

[www.playpensports.com/playfromhome](http://www.playpensports.com/playfromhome)

### OTHER THINGS YOU MIGHT NEED:

- Puzzle
- Rigid Ball
- Dry Erase Marker
- Dice
- Balloons
- String
- Paper

Get creative by adding in different elements and ideas as to how you can challenge your children!

- Use your imagination to put your own twist on these activities. We love to hear and see different ways these games can be adapted.
- 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:

#### TAPE ROLLER

- Tape a number of simple shapes, letters or numbers on the wall
- Can the child trace the shapes using a ball with one hand?
- Work on shape identification by calling out a shape and having the child throw a ball at it.
- Increase the challenge by giving them a sequence to throw at.

# OBSTACLE COURSE

- Use painters tape to mark out an obstacle course on your floor and over/under your furniture.
- Mark off different jumping patterns- 2 feet together forwards, side-ways, 1 foot, hopscotch pattern, ski-jumps, etc.
- Create different lines to balance across. Mark an "X" at different stops on the line. When the child gets to an "X" give them a challenge to do (5 jumpings jacks, 5 criss-cross knee taps, etc.)
- Place the tape under the table to promote crawling on hands/knees or army crawling
- Place the tape over furniture for an added motor challenge

# LETTER HOP

- Place a different letter in each grid space. The parent can call out or print a letter sequence onto a piece of paper and the child jumps in that sequence.

# ARROW BOUNCE

- Floor: place a different arrow direction in each grid space. Can the child jump in the given arrow sequence?
- Using a sequence on a piece of paper in front of them at eye level, can they jump to copy the sequence?
- Wall: Place arrow sequence into the grid on the wall.
- Child can throw the ball at a given sequence written out on a piece of paper by the parents. They might enjoy making a challenge for you as well!
- For an added challenge, can the child spell a word one letter at a time while throwing the ball at the arrow sequence.

# TAPE IS LAVA

- Place a tape all over the floor in no specific direction, creating a web like image on the floor with tape
- Can the child move various objects from one side to the other without stepping on the tape
- Increase the challenge by taping balloons hanging from the ceiling as an added obstacle to get around or use soft "lava balls" to throw towards them to dodge as they pass.

# TAPE PUZZLE CHALLENGE

- The parent will set-up the activity by placing a number of pieces of medium length tape crossing over each other in different directions.
- The child will then have to figure out which piece of tape is on the top in order to pull it off.
- Choose the wrong piece and they will be unable to pull it all the way down, getting blocked by the other pieces.
- See how fast the child can pull the tape off of the wall in the reverse order that they were put on.

# ISPY// NUMBERS ADDITION

- Start by cutting pieces of paper and writing numbers 1-12 on them. Tape them down in no specific order onto the floor.  
  
Roll the dice two times to determine the math problem (i.e.  $1+2=$ ). The child should then find the answer to the problem on the floor and go jump on it.
- You can also do this with letters and have the kids jump to letters to spell words
- Work on letter or number identification: The parent will call out a number or letter and the child needs to find it.

# TIC-TAC-TOE

- Mark a tic-tac-toe grid onto the window with tape and play away!

# CONNECT THE DOTS

- Parents should set up the activity by cutting small pieces of tape (have child assist for extra fine motor work) and putting them up onto the window.
- Parents should then print 1 letter on each piece of tape (or number if that's what you choose).
- Have the child use a marker to connect the dots in the number or letter sequence.

# BOX CHALLENGE

- Set up the activity by cutting small pieces of tape and placing them onto the windows in equal rows and columns. Start out with a small grid for beginners and create a bigger grid as you go.
- Take turns with a partner connecting dots to make a line. Eventually boxes will begin to form.
- The object of the game is to close as many boxes as possible. Once you close a box, place your initials or your own special symbol in the middle.
- Who can close the most boxes?

**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 FOUR**

**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**