



Winnipeg Regional
Health Authority

Caring for Health

Office régional de la
santé de Winnipeg

À l'écoute de notre santé



BALLS, FRISBEES, & SKIPPING ROPES: TOOLS FOR ACTIVE PLAY



In collaboration with



A Chance for Fun

- ☑ Improving physical literacy (movement skills) gives children the chance to feel confident trying different activities.

Active Play

- ☑ Helps kids learn to get along with others, feel good about themselves, sleep better, and have fun!

How much do kids need?

- ☑ **1 to 4 year olds** - should play actively for 3 hours every day. This time should be spread throughout the day.
- ☑ **5 to 11 year olds** - Children and youth need to play actively for at least 60 minutes a day. This can include sports or other active recreation.



What is Sedentary Activity?

- ☒ Activities with little to no movement.
- ☒ Examples: watching TV, playing video games, sitting in the car or on the couch.

Screen Time

- ☑ **Kids under 2:** should not watch any screens
- ☑ **Kids 3-4 years:** should not watch more than 1 hour a day
- ☑ **5 years & up:** should not watch screens more than 2 hours a day
- ☑ **Less is better!**



To learn more about active play, visit:
www.winnipeginmotion.ca

Walk The Snake

What do you need?

- ☑ A skipping rope. Don't have one? Use masking tape or chalk!

Directions:

- ☑ Put the skipping rope on the ground in a straight line, or make one with tape or chalk.
- ☑ Stand on the line and walk forward, putting one foot in front of the other.
- ☑ Try to stay on the line!

Switch it up!

- ☑ Make squiggly lines or different shapes and try to stay on them while you walk!



Bean Bag Bounce

What do you need?

- ☑ A beanbag. Don't have one? Use a ball or a rolled up sock.

Directions:

- ☑ Place the beanbag on the top of your foot, where your shoe laces are.
- ☑ Lift up your foot with the item on it.
- ☑ See how long you can keep the item on your foot!

Switch it up!

- ☑ Try hopping on the foot that is on the ground while still balancing the item on the foot in the air.
- ☑ Think of other fun things you could balance on your foot!



Timing is Everything

What do you need?

- ☑ Any type of ball, a crumpled up piece of paper or a rolled up clean sock.
- ☑ Something to hit the ball with—you could use your hands, a Frisbee, a stick, or even a pool noodle!

Directions:

- ☑ If you are by yourself, throw the ball against a wall and hit it back, or throw your ball up in the air and try to hit it.
- ☑ Careful not to hit anyone!

Switch it up!

- ☑ Take turns throwing the ball to each other and try to hit it.
- ☑ Throw the ball against a wall and take turns trying to catch it—don't let it get past you!



Jumpy Kangaroo

What do you need?

- ☑ Ball, beanbag, or item to mark your spot.

Directions:

- ☑ Place an item or mark a line on the ground as your starting point. Jump as far as you can then drop your item to mark your place!
- ☑ Go back to the starting point and try to beat your jumping record!

Switch it up!

- ☑ Make a game out of it with friends!
- ☑ Jump as high as you can beside a wall! Then mark the wall with a pencil, tape or chalk! Try and beat your record each week!



Put it in the Hoop

What do you need?

- ✓ Ball, beanbag, a rolled up clean sock, or a crumpled up piece of paper.
- ✓ Baskets, buckets, pots, or a hat -any item that can be used as a basket.

Directions:

- ✓ Set up your baskets at different distances (one close, one further, one far). Set up as many as you want!
- ✓ Try to get the balls into the different baskets!

Switch it up!

- ✓ Put things in the way of the baskets or move them further away, or use different sized buckets to make it harder to sink the balls into the baskets.



Knock it off the Block

What do you need?

- ✓ Ball, beanbag, a rolled up clean sock, or a crumpled up piece of paper.
- ✓ Targets like empty plastic bottles or cans.

Directions:

- ✓ Set up your targets and try to knock them down with the ball.
- ✓ Set things up in an area where things won't break. Ask an adult for help to set up.

Switch it up!

- ✓ Place your targets at different distances and heights for a challenge!
- ✓ Put things in the way of the targets to make it harder to knock them down.



Basket Catch

What do you need?

- ✓ Ball, beanbag, a rolled up clean sock, or crumpled up piece of paper.
- ✓ Any kind of container or basket to catch the ball with.
- ✓ Two people, one person will be the ball thrower and the other will be the catcher.

Directions:

- ✓ Have the thrower toss the ball to the catcher.
- ✓ The catcher has to try and catch the ball in their basket!



Switch it up!

- ✓ Try to catch the ball with the container while jumping up for it.
- ✓ Put the basket on top of your head or behind your back and catch the ball!

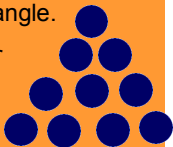
Bowling

What do you need?

- ☑ A small ball.
- ☑ 6-10 empty plastic bottles or cans.

Directions:

- ☑ Set up your bottles in a triangle.
- ☑ Roll your ball towards your bottles and try to knock them all down at once!



Switch it up!

- ☑ Add some rice, water, or sand inside of the bottles to make them a bit harder to knock down!
- ☑ Stand further away to make it harder.



Slithering Snake

What do you need?

- ☑ A jump rope and 3 people

Directions:

- ☑ 2 people hold an end of the rope and stretch it out. Then kneel down so that the rope is completely on the ground.

- ☑ The third person will be the jumper. Stand by the rope and say “GO” when ready to start jumping over the snake!



- ☑ The two rope holders will wiggle the rope side to side—like a slithering snake.
- ☑ See how long the jumper can dodge the slithering snake! If the snake touches you, your turn is over.

Switch it up!

- ☑ Avoid the snake while only hopping on one leg!

Fris-Golf

What do you need?

- ☑ Frisbee or a plastic lid.
- ☑ A target: a bean bag, stick, or something to mark “holes”.

Directions:

- ☑ Set up 3 different “holes”. Mark the “holes” with the target.
- ☑ Throw the Frisbee towards the target and try to get as close to it as possible!
- ☑ The person who gets nearest to the target wins.
- ☑ If using one Frisbee make sure to mark your spot before taking the Frisbee away.



Switch it up!

- ☑ Put objects in the way of the holes, like in mini golf.

Fris-Bump

What do you need?

- ☑ A Frisbee or plastic lid.
- ☑ Empty bottles or cans as targets!

Directions:

- ☑ Set up your targets on a fence post, pail or chair.
- ☑ Stand at least your body length away.
- ☑ Throw your Frisbee and try to hit the targets down off of their post.

Switch it up!

- ☑ Set the targets up at different heights and different distances away!
- ☑ Fill bottles with water or rice to make them harder to knock down.

