
- use adhesive tape or rubber bands to hold the paper in place.
- Makes balls of all sized.

To make balls from socks or stockings

- fill a plastic bag with rice or sand until it is the required size of the ball
- fasten the bag with tape or a rubber band
- place the bag inside a sock or stocking
- twist the sock or stocking so it is tight and draw the top of the sock over
- the ball until there is no length of sock left.
- Makes balls of the size of a cricket ball or baseball.

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To make balls from Towels:

- This is a little more complicated to detail in words so would recommend viewing the YouTube tutorial on this. Click on this link for the same:
[Making a Towel/Cloth Ball of Fun in One Minute!](#)

BAT

- To make a bat at home, all you will need is an old used broom or a spare one.
- Hold the fibrous parts together and use cello tape or a rubber band to hold it together.
- Use the hard end – usually the handle side as the bat and the fibrous end as the handle.
- Any of the brooms alongside can be used as a bat!



CONES & MARKERS

- Cones can be made to use as posts for rounders, stumps for cricket, goalposts etc. The best and easiest way to create filling an empty plastic bottle with water or sand.
- Markers can be made by sticking a few sheets of paper together and cutting them in circles to make them as round markers for your activities.

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POSTS & NETS

To create posts or nets in the house for some of the games you can try the following methods:

- Use the chairs in the house to divide the house with a net in between.
- Use either a long towel, bedsheet or a dupatta tied to two chairs – this could be done using clothes clips - to divide the room into two halves and use it as a net.

WEBSITES

[Click here](#) to generate random playing cards, coin flip, dice or any other options.

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LET THE GAMES BEGIN!



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BASKETBALL SHOOT OUT

Equipment:

- Basket - Clothes Basket / Bucket
- Ball

Setup:

- Set up the basket on a chair or a high stool / table
- Mark a line on the floor or a point from where you can shoot.

Playing the Game:

This game can be played in a variety of ways:

- Shoot as many times as possible from a stationary point in a minute.
- Shoot from a variety of positions in a minute.
- Try trick shots by trying to bounce the ball off the wall or the chair into the basket.
- Try to shoot from your weaker hand to get the ball into the basket.



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DICE WORKOUT

Equipment:

- A pair of dice.
- Alternatively, you can use this [random dice generator](#) that can be used to generate random dice rolls incase you do not have a pair of dice.
- Pen and Paper

Playing the Game:

- On a sheet of paper, write down numbers from 1-12 vertically
- Assign a workout to each of the numbers. For Example:
 - 1 – 5 crunches
 - 2 – 5 sit-ups
 - 3 – 30 second plank
 - 4 – 10 squats
 - 5 – 60 second spot jog
 - 6 – 5 knees to chest jumps
- So on and so forth
- These can be changed as per your liking to create your workout.



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PLAYING CARD WORKOUT

Equipment:

- A pack of cards.
- Alternatively, you can use this [random card generator](#) that can be used to generate random cards in case you do not have a pack of cards.

Playing the Game:

- Before the game starts, define the task each suit will have.

For Example:

- Clubs (♣) = Sit-ups
 - Diamonds (♦) = Plank Pose
 - Hearts (♥) = Crunches
 - Spades (♠) = Burpees
- Set a time limit for the game.
 - For the sake of this game J = 11, Q = 12 & K =13.
 - Each player will draw a card from the deck.
 - The player has to do the exercise as the suit as many times as the number of the card. For Example: incase I draw K♣ I will do 13 sit-ups. To get all the 13 points, the player needs to do 13 sit-ups, if the player fails to do so, they will get zero points.
 - At the end of the time limit, the player who has the highest total of cards that the player has complete the exercise, wins.



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VOLLEYBALL

Equipment:

- Bedsheet / Towel as a net
- Ball

Setup:

- In a room, tie the bedsheet or towel in the middle to act as a net.

Playing the Game:

- Two players stand on either side of the net and pass the ball to each other using only the part where the wrist joins the palm.
- You can play till the first time a person reaches 11 points.
- Variations can include the following:
 - Bouncing the ball three times before you pass.
 - Passing the ball into a particular object that is kept on the other side of the net.
 - Try to set new records for the number of times you pass the ball back and forth without dropping the ball.
- Safety tip: be careful no electronics are in the room that can be damaged.



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HOPSCOTCH

Equipment:

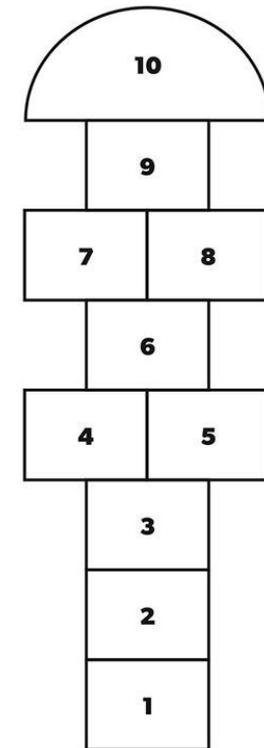
- A bottle cap that can be used as a marker.
- Tape to draw the lines

Setup:

- Draw a traditional hopscotch diagram like the one below. In case you have a tiled flooring, use the tiles itself as squares.

Playing the Game:

- Throw the marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)
- Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on. At the pairs (4-5 and 7-8), jump with both feet. At 10, hop with both feet, turn around, and head back toward the start.
- When you reach the square with your marker again, pick up the marker -- still on one foot! -- and complete the course.
- If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number.
- If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.



Rules and image via [parents.com](https://www.parents.com)

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TOWEL ACTIVITIES

Equipment:

- Towel

Setup:

- A room with space to move around

Playing the Game:

There are mainly three variations that will be described here:

- Towel Tug of war
 - o In the traditional tug of war- replace the rope with a towel.
- Towel Resistance Run
 - o In this activity, one of the players holds the towel the other tries to run while pulling the other player as well.
- Towel Partner sit-ups
 - o In this activity, the two players try to do sit-ups together while using the towel for leverage.



For more activities with the towel watch this [video by PE teacher, Kate Cox](#).

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4 SQUARES

Equipment:

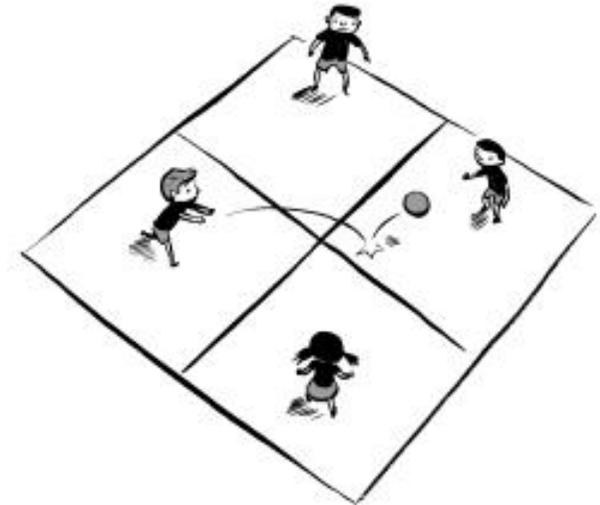
- A ball that bounces.

Setup:

- Draw a large square on the floor, size may vary depending on size available and the age of the players. Older children may require larger squares. The squares are numbered 1-4.
- Each player takes up one square.

Playing the Game:

- Players can hit the ball only with the palm of their hands or the back of their hands. They cannot catch the ball.
- The Player standing in a square can only hit the ball after it bounces in their square. Each time the ball bounces in a square, the player standing in that square must hit the ball into another square.
- A player cannot hit the ball while it is in the air and before it has bounced in the square.
- When the ball is served, the server must drop the ball and then strike it on the bounce. The ball must be allowed to bounce once in the receiving square before the receiving player hits the ball into another square of their choice.
- If the receiver fails to send the ball to the next player, he loses the point. Passing the ball after one bounce continues until someone misses the ball. The last player to hit the ball gets the point.
- The first player to score 11 points wins.



Picture credit: [Sherlock Sam](#)

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INDOOR BOWLING

Equipment:

- Plastic Bottles - while ideally you require 10, 6 works fine as well.
- A ball

Setup:

- Set up the bottles in a triangle near a wall. It can be set up as follows:
The largest number closer to the wall, 1 bottle towards you.
 - o 10 Bottles: 4-3-2-1
 - o 6 Bottles: 3-2-1



Playing the Game:

- Pick a number of rounds to play. Ten is traditional.
- Each turn the player gets two tries to knock down all the pins. Each pin knocked down is worth one point.
- If you knock down all the pins in One throw that's a strike and ends your turn but you get a total of 20 points.
- If you knock down all the pins using both your bowls, you get 15 points.
- At the end of 10 rounds, whoever has the highest score, wins.

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PAPER PLANE DARTS

Equipment:

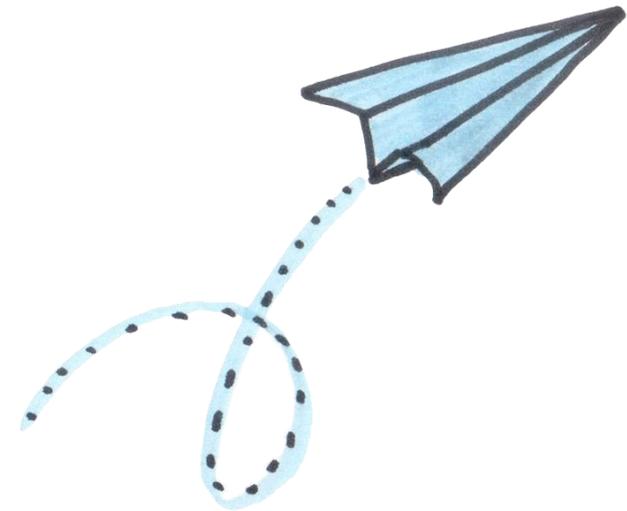
- Paper
- Vessels

Setup:

- Targets in the room to hit with the paper plane
- A bunch of paper planes ready. If you have forgotten to make a paper plane, [click here is a tutorial on the same.](#)

Playing the Game:

- Setup targets around the room – or even across the house.
- Each target can have a set number of points or can be three tries for each target, with scoring based on the following:
 - Hit on 1st try = 3 points
 - Hit on 2nd try = 2 points
 - Hit on 3rd try = 1 points
- The player with the most points at the end of all the targets, wins!



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GOLF

Equipment:

- Broom stick
- Small ball
- A glass with a wide mouth

Setup:

- Draw up a list of courses across your house, the course can include going around obstacles, under chairs etc. The difficulty and ease of the course is completely down to your improvisation and imagination.
- Keep the glass sideways so that the mouth of the glass becomes the hole.

Playing the Game:

- The aim of this game is simple, the person to complete all the holes in game wins.
- Make sure the ball is played as it is and how ever difficult, try to hit it and not pick and replace it.
- Make sure to keep score correctly!



Image: drjeanandfriends.blogspot.com/

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CAN CATCH

Equipment:

- A pair of Glasses
- Balls preferably bouncy

Setup:

- NA

Playing the Game:

- There are multiple variants of playing the game:
 - The player bounces the ball on the floor and catches it in the glass.
 - Players stand at opposite ends of the room and throw the ball to each other; the other player can catch the ball only in the glass.
 - Players play the ball against a wall and the other player has to catch the ball only using the glass.
 - Players play trick shots by trying to bounce the ball off objects and landing the ball into the glass.



Image: drjeanandfriends.blogspot.com/

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PILLOW FIGHT

Equipment:

- Pillows
- Newspaper

Setup:

- Clear the area in a room so that there is no injury when the players fall.

Playing the Game:

- The players stand on a newspaper and a pillow in hand.
- The players try to hit each other only on the body and not on the head.
- When a player falls off the paper, their opponent gets a point.
- The player with most points at the end of the game, wins.



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SCAVENGER / TREASURE HUNT

Equipment:

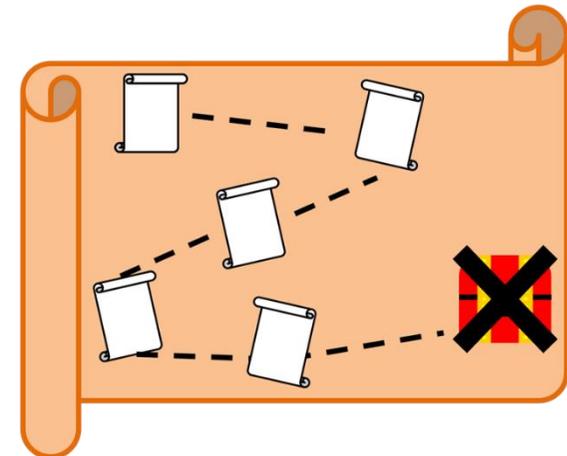
- Paper for clues
- Other things as required by the clues you create.

Setup:

- Prep for the game will be based on the clues and tasks that are prepared.

Playing the Game:

- Scavenger Hunt:
 - o Create a list of tasks to be done in each room of your house, the rooms can be repeated incase required.
 - o An example of tasks could be as follows:
 - Hallway: Use the skipping rope continuously for 10 Times
 - Kitchen: Rotate all four limbs in circles 10 times each.
 - My Bedroom: 10 sit-ups
 - Living Room: Dance to the complete Macarena song.
 - Bathroom: Wall Push-ups against the wall or door 12 times
- Treasure Hunt
 - o Create clues and keep tasks at the place where the clue is pointing them towards.
 - o The player needs to complete the task before the next clue is given to them.
- In both cases, the first person to complete all tasks, wins!
- [Click here for ideas on clues for both the games.](#)



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FAMILY OLYMPICS

The 2020 Tokyo Olympics has now been deferred to the 2021, but that should not dampen the spirits for sports lovers. We can organize the Family Olympic Games for ourselves and not just get children interested in the Olympics and the Olympics values, but also have a great time together as a family.

These Olympic games can be a cumulation of all the games mentioned in the eBook till now – and more that you may have come up with.

The Family Olympic Games can be held by dividing the players into teams that compete against each other in the games mentioned above.

Create a scoring chart and medals before the games begin and have a great time as a family.

[Click here for ideas on how to host a complete Family Olympic Games!](#)

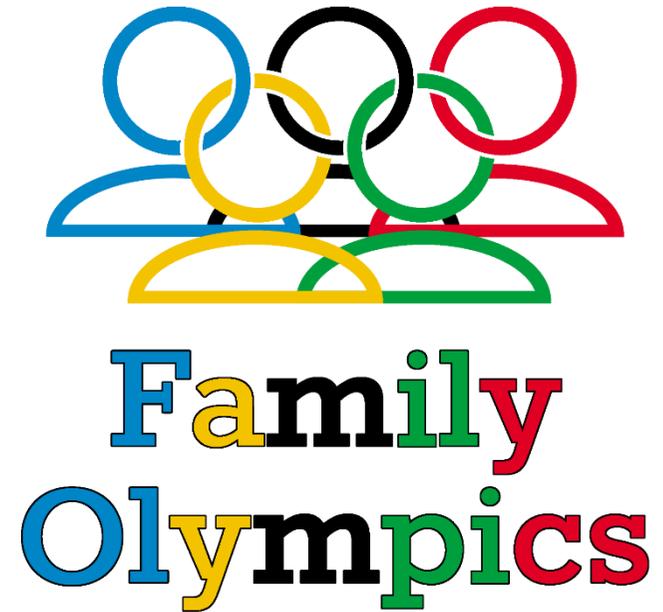


Image: KindPNG.com

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MORE RESOURCES

Incase you feel that you need access to more resources for this time at home to keep yourself and your family active here are a few links to free resources that will help you keep yourself Physically Active:

- [Online Physical Education Network](#)
- [SPARKhome Resources](#)
- [Gopher Sport At-Home Learning Resources](#)
- [PE Resources SHAPE America](#)
- [Resources for K-5 Physical Education](#)
- [Resources for 6-12 Physical Education](#)

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