



Covid-19  
**GAMES  
MANUAL**

# Head, Shoulders, Knees and... Squat!?

## Objective

Try and get as far into the workout pattern that you can remember!

## How To Play

You or a partner comes up with a long exercise pattern like the one below. This pattern can include any exercise you want, or can be modified to include yoga positions, parts of the body, dance moves, etc.

You or a partner comes up with a long exercise pattern like the one below. This pattern can include any exercise you want, or can be modified to include yoga positions, parts of the body, dance moves, etc.

Example: squat, lunge, toe touch, jump, squat, spin 360, jump, lunge, burpee, toe touch, squat.

After reading the pattern, try to repeat it, by adding one movement/ exercise at a time:

- 1: squat
- 2: squat, lunge
- 3: squat, lunge, toe touch,
- 4: squat, lunge, toe touch, jump
- 5: squat, lunge, toe touch, jump, etc....

# Ready Set GO!

## Objective

Try to touch all the colors or items as fast as you can.

## How To Play

Put six to ten different items in a large circle (try to have each item a different color, or take a piece of paper, cut it into pieces, and make each piece a different color). Then come up with a random color pattern (ex. Red, blue, green, red, yellow, purple, white, pink). Try and time yourself to touch each item in the order of the pattern that you created. Time yourself and see how fast you can finish the pattern. Challenge your family to beat your score, or try to complete the pattern while crawling on all fours or only facing one direction!



# Left/ Right–Reverse!

## Objective

Try and catch the object being thrown with the correct hand.

## How To Play

For this game you will need a small ball, or some sort of object you can catch with one hand (eg: socks, paper ball). With a partner, start off 2m away from each other and have one person be the thrower, and one person be the catcher. The thrower will toss the ball towards the catcher and immediately call out which hand the catcher has to grab it with. Once the catcher is familiar with the game, the thrower can shout 'REVERSE', now when they say 'left', the catcher must use their right hand, and when they say 'right' the catcher must use their left! To make this game more challenging, the thrower can stand closer to the catcher, to give them less time to react! Switch roles when you drop the ball to see who gets the highest score!



Left



Right

# The Floor is lava!

## Objective

For this game, the goal is to get from one side of the room, house or yard to the other, without touching the ground at all!

## How To Play

Using household items, create a path from one side of the area to the other. You can use things like furniture, clothes, shoes, paper, cardboard, etc. Try and design your course to be creative and tricky. If any part of your body touches the ground then you have to start over from the beginning. Try and design different courses, then challenge your family to complete the course too!



# Ballon War

## Objective

The purpose of this game is to knock the balloon in a direction so that the other player can't get to it before it hits the ground.

## How To Play

This game requires two players, one balloon, and a little bit of open space. To play this game, one player hits the balloon with their hand in any direction (the balloon must be hit above the waist!). The other player then has to hit the balloon in any direction (also above the waist). If a player hits the balloon below the waist, or if the balloon hits the ground on their turn then the other player wins. \*This game can also be changed to a one person activity, where the player must be sitting down and can use any part of their body to keep the balloon off of the ground– the only rule is that you cannot use the same body part twice in a row (ex. can't use left hand then right hand)\*