"Olympic Hot Spot Challenge." Clear out some space and create "hot spot" stations with different activities for fun and variety. The idea is to get the children moving from one station to the next every 30-45 seconds. Here are some station ideas:

* Push-ups (against the wall, on their knees, or full push-ups).
* Sit-ups.
* Jump rope.
* Step-ups (either with a "step" or up and down the stairs).
* Circle jumps (small rings or hula hoops or tape marks).
* Jumping jacks.
* Squats.
* Balance on one leg.
* Ball toss (with a partner).

To make it more challenging, you can:

* Increase time at each hot spot: so 30, 45, 60 seconds.
* Increase number of times you do the complete hot spot circuit, so 2, 3, 4 or 5 times.
* Mixup the hot spots or doing them in a different order.
* Creating new hot spot activities of your own.
* Adding new hot spot props like soup can weights.

**Keep the Balloon Up**

Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?

**Skills developed:** volleying, striking

**Simon/Simone Says**

While the rules are simple, the options for movement are endless. Simon can have kids jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving their hands over their heads.

**Skills developed:** multiple depending on the leader’s actions (jumping, balancing, hopping, etc.)

**Hopscotch**

A favourite with kids of all ages, hopscotch is a game that can be played inside or out. Inside, use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks. Outside, use chalk to make a court and use rocks or the chalk itself as a marker. The [rules](https://activeforlife.com/content/uploads/2013/11/LP_Hop_3.3_hoop_hop_hopscotch.pdf) are simple and the game can be played alone or with friends.

**Skills developed:** hopping, throwing

**Fly a Kite**

Find a wide open space in a park, a beach, or a field, make or purchase a kite, pick a day which is breezy but not too windy, and head out to watch your child delight in running with their colourful toy.

**Skills developed:** running

**Ball Kicks**

Balls are a staple for so many games and activities. Using different types and sizes of balls, have your child see how far they can kick, or play goalie in front of a wall or fence and see if your child can kick the ball past you.

**Skills developed:** kicking

**Balance Beam**

Using an actual gymnastics beam isn’t the only way for a child to learn balance skills. Indoors, use painters tape to make a straight line on the floor. Encourage your child to walk forwards, backwards, and sideways. [link to tightrope activity] Outdoors, use a plank of wood, a rope, or make a line with chalk for the same activity. When your child masters a straight line, add semi-circles or zigzags to add a bit more of a challenge.

**Skills developed:** balancing

**Dance Party**

Indoors or outdoors, turn up the music, use lights or decorations for ambiance, and let your kids twist, macarena, floss, dance like their favourite animal, or freestyle their way to fun.

**Skills developed:** agility, balance, coordination

**Ride a Bike**

Whether it’s a tricycle, a balance bike, a bike with training wheels, or a two-wheeler, kids love to zoom around under their own steam.

**Skills developed:** balancing

**Freeze Tag**

If you’ve got a group of four or more kids looking for some fun, look no further than a good old game of freeze tag. Pick one child to be “it”, and have them chase the other kids around. When “it” touches a player, they must freeze (stand still) until another player “unfreezes” them by touching them. When “it” freezes all players, the game begins again with a new child as “it”.

**Skills developed:** agility, running

**Fill the Bucket Water Game**

Provide your child with a cup and two buckets (one smaller, one larger). Place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water. Have your child scoop water from the larger bucket and fill the smaller one. To make the game more challenging, put small holes in the cup or have your child dance as they move from bucket to bucket.

**Skills developed:** agility, balancing

**Paper Airplanes**

There are so many ways to make paper airplanes at home. Throw them inside or outside and see how high they can fly, how far they can fly, or if your child can throw them through an object such as a hula hoop.

**Skills developed:** throwing

**Bean Bag Toss**

Bean bags are an easy-to-grip and throw item for kids. Indoors or out, have kids throw them into targets such as laundry baskets or hula hoops.

**Skills developed:** throwing

**Egg and Spoon**

For this ultimate hand-eye coordination and balance game, give kids a spoon and have them balance a hard-boiled or plastic egg from one point to another either indoors or out. How quickly can they go? Can they dance as they move?

**Skills developed:** balance, coordination

**Kick Bowling**

Switch up regular bowling inside or outside by having your kids use different sizes of balls to kick down different objects such as empty bottles or rolls of paper towels.

**Skills developed:** kicking

**Climb a tree**

Pick a tree with low branches and let your child climb. Be close by for help but let your kids see how far they can get on their own.

**Skills developed:** balancing

**Bean Bag Balance**

Have your child balance a bean bag on their head and walk from one point to another without dropping it. As they master the walk, move the points further apart or make the course a bit more challenging by adding zig zags or circles, or objects around which they have to maneuver.

**Skills developed:** balancing

**Bubble Wrap Jump**

Bubble wrap is not just for packing fragile objects. Purchase a roll of wrap and on an inside day, have your child jump and pop to their heart’s content.

**Skills developed:** jumping, agility

**Helicopter**

Turn a jump rope around in a circle low to the ground while your child hops over it without touching it. Be prepared to be the jumper when your child wants to turn the rope too!

**Skills developed:** jumping, agility

**Obstacle Course**

Indoors or out, let your imagination run wild as you set up an obstacle course for your child. Have them crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc. etc.

**Skills developed:** agility, balance, coordination

**Hike**

Get into nature and encourage your kids to climb hills, jump over sticks, and balance on tree stumps.

**Skills developed:** agility, balance, coordination

**Neighborhood Search**

Prepare a list ahead of time of items to search for as you and your child leave the stroller at home and take a walk through your neighborhood. Can they spot a stop sign, a blue flower, something with a tail, something round, a fire hydrant, etc.? Check off the items on the list or use your phone to take pictures to review later.

**Skills developed:** agility, balance

**Jump in the Sprinkler**

Set up a sprinkler in your yard and have your kids jump through using animal movements or dance through (singing along may cause hilarious water in mouth incidents!)

**Skills developed:** agility, jumping, hopping

**Catch**

Kids learn to catch at different rates but working with them on the skill can begin with throwing them a balloon or a soft object such as a rolled up pair of socks or a light ball will be less intimidating than a heavy or small ball. Start by standing close to your child and as they master the catch, move further away.

**Skills developed:** catching

**Skating**

Find your kids proper skates and a helmet and head to your local rink either indoors or outside. Fresh air and perhaps hot chocolate afterwards will make any skating time a great time.

**Skills developed:** agility, balance, coordination

**Tee-Ball**

With a plastic tee-ball stand, bat, and balls, kids can practice their swing indoors or out. Batter up!

**Skills developed:** striking

**Long Jump**

Just how far can your child jump? Challenge them indoors by having them jump on lines made by painters tape on the floor or outdoors on grass or in the sand.

**Skills developed:** jumping

**Yoga**

Kids can learn all kinds of [yoga](https://activeforlife.com/yoga-is-great-for-kids/) movements at this age. Look for classes at your local community centre or yoga studio, or teach your children some movements such as a tree pose, downward dog, or sun salutation.

**Skills developed:** balancing

**Colour Run**

On a driveway, sidewalk, or in a park, colour four areas (draw circles or squares) with different colours of chalk. Call out a colour and have your child run to that coloured area. Continue to call out different colours in varying order.

**Skills developed:** running

**Beach Ball Blanket Toss**

Have two or four children hold the corners of a blanket (or towel). Throw a beach ball onto the blanket and listen to the kids giggle as they bounce the ball up and catch it.

**Skills developed:** throwing, catching

**Hide and Seek**

Kids can hide either themselves or objects such as their stuffed animals in this favourite game played by kids around the world.

**Skills developed:** agility

**Limbo**

How low can you go? A fun game indoors or out, use your imagination when it comes to using objects under which your child must go under without their hands touching the floor. Objects could include a pool noodle, a broom, or a rope.

**Skills developed:** balancing