

INDOOR LAUNDRY HAMPER HOCKEY

ELECT #5.1 Gross Motor: Increasing accuracy, control, speed & coordination

As always, remember to make some room /space for this indoor game.

It's a fun & easy activity for kids & adults alike, & a great way to burn off some extra energy while at home.

Materials:

- 2 laundry baskets/bins/hampers
- 2 fly swatters or you make your own with rulers/paper plates...
- shortened pool noodles...whatever you have that's handy & light.
- 1 balloon (filled only halfway) This makes it easier to control.

Instructions:

1. Set up the baskets/bins/hampers facing across the room from each other in the cleared space on the carpet/floor.
2. Tilt them on their long side; they're now your goal nets.
3. Make your teams...you will need 1 fly swatter/paper plate/pool noodle, per player
4. Place your balloon between the 2 teams & between the 2 nets, set up some rules.
5. The aim of the game is to score by swatting the balloon into the opponent's net using your fly swatter ONLY!
6. You could use a timer for 15-minute periods, whoever has the most goals after that time wins.
7. Set your period times...maybe only 5 minutes per period. Whatever suits your schedule...
8. Change up players during the game.
9. Make up some crazy rules...only play with one hand...other hand must be held behind your back...etc.
10. Remember ALL rules must be agreed on before you start the game. That makes for fair play!

Now go ENJOY!!! Send us a pic or two to show us what you used as hockey sticks...your game set up...even your rules...we'd love to see what you came up with!!

