

## INDOOR PHYSICAL ACTIVITY SUGGESTIONS

### Hokey Pokey

**Materials Needed:** None

**Directions:**

1. Form a circle or stand in front of your child.
2. Sing the Hokey Pokey song below and perform the actions as you sing them.  
“You put your right foot in, you put your right foot out,  
You put your right foot in, and you shake it all about.  
You do the Hokey Pokey and you turn yourself around  
That’s what it’s all about”
3. Repeat the song and actions with other body parts (arm, leg, elbow, hip, knee, hand, whole self)

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### Hot Balloon

**Materials Needed:** Balloons or yarn balls.

**Directions:**

1. Blow up the balloons (or use yarn ball).
2. The object of the game is to not let the balloons touch the floor.
3. At first only bat the balloons with their hands.
4. After a few minutes change the rules and bat the balloon with their elbows.
5. Every couple of minutes change the body part they are allowed to use to bat the balloon with (i.e. feet, knee, head, shoulder, etc.).

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### Paper Plate Skating

**Materials Needed:** Two paper plates for each person  
Music (if available)

**Directions:**

1. Give your child two paper plates, one for each foot.
2. Turn on some music (if available) and skate around the room on your paper plate skates together.

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### Frozen Yarn Balls

**Materials Needed:** One yarn ball per child and music

**Directions:**

1. Give your child one beanbag.
2. Turn on music and move around balancing beanbags on your heads.
3. Stop the music and freeze. Each time you restart the music move with the beanbag on a different body part (arm, elbow, back, shoulder).
4. You can also dance with your beanbag or race around like a car and then freeze when the music stops.

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### Beach Ball Fun

**Materials Needed:** Two beach balls (two balloons or yarn balls will work if you don't have a beach ball)

**Directions:**

1. Bat the ball back and forth without allowing it to touch the ground.
2. Count each time you hit the ball (you can also recite the alphabet).
3. Do it again but don't use your hands to bat the ball (you can use any body part except your hands).

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### Box Bowling

**Materials Needed:** One ball , boxes or empty plastic bottles.

**Directions:**

1. Have your child stack the boxes in any desired way or arrange empty plastic bottles.
2. Let the children roll or throw the ball at the boxes/bottles to knock them over.

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### Active Simon Says

**Materials Needed:** None

**Directions:**

1. Chose one leader to be Simon
2. Have the group follow Simons commands below.
3. If Simon does not say “Simon says” before a command and someone performs the activity that person must jump up and down before returning to the game.
4. To make more difficult have Simon increase the speed of his commands

*Active Simon Says command ideas:*

Simon Says...do jumping jacks	Simon Says...jump on one foot
Simon Says...gallop like a horse	Simon Says...do big arm circles
Simon Says...hop like a bunny	Simon Says...fly like a bird
Simon Says...dance in place	Simon Says...run like a cheeta
Simon Says...kick forward and backward	Simon Says...skip around the room

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### Basketball

**Materials Needed:** Several balls (yarn balls) and laundry baskets or boxes

**Directions:**

1. Set out laundry baskets (or boxes) and different heights (i.e., on the floor, on a chair).
2. Give your child several balls.
3. Practice underhand tossing with your child and have them make baskets.

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### Obstacle Course

**Materials Needed:** Various size cardboard boxes (with open ends), hula hoops, tablecloths, sheets, small balls or hard boiled eggs.

**Directions:**

1. With the children’s help, design an obstacle course using the materials listed. You can drape tablecloths/sheets over chairs or tables to make a tunnel.
2. Have children move through the course by climbing, rolling, sliding, hopping, and using a body part (nose, foot, chin, etc) to move the ball or egg from one spot to another.

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### Chicken Dance

**Materials Needed:** Chicken Dance CD

**Directions:**

1. Practice each part with participants before turning on the music.  
“Cluck” – this is the first movement in the song. It requires the students to hold their elbows to their sides and open and close their hands, imitating a chicken’s beak.  
  
“Flapping the wings” – the second movement imitates a chicken flapping its wings. Students are to place their hands under their corresponding armpits and flap their arms.  
  
“Shaking the tail feathers” – this movement is like “the twist.” Students should twist and turn their posterior while crouching down in a low position.  
  
“The clap” – students clap their hands four times at the appropriate melody line.  
  
Class holds hands and walks around in a circle.
2. Repeat steps 1-6 until the end of the song.

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### Head, Shoulders, Knees, and Toes

**Materials Needed:** None

**Directions:**

1. Have everyone form a circle or stand next to his or her chair.
4. Sing the Head, Shoulders, Knees, and Toes song below and perform the actions as you sing them.  
“Head, Shoulders, Knees and Toes, Knees, and Toes  
Head, Shoulders, Knees and Toes, Knees, and Toes.  
Eyes and Ears and Mouth and Nose.  
Head, Shoulders, Knees, and Toes”
5. Repeat the song and actions with other body parts such as: ankles, hips, heart and nose or neck, elbows, hips and feet.

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### Animal Actions

**Materials Needed:** Book: Barnyard Dance by Sandra Boyton, large, brown paper grocery bags, scissors, markers

**Directions:**

1. Make your child's favorite animal mask (see instructions below).
2. Read Barnyard Dance and have your child move like the animals in the book. They can also make animal sounds.

**Instructions:**

1. Measure about 12" from the bottom of the bag.
2. Cut an oval the size of a child's face on one wide side of the bag.
3. Use markers to draw the animal's head (no face) with ears around the hole.

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### Sock Puppet and Dance

**Materials Needed:** socks and non-toxic permanent markers (adults only)

**Directions:**

1. Have children use the puppets they made (see instructions below) while singing and dancing to the song:

*Little Puppet  
Little puppet, little puppet,  
Go down and touch my toes.  
Then come up  
And land on my nose.  
Little puppet, little puppet,  
Go and find my knees.  
Now find my shoulders  
And pat them, please.  
Little puppet, little puppet,  
Fly over my head so high.  
Now take time  
To cover my eyes.  
Lastly, little puppet friend,  
I'll hold you on my chest.  
It's time now  
To take a little rest.*

**Instructions:**

1. Use permanent markers to draw faces on the socks.