



**Today's activity is based on being active & having fun!**

Congratulations on getting this far on the Get Set Home Challenge. Only one more task left!

**Your task:**

From the list below take part in as many games as you can! Encourage everyone in your house to join in together!

**Follow the leader**

- Let an adult pick who is going to be the leader first
- The leader stands at the front and everyone stands behind in a line
- The leader starts moving and doing an action – this could be moving from side to side, up and down etc
- Everyone in the line has to copy the leader
- Let everyone have a go at being the leader

**Pass the dance**

- Everyone stands in a circle
- The first person does a dance or a move
- The person next to them copies their move then adds their own
- This keeps going around the circle until someone forgets the moves

**Musical Statues**

- Ask an adult to be in charge of the music for the first game – you can switch who is in charge throughout the game
- Play the music and when it stops, stay as still as you can!
- If the adult spots you moving, you must do 10 star jumps and then join back in

### **Simon Says**

- The adult will start as the leader
- The leader will say `Simon Says...`
- Examples could be `Simon Says touch your toes` everyone must follow the instructions but only when the leader says `Simon says`
- If the leader does not say `Simon says`, don't follow the instruction!

### **Duck, duck, goose**

- Everyone sits in a circle
- One person goes around the outside of the circle and says duck every time they tap someone on the head. When they say goose and tap you on the head, the person sitting down must stand up and chase the other person around the circle
- You must try get back to your seat before the other person catches you!

### **Animal Race**

- Think of as many animals as you can and think about how they move e.g. Lions run, penguins waddle and bunnys hop
- You must decide on the animal and then have a race moving like that animal

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