

A collection of sports equipment is arranged on a green grass field with a yellow stripe. From left to right: a white and black soccer ball with 'BRINNE' branding, a yellow softball, a brown basketball, a brown football with 'FORCE' branding, a white volleyball with 'TACH' branding, and a tennis racket with a black frame and orange accents. A light blue rectangular box is overlaid on the center of the image, containing the main title text.

Outdoor games you can do in a pandemic

Lizzy Hunt

Introduction

During a pandemic you may not be able to play sports with a team but there are many actives that you can play at home with your family. There are so many different games other than the ones you know, like soccer, football, baseball, and basketball. I have added some games to these slides that younger kids will like.



Four Square #44

For Four Square you need to make one big square and four different squares inside the bigger square. You can make it out of blue tape or chalk. You will need to label them 1-4; you need 4+ players one in each square. I have two videos down below that will help you play.

Rules and how to play:

<https://www.youtube.com/watch?v=3snA-57CiX8>

https://www.youtube.com/watch?v=L_mR8yb2StA



Chinese Jump Rope #34

How to play:

All you need is some rope that should be around 16 feet or you can buy one on Amazon. You need either 3 people or 1 person and 2 chairs. The rope should be at the ankle of the two people and then the one person will jump. The different ways you can do it are on the two Youtube videos down below.

Here are some patterns that you can learn to make it fun:

<https://www.youtube.com/watch?v=kL5EpNad9Jc>

https://www.youtube.com/watch?v=idrr_a3Esel



Games For Younger Kids

- Watch the clouds. You can see which shapes they make.
- Roll down a hill.
- Splash in mud puddles.
- Jump rope.
- Hopscotch
- Hide and Seek
- Simon Says
- Blow Bubbles.
- Hula hoop
- Play with chalk.
- Do a Scavenger Hunt.



Skateboarding

A person wearing a white t-shirt and light blue jeans is captured in the middle of a skateboard trick on a paved sidewalk. The person is leaning forward, with their feet on the skateboard. The background is slightly blurred, showing a wall with graffiti and a building.

Skateboarding is a great way to be able to play a sport. You can learn new tricks like an Ollie, where you take the back of the board and kick it up and then your foot glides up the board.

I found this Youtube video on 5 easiest skateboard tricks:

https://www.youtube.com/watch?v=MFvkDE_uYq8

<https://www.youtube.com/watch?v=hc2kh9pQq9M>

How to do a Ollie:

<https://www.youtube.com/watch?v=QkeOAcj8Y5k>

Wall Ball

I play wall ball with my brothers and it is a really fun game. All you need is a wall and you can use any kind of ball. You just throw the ball at the wall and when it bounces off you have to be the one to catch it. Then you get to throw the ball. If you want it to be harder use a tennis ball. It helps with your hand eye coordination.

Here is a video on the rules and some fun ways to play:

https://www.youtube.com/watch?v=nIb_KqJAhi



Obstacle Course

Obstacle courses are fun for everyone. You could use pool noodles, scrap lumber, tunnels, stumps, any kind of ball, jump ropes, water bottles, hula hoops, an egg on a spoon to balance, and you could time yourself. With the Covid-19 guidelines kids are not playing outside with friends. They have classes so they only get about 10 min between the class time to get some fresh air and let some energy out. Outside activities help kids ease anxiety and stress.



More Resources

<https://www.exploratorium.edu/skateboarding/largeglossary.html>

<https://activeforlife.com/diy-obstacle-course/>

<https://www.familyfuntwincities.com/outdoor-games-for-kids/>