

ACTIVE PLAY EVERY DAY



ACTIVE HOMEWORK WEEK 2 HACKY SACK

Choose some of these activities to play on your own, with your family or friends OR make up your own active games. Remember the most important thing is that you enjoy active play for 60 minutes every day.



GOAL!

Place 3 hoola hoops or targets (anything you can think of) out in different areas. Step right back to where you can throw 3 hacky sacks. Aim to get the hacky sacks as close as you can to the item. Once you have thrown the third hacky sack, run out as quick as you can and collect all the hacky sacks. Time yourself doing this and see how fast you can get back with all the hacky sack

TOO HARD? TRY THIS

Stand closer to the hoops.

TOO EASY? TRY THIS

Try 5 hacky sacks instead of 3. Also add cones into the target area that cannot be hit by the sacks.

WITH OTHERS

Take turns with a partner where one holds up the hoop and the other throws the hacky sack through it. Increase your distance apart each time.



SHARPSHOOTER

Place some bowling pins (or old milk cartons) about 10m away. The aim of the game is to throw the hacky sack underarm to try and knock over as many pins as possible. Once all the pins are down, pick them back up and start again.

TOO HARD? TRY THIS

Take two steps closer to the pins and try again.

TOO EASY? TRY THIS

Increase the distance that you have to throw, or stand away from the targets at different angles.

WITH OTHERS

Take turns in pairs or more to knock down the pins and keep your scores.



SPECIAL DELIVERY

Place the hacky sack on the back of your neck and bend your upper body at your hips so that the top of your body is parallel to the ground. Relay back and forward 20m as fast as you can.

TOO HARD? TRY THIS

Walk slowly using the same technique.

TOO EASY? TRY THIS

Either close your eyes and try to complete the course or try to hop on one foot without letting the hacky sack fall off.

WITH OTHERS

Have relay races balancing the hacky sack on your neck or head.