

www.playpensports.com/playfromhome

Other Things You Might Need:

- Puzzle
- Sock Balls
- Pipe Cleaners
- Ball of Any Size (depending on age)
- Books (For Weight)
- Socks or Scarves

Get creative with manipulatives (toys and objects) used within rope course // relay and puzzle hunt activities.

- Figurine toys (people and/or animals), cars/vehicles, books, legos, stuffed animals, felt pieces, sock balls, mini erasers, shape sorter, collect things for a picnic and then have a picnic, marble tower pieces, etc.
- For younger ages, you can use a motivating toy at the end of the course. Each time they go through they get to engage with the toy.

GAMES & ACTIVITIES:

BASKET TOSS

- Depending on how many baskets you have you can set this one up a number of different ways. Whether in a line, a shape or randomly spread out, use the baskets, buckets, or even pots as targets with rolled up socks as balls.

PUSH RELAY

- Use the laundry basket for a variety of push relays
- Get creative with this! You can use the basket to push around a variety of objects for a variety of challenges. In this video, we used a puzzle and a variety of pushing techniques for our relay.
- Add books to the basket for extra weight or push each other around for added fun!

PULL RELAY

- **For pull relay's, attach a rope or other form of bungee/leash to the laundry basket.**
- **Again, add weight for an increased challenge and/or switch up your positioning for pulling.**
- **If you have more than one rope, attach them together for a longer distance to pull**
- **How fast can you pull the basket? How much can you pull? Can you pull more than your sibling?**

ROPE COURSE

- **Use the rope as part of an obstacle course to walk forward, side-step, or walk backwards over. Use it as a guide for jumping across or moving over it with different animal walks.**

TUG-OF-WAR

- **This is a classic game that we love and so do the kids!**
- **Increase the challenge by moving to your knees or standing on a pillow/pillow cushion**

ROPE RESCUE

- **Tie the rope securely around the doorknob. With the child laying on their back, they will climb the rope using their hands to rescue whatever is waiting for them at the top (held by the parent or caregiver). In this example we used a puzzle piece, but anything will do!**

TURTLE SHELL

- **Use the basket as a turtle shell over the child's back. The challenge here, don't let it fall off! Set up a play scene for them to collect their food or move from one place to another as a relay challenge.**

SAVE THE SNAKES

- Depending on the materials you have around your home, gather long socks and scarves (works best with thin scarves) to fill the holes of the basket. This activity can have many variations.
- Change the placement of the basket by placing it up high (make sure it's weight down if you choose this option) to work on shoulder/arm strengthening. With the child in standing or on tall knees, pull the scarves with one arm while using their helper hand to hold the basket up. With a parent's help to hold the basket, the child can pull the scarves using both hands together.
- With the basket on the floor and the child laying on their belly, the child goes into a "superman" position to get the "snakes" or can rest on their forearms to use one hand at a time.
- Laying on their back with the basket at their head. The child can pull the "snakes" out and put them into their home by completing a sit-up. Move the placement of the "home" to work on different core muscles.
- Bonus! If you use this method with socks, work on matching at the end by putting the like socks back together.

PIPE CLEANER PLAY

- Using the laundry basket, either you or your child, attaches several pipe cleaners to the outside of the basket. Use one side or place them around all the edges.
- Depending on their age, they may just enjoy putting them on and taking them off.
- Increase the challenge by creating a visual key for them to match a color sequence.
- Practice wrapping the pipe cleaners around a pencil or marker once they've obtained the correct color to encourage an increased fine motor challenge.

PUZZLE HUNT

- For set-up of the activity, gather a few pairs of long socks. Hide the puzzle pieces inside of the socks (or whatever you would like them to hunt for) and place the socks inside of the laundry basket holes.
- Tie a loose knot at the end of the sock for added resistance when pulling out of the basket and for extra fine motor work.
- Place the basket on an elevated surface (with weight in it to keep it up, or have an adult hold the basket) for reaching and pulling.
- Give verbal descriptor clues for which sock you want them to get first (i.e. get the pink socks with stripes).
- Add this activity into an obstacle course

CALMING SPACE

- Fill the basket with one or two soft pillows depending on the size of the child, create a small cozy space for reading or watching TV

Safety Disclaimer: All activities or games should be performed in the presence of a responsible adult while taking proper safety precautions to protect anyone from getting injured. These activities are meant to serve only as ideas for adults to build off of. These games are not meant for all ages. Please use responsible judgment in which games can be played for younger age groups. Playpen Sports Academy is not responsible for any injury, misuse or irresponsible use of household objects. Please make sure to be responsible and keep safety as your number one priority.

STAY TUNED FOR WEEK THREE

**DON'T FORGET TO FOLLOW ALONG ON INSTAGRAM
AND SHARE YOUR VIDEOS OF THESE ACTIVITIES
FOR A CHANCE TO WIN A FREE SEASON
AND OTHER PRIZES!**

**MAKE SURE TO USE THE HASHTAG
#PSAPlayFromHome AND TAG @PlaypenSports
FOR A CHANCE TO WIN**