

SUPER TROOPERS

with

laya
healthcare

Fun Indoor Activities

On those rainy days in school it can be challenging to find the space indoors to get active, so here are some fun indoor activities from Super Troopers with Laya Healthcare to help get your pupils re-energised!

› Dance It Out

Ask your pupils in groups to create a dance to one of the songs on the Super Troopers playlist (<https://open.spotify.com/collection/playlists>). When they're ready, ask them to teach the routine to their classmates.

- ### › The Letters Game
- Ask a pupil to name a sport. Then the next pupil has to think of another sport beginning with the last letter of the sport named previously and so on. For example, if the first pupil says basketball, the second person must name a sport beginning with L, like long jump.

- ### › Create your own Game
- Ask your pupils in teams to create their own 'rainy day game'. Ask older pupils to think about rules, setting up and equipment needed. Then you'll have a whole new set of games to play for the next rainy day!

› Moonwalk Obstacle Course

Using safe and appropriate materials, create a simple obstacle course where pupils have to move about the course as if they were on the moon.

- ### › The Orchestra
- Assign groups of pupils a physical movement (e.g. jumping jacks, swimming arms). Then, like a conductor, the teacher points to a group to do their movement. The teacher can also 'conduct' the whole class (the orchestra) to move at the same time. Pupils can also take turns being the conductor. Turn on some music to make this activity even more fun!



SUPER TROOPERS

with

laya
healthcare

Fun Indoor Activities

- › **Challenge Jar** - Ask your pupils to do the following: Using a pen and paper, list (or draw) a couple of exercises you enjoy doing. For example, jumping jacks, press-ups, running on the spot, balancing on one leg, skipping etc. Add all of the suggestions to a jar. Then pupils can take turns picking out a piece of paper from the jar and the whole class can have fun doing the activity.
- › **Have a Quiz** - Hold a quiz with categories that promote healthy eating, exercise and the benefits of living healthy. The prize for the winners could be to choose a game for the next PE class.
- › **Charades** - Ask the class to write the name of an object or animal on a piece of paper. Then pupils can take turns picking out a piece of paper and acting out the animal or object listed for the rest of the class to identify.

Now you're ready to have fun getting active indoors!

