

# 100 RECREATIONAL ACTIVITIES

## ALL IN WITH VIDEO





## IMPORTANT

### THIS MATERIAL IS COPYRIGHTED BY ITS CREATOR

Therefore, any and all disclosure, distribution, plagiarism or illicit sale, as



soon as it is discovered via digital tracking, the person responsible will be penalized under the civil and criminal code for his criminal act!

This material was designed to help you have a better use and development in your classes, with activities ready and also amenable to adaptations according to the age group and objectives of the class.

All the activities exposed here are only suggestions for you to apply in your classes, it should be noted that many of them are not our own, we only gather them here for you. Thus, **we are not responsible** for any planning error or even in the applications of the same. As has been quoted, these are just suggestions. So, it is up to you, as a professional, to choose and apply the activities according to your reality and your planning.

If you find any error in the approach, any content that you think is undue and should not be composing this content, typo or any other matter about this material, please contact us through the email address [edfvida@gmail.com](mailto:edfvida@gmail.com).

I hope that our material enhances your knowledge, as well as being useful to your planning and that you make good use of it. Well, there are several activities, of different contents and gave muitooooo work!

Att. Organizers!



## SUMMARY

1.	<i>COORDINATING CARPET</i> .....	6
2.	<i>PULEEE</i> .....	6
3.	<i>PUTTING IN THE BASKET</i> .....	6
4.	<i>BALANCING THE BATON</i> .....	7
5.	<i>COVER AND DISCOVER</i> .....	7
6.	<i>CONE HANDLE</i> .....	7
7.	<i>BALANCING THE BALL</i> .....	8
8.	<i>SUSHIBALL IN GROUP</i> .....	8
9.	<i>GET THE BALL</i> .....	9
10.	<i>BALANCE ON THE BAT</i> .....	9
11.	<i>WAR</i> .....	9
12.	<i>HOW FAR DOES IT GO?</i> .....	10
13.	<i>FILL YOUR BASKET</i> .....	10
14.	<i>CHARGE THE CUP</i> .....	11
15.	<i>BACK IN FRIENDS</i> .....	11
16.	<i>MOUNT YOUR TOWER</i> .....	11
17.	<i>HULA HOOP TO THE TARGET</i> .....	12
18.	<i>BALL AND BAT</i> .....	12
19.	<i>HIT THE TARGET</i> .....	13
20.	<i>FUN JUMP</i> .....	13
21.	<i>AFRICAN AMARETCH</i> .....	14
22.	<i>PASSING THROUGH THE HULA HOOP TIGHTROPE</i> .....	14
23.	<i>FOUR SQUARE</i> .....	14
24.	<i>SQUAT AND PASS</i> .....	15
25.	<i>CAT AND MOUSE</i> .....	15
26.	<i>PASSING THE SHIRT</i> .....	16
27.	<i>PASSING THE HULA HOOP</i> .....	16
28.	<i>PULL-PULL</i> .....	17
29.	<i>ANIMAL PRANK</i> .....	17
30.	<i>CRAB</i> .....	17
31.	<i>KNOCK IN</i> .....	18
32.	<i>HANDHOCKEY</i> .....	18
33.	<i>IMITATING PAPER</i> .....	18
34.	<i>ASSOPRA, ASSOPRA</i> .....	19
35.	<i>JUMP IN AND FINISH</i> .....	19
36.	<i>DYNAMIC FERRIS WHEEL</i> .....	19



37.	<i>FUNCTIONAL CUP TOWER</i> .....	20
38.	<i>CUP CHALLENGE</i> .....	20
39.	<i>PASS THE BALL</i> .....	20
40.	<i>PUSH-PUSH</i> .....	21
41.	<i>CUPS ON THE LINE</i> .....	21
42.	<i>MOUNT AND TEAR DOWN</i> .....	21
43.	<i>PULL-PULL (VARIATION)</i> .....	22
44.	<i>BLOWS SLOWLY/HARD</i> .....	22
45.	<i>PATIENCE</i> .....	22
46.	<i>BALL AND BALLOON</i> .....	23
47.	<i>HIT WITH THE BAG</i> .....	23
48.	<i>FRIENDSHIP TUNNEL</i> .....	23
49.	<i>COLORFUL PATH</i> .....	24
50.	<i>KNOCK-KNOCK</i> .....	24
51.	<i>BUILD YOUR MURAL</i> .....	25
52.	<i>ARRIVING AT THE DESTINATION</i> .....	25
53.	<i>VOLLEYBALL</i> .....	25
54.	<i>MINEFIELD</i> .....	26
55.	<i>GAME OF THE OLD WOMAN WITH CUPS (GROUP)</i> .....	26
56.	<i>SACI PERÊRÊ</i> .....	26
57.	<i>CRAZY PENDULUM</i> .....	27
58.	<i>PYRAMID</i> .....	27
59.	<i>BAT-BATE</i> .....	27
60.	<i>BALL WITH FEET</i> .....	28
61.	<i>PUT THE BALL IN</i> .....	28
62.	<i>BALLS IN THE BOW</i> .....	28
63.	<i>PASSING THROUGH THE TUNNEL</i> .....	29
64.	<i>PATH OF THE BALLS</i> .....	29
65.	<i>GEOMETRIC PATH</i> .....	30
66.	<i>SNAIL 2</i> .....	30
67.	<i>CONE RACE</i> .....	30
68.	<i>GAME OF THE OLD WOMAN WITH OBSTACLES</i> .....	31
69.	<i>DEAD ADAPTED</i> .....	31
70.	<i>PASSING THE BALL</i> .....	31
71.	<i>GOING THROUGH THE DISC</i> .....	32
72.	<i>STROLLING THROUGH THE SNAIL</i> .....	32
73.	<i>NOODLE HANDLE</i> .....	32



74.	<i>FOLLOW THE SEQUENCE</i> .....	33
75.	<i>LATERALITY</i> .....	33
76.	<i>AROUND THE WORLD</i> .....	33
77.	<i>FOLLOW THE LEADER</i> .....	34
78.	<i>BASKETBALL WITH OBSTACLES</i> .....	34
79.	<i>FUNCTIONAL DATA</i> .....	34
80.	<i>SPRINT</i> .....	35
81.	<i>HULA HOOP TO THE TARGET</i> .....	35
82.	<i>BOTTLE RELAY</i> .....	35
83.	<i>DANCE OF THE ZIG-ZAG CHAIRS</i> .....	36
84.	<i>BALL COMES AND GOES</i> .....	36
85.	<i>BURST-BURST</i> .....	36
86.	<i>BALANCED PATH</i> .....	37
87.	<i>TRAINING DRIBBLE AND AGILITY</i> .....	37
88.	<i>DYNAMICS</i> .....	37
89.	<i>COOPERATIVE HULA Hoop</i> .....	38
90.	<i>360° CHALLENGE</i> .....	38
91.	<i>BUTTER BAR</i> .....	38
92.	<i>DIFFERENT RACE</i> .....	39
93.	<i>GOING THROUGH THE BATON</i> .....	39
94.	<i>NO LAUGH</i> .....	40
95.	<i>LOAD ALL</i> .....	40
96.	<i>BALL CHALLENGE</i> .....	40
97.	<i>ADAPTED RUBIK'S CUBE</i> .....	41
98.	<i>IN RHYTHM</i> .....	41
99.	<i>ATTENTION AND SPEED</i> .....	41
100.	<i>BALANCING THE BATON</i> .....	42



## 1. COORDINATING CARPET



For this activity you will need A4 sheets with drawings of the pairs of hands, you will place them in a sequence in which there will always be a hand or a foot left. (SUITABLE FOR ALL AGES)

VIDEO **ACTIVITY:** <https://youtu.be/8QSFP9a-pKw>

## 2. PULEEE

This can be a warm-up activity. You will need a mat or a rope. Students arranged in a circle, maximum 4 and 1 in the center. The person who stays in the center, will also have the mat/rope. Then it starts to rotate the mat/rope and the others can't get off the wheel and can't be touched by the mat, so they have to jump or lower. (SUITABLE FOR ALMOST ALL AGES)



VIDEO

**ACTIVITY:**

<https://youtube.com/shorts/f8I5umYtRXQ?feature=share>

## 3. PUTTING IN THE BASKET



Participants in trio. Here, you will need a basket, a cloth and some balls. Two students sitting in low chairs facing each other and holding the cloth, the third student will be sitting in a higher place, throwing the balls on the bano and kicking them so that they fall into the basket that will be facing him. (SERVES FOR ALMOST ALL AGES)

VIDEO [ACTIVITY: https://youtu.be/uNocP83BIQQ](https://youtu.be/uNocP83BIQQ)

#### **4. BALANCING THE BATON**

All in pairs, having a stick for each pair; At the teacher's signal, the pair will have to carry the baton to a certain point and return, using only one of the feet of each of the participants. (SUITABLE FOR ALL AGES)



VIDEO [ACTIVITY: https://youtu.be/GB1WbPwg3iQ](https://youtu.be/GB1WbPwg3iQ)

#### **5. COVER AND DISCOVER**

A circuit you will need Chinese cones and hats and polka dots. Here the students are divided into teams and each team is arranged in a row. At the teacher's whistle, a student comes out of each team where they will go through the circuit taking the balls that will be on top of the Chinese hats and placing it under the cone. At the end, he runs, hits the hand of the next in line, who in turn will make the same course. Only this time, he will take the balls out from under the cone and place them on top of the Chinese hats. (SUITABLE FOR ALL AGES)



VIDEO [ACTIVITY: https://youtu.be/OGZBclES4Po](https://youtu.be/OGZBclES4Po)

#### **6. CONE HANDLE**

Students in pairs, one from coast to coast and a cone between them. The participants are constantly tapping their feet and



when the teacher gives the signal, they must turn around and pick up the cone. Whoever can catch it first, wins. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtube.com/shorts/o0QvMI59NGo>

### **7. BALANCING THE BALL**

Participants in pairs, each with a hula hoop (bow) and a ball on top. The duo must complete a course without dropping the ball. Cooperative work and coordination. (SUITABLE FOR ALL AGES)



**VIDEO**

**ACTIVITY:**

[https://youtube.com/shorts/2wbSX7k\\_cus?feature=share](https://youtube.com/shorts/2wbSX7k_cus?feature=share)

### **8. SUSHIBALL IN GROUP**

Form pairs with all students; each pair will have 2 sticks; all pairs side by side should have the objective of transporting X number of balls to a place determined by the teacher, and all should pass each ball from one stick to the other without dropping to the ground. Note. Different sizes of balls can be used... (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/xFpWFdZYq5A>



## 9. GET THE BALL



Students in pairs. A few balls will be placed on top of some cones and colored pieces next to each one. The mediator will take a few pieces of the same colors behind him and play to the side, one at a time. The participants, in turn, must take the ball of the color of the material that the mediator threw to the side. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** [https://youtu.be/cbhtag3L\\_T0](https://youtu.be/cbhtag3L_T0)

## 10. BALANCE ON THE BAT

For this activity will be required sticks (each participant will get 2). The participant must place his hand on the top of the stick, release it and quickly pick up the middle then release it and pick it up. After that, he does this same process only from the bottom up. See the position of the arms in the image on the side.

(SUITABLE FOR ALMOST ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/yig1rV6M2cQ>

## 11. WAR

The mediator separates the class into two teams and divides the space into two (one side for each team), equal amounts of roles are distributed to each team. At the signal of the mediator, the students begin to play the roles to the opponent's side. The mediator, will be controlling the time, at

the end of the period established by the mediator, they will count the side that has less role, which will be the winner. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/VfgOW0RbaL8>

## **12. HOW FAR DOES IT GO?**

For this activity you will need candles and some prizes/pranks. You will place the lit candles on top of a table or even on the floor, they should be straight at a legal distance (as if it were a line) next to each candle you place prizes and or pranks. Then it goes one person at a time to blow and it wins the prize or prank of the last candle it can extinguish with a puff. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/28dnkjY1Puo>

## **13. FILL YOUR BASKET**

This activity can be performed in pairs, trios... It's a competitive activity. Inside a hula hoop positioned on the ground are placed balls (equal numbers for each participant). The participant sits in front of the hula hoop with balls with a basket next to it.



The game starts with the participants holding a bladder, they will throw that bladder up and while it is in the air, they must pick up the balls inside the hula hoop and put it inside the basket. The winner is whoever manages to put all the balls inside the basket first or who puts more balls in the time determined by the mediator. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/QXtnaCQDpaM>

#### **14. CHARGE THE CUP**

For this activity will be needed a container, bladders and cups (can be those disposable). The cups are placed on top of a table with the opening up, the participant must carry the cups from one place to the other using a bladder. In the end, the team (or person) who carries the most glasses at a time determined by the teacher will win. (SUITABLE FOR ALL AGES)

**VIDEO**

**ACTIVITY:**

<https://youtube.com/shorts/ipFTq1loHjs?feature=share>

#### **15. BACK IN FRIENDS**

Two teams play, arranged in rows with the participants standing, with their legs spread. Teams must stand on each other, with the cone in the



center of the court. At the signal of the mediator, the first of each line must run, take a turn (passing the opposing team), and pass under the legs of the participants of his team and try to catch the cone that will be in the middle of the court. Whoever catches wins. It's important that everyone on the team plays. (SUITABLE FOR ALMOST ALL AGES)

**VIDEO ACTIVITY:** <https://youtube.com/shorts/kdLyxxn5BX4>

#### **16. MOUNT YOUR TOWER**

Dual activity, where three cones will be positioned in front of each participant (they will be standing, facing each other). It will take 7 balls and

6 cones, there will be 1 ball on top of each cone and 1 for the participants to play between them. The game begins with one participant throwing the ball to the other and while the ball will be in the air, he must take out one of the balls that will be on top of one of his cones and the other participant, when the ball reaches him, will throw the ball back and do the same thing. When they take the 3 balls from the top of the cones, they will have to put it back on and do it in the same way, that is, throwing the ball to the other participant. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://www.youtube.com/shorts/V9szVk0dBxg>

### **17. HULA HOOP TO THE TARGET**

Participants positioned in two columns with equal numbers of participants, where each participant will stand at a distance  $x$  from the person in front, another participant will aim to throw the bow at the person behind him. The team that passes all the hula hoops through all the participants first, wins.

**VIDEO ACTIVITY:** <https://youtu.be/yadTaWcKpmo>

### **18. BALL AND BAT**

Competitive activity. You can divide the class into two or more groups, it depends on the amount of students and materials (here you will need 2 sticks and 1 ball for each group). Each student will have to drive a good one to a certain location (round trip) with two sticks, a cool idea is



you vary the sizes of the balls. The team that finishes first, wins. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** [https://youtu.be/\\_GgHt6rTh0](https://youtu.be/_GgHt6rTh0)

### **19. HIT THE TARGET**



Some rolls of toilet paper will be needed (but you can adapt and use other materials, for example cut pet bottle or even Chinese hat), they will be placed together on a table and the participant will try to hit the hole with a ball (which can be ping pong or even roll on deodorant). (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/VeDMRjY2Yxo>

### **20. FUN JUMP**

Arrange the bows/hula hoops arranged in a row; in each arch the teacher must divide into two spaces, using a rope, scratching with chalk or demarcating with adhesive tape; This demarcation is always directed in a different direction from each other. Then the child will jump within each arc, and must fall with one foot within each space of the arch; doing so, fast movements, rotating the body from one side to the other, since the spaces are in different directions. **Adaptation:** If you do not have bows, you can mark the ground with arrows pointing the direction in which the child should fall after landing from the jump. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/Ja5fzMft0jl>



## 21. AFRICAN AMARETCH

To play African Hopscotch, you need to draw on the ground the layout of the game. It can be with chalk, or crepe tape. You need to form a square, with 16 smaller squares inside. The cool thing is to play to the rhythm of a song. (SUITABLE FOR ALL AGES)

VIDEO [ACTIVITY: https://youtu.be/mWh4KGScY\\_8](https://youtu.be/mWh4KGScY_8)

## 22. PASSING THROUGH THE HULA HOOP TIGHTROPE



Here you will need a roll of toilet paper or paper towel or other similar roll; You will need a ball (it can be any ball, even paper) to balance on top of the roll. Then the child will zigzag between obstacles holding the roller with the ball. (SUITABLE FOR ALMOST ALL AGES)

VIDEO [ACTIVITY: https://youtube.com/shorts/Vr-p7idvjgM](https://youtube.com/shorts/Vr-p7idvjgM)

## 23. FOUR SQUARE



Using four + shaped seats we will have four sides; then each player will start in a formed square; soon decide who will start the loot with the balloon/bladder; the goal is to make the balloon hit the ground on any opponent's side; Each player can give a maximum of two taps to the balloon (first touch to defend or adjust the balloon, and the second touch to attack towards some opposing side). Whoever lets the balloon fall to the ground will be eliminated giving opportunity for another

student to go in his place. There can be no such thing as the famous "cliques" where everyone plays against only one opponent for the purpose of eliminating only him from the game; the balloon must be attacked to all sides, not being able to return to the same player more than THREE CONSECUTIVE TIMES; If this occurs, whoever committed the third attack against him, will be eliminated. (SUITABLE FOR ALL AGES)

**VIDEO**

**ACTIVITY:**

<https://youtube.com/shorts/6yJYxK9JtmM?feature=share>

## **24. SQUAT AND PASS**

Participants next to each other facing a wall. The game begins with the first participant touching the ball to the wall in a way that it reaches the colleague next door. The moment the other colleague receives the ball, everyone has to crouch, the activity works back and forth. The teacher can determine a time or an amount of times to be repeated in the sequence. A good dynamic to make competitions. (SUITABLE FOR ALL AGES)



**VIDEO** <https://youtube.com/shorts/8J40QM--O18?feature=share>

## **25. CAT AND MOUSE**

Activity that can be performed by a large group; the teacher will give the commands of "GATO" and "RAT" which will all be instructed to perform the

same movement; In the corridors that form between the arms of the colleagues there will be a catcher and a fugitive (the cat chases the mouse), who can only run through the corridors that will be formed. (SUITABLE FOR ALL AGES)

**VIDEO**

**ACTIVITY:**

<https://youtube.com/shorts/40rf5Xlbfwk?feature=share>

### **26. PASSING THE SHIRT**



Students in line, one behind the other with their hands outstretched to the classmate in front of them. One of the participants of the group will have to pass a shirt through the other members. (SUITABLE FOR ALMOST

ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/AfRJhJsxCxg>

### **27. PASSING THE HULA HOOP**

Place a hula hoop on the neck of one of the students. At your signal they should pass the hula hoop between yes (from neck to neck) without letting go of their hands. (SUITABLE FOR ALMOST ALL AGES)

**VIDEO ACTIVITY:** <https://youtube.com/shorts/DNgwGkHoKHc>

## **28. PULL-PULL**

This contest can be held by two or more opponents. You will need rolls of toilet paper and bowls with water or some liquid. I put the toilet paper on the floor or on a table and at the tip put the bowl with water.



Participants should pull up to themselves without breaking the toilet paper or pouring the contents of the cup. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtube.com/shorts/t44RaavkGwl>

## **29. ANIMAL PRANK**

Each participant is given a paper with the name of an animal, without seeing that of the other. Then everyone stands in a circle holding hands. When the animal is called by the coordinator, the person corresponding to the animal, should crouch trying to lower the colleagues on the right and left. And the others should try to keep him from ducking. Note: all animals are equal, and when the coordinator calls the name of the animal everyone will fall on their asses on the ground, causing a big general laugh.

**VIDEO ACTIVITY:** <https://youtu.be/OL3pdY-3kAs>

## **30. CRAB**

This activity is very cool because it stimulates competition, the balance of the children. Basically, you put a ball (or any object) in the lap of children and it has to go from point A to B like a crab and balancing the object. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/slAdFfX5xEM>

### **31. KNOCK IN**



For this game will need some rolls of empty toilet papers, polka dots and a shallow plate. Stack the balls on top of the rolls of toilet paper. The goal is to throw the plate as a puck, hit the roll, take the ball off the top of the roll, causing it to fall into the

pratinho. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtube.com/shorts/uEEPvZvUkhl>

### **32. HANDHOCKEY**

This is an activity that can be performed in pairs. The participants face each other at a distance of about 2 meters, with their hands and toes on the ground (almost the position of the board). The teacher provides a ball for them to play for each other. In the video there is a competitive variation of the activity, where cones are placed as beams, whoever scores the most goals wins. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY VARIATION :** <https://youtube.com/shorts/wuuKj4Hs0ig>

### **33. IMITATING PAPER**

It is like the master ordered, only instead of saying the movement, the mediator should draw on a paper and the participants should imitate the drawing of the paper. Very fun activity. (SUITABLE FOR ALL AGES)





VIDEO [ACTIVITY: https://youtu.be/UA4VJxYgZ9o](https://youtu.be/UA4VJxYgZ9o)

### 34. *ASSOPRA, ASSOPRA*

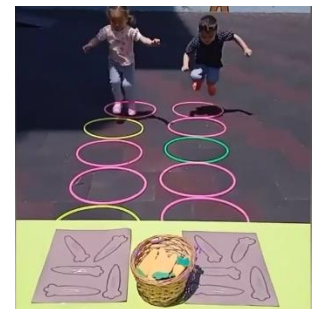


For this activity will be needed toilet papers or similar and some balls (the same amount of rolls of toilet papers). The balls are placed on top of the rollers, right on the edge. Participants must blow so that the balls fall into the roll. Whoever can put more balls inside the rolls wins. (SUITABLE FOR ALL AGES)

VIDEO [ACTIVITY: https://youtu.be/stkBmg2ubsk](https://youtu.be/stkBmg2ubsk)

### 35. *JUMP IN AND FINISH*

For this activity, you set up a circuit with hula hoops and at the end of the circuit, put some complementary activity for the participants to do. (SUITABLE FOR ALL AGES)



VIDEO [ACTIVITY: https://youtu.be/mhjLc2-MZH8](https://youtu.be/mhjLc2-MZH8)

### 36. *DYNAMIC FERRIS WHEEL*



All holding hands, the participant of one of the lines begins to pass under the colleague next to (without releasing his hands) and so goes to the last of the line, forming a large wheel! (SUITABLE FOR ALL AGES)

VIDEO [ACTIVITY: https://youtu.be/Z8X\\_W8zVEGg](https://youtu.be/Z8X_W8zVEGg)

### 37. **FUNCTIONAL CUP TOWER**

Students stand in plank position and try to set up a cup tower. Very cool and functional activity! (SUITABLE FOR ALL AGES)



VIDEO [ACTIVITY: https://youtu.be/dHUn-L4vlg](https://youtu.be/dHUn-L4vlg)

### 38. **CUP CHALLENGE**



Activity in pair, trio or group. Here each student will have to set up a Lego tower (or other object) and can only stack if the glass he throws falls on his feet. (SUITABLE FOR ALL AGES)

VIDEO [ACTIVITY: https://youtu.be/KHwkVage1mk](https://youtu.be/KHwkVage1mk)

### 39. **PASS THE BALL**

Students in a circle, all with a ball but 1. The order for how the student will pass the ball will come out of the teacher. While some throw the ball up and to the side and pass it on, others just hold the ball. (SUITABLE FOR ALL AGES)

VIDEO ACTIVATION : <https://youtu.be/daDUki-dZNo>

#### **40. PUSH-PUSH**

Pair activity, where the teacher will position the pairs from the coast to each other and seated an area demarcated by the teacher. The duo will stand in the middle of the demarcated area. The teacher can use some mats to be the area or just mark with chalk/brush. The activity takes place in the participants pushing each other using only their backs. Whoever manages to push the other person out of the area wins.

**VIDEO ACTIVITY:** <https://youtu.be/KREkWo01Uvo>

#### **41. CUPS ON THE LINE**



The activity consists of a place having a demarcation line and with a cup with a ball on top, the students try to get as close to the line as possible. You can even challenge them to hit

the line. (SUITABLE FOR ALL AGES)

**VIDEO ACTIVITY:** <https://youtu.be/ZHV7QOvu-Og>

#### **42. MOUNT AND TEAR DOWN**

Participants will set up a tower of lego or other objects and in the end must bring down their tower with a ball (simulating bowling).



**VIDEO ACTIVITY:** <https://youtu.be/Q6HjVysTBJM>

### 43. **PULL-PULL (VARIATION)**



Idea equal to activity number 28, only instead of cup is used lego (building block) and instead of toilet paper can be used TNT. Seated students should pull with their feet and not with their hands.

VIDEO [ACTIVITY: https://youtu.be/CO0woyyjR9k](https://youtu.be/CO0woyyjR9k)

### 44. **BLOWS SLOWLY/HARD**

Activity where a toothpick is used to blow the balls that are on top of the cups and the balls must fall into a container. In the matter of the container, the mediator can define the distance they will be from the cups, thus causing the participant to blow harder or weaker.



VIDEO [ACTIVITY: https://youtu.be/beDduBuj5xc](https://youtu.be/beDduBuj5xc)

### 45. **PATIENCE**



A mini-circuit is set up, where the participant must jump between the stages and next to each stage will have two cups (or Chinese hats) and two balls. The participant must squat and place the ball on top of the other object (working the motor coordination).

VIDEO [ACTIVITY: https://youtu.be/ghvf4gELaMM](https://youtu.be/ghvf4gELaMM)

## 46. BALL AND BALLOON

Activity almost equal to pie in the face, only instead of pie, it's balloons. Some things should be placed inside the balloons (flour, water... is at your discretion) and a prize (it can be a chocolate). The objective of the activity is to hit the prize stored inside the balloon. The participant throws a ball and will have to hit it inside colored plates. The color of the dish that the ball falls, will be the color of the bladder that will be burst on the participant's head.



VIDEO [ACTIVITY: https://youtu.be/tHKqcAztvIM](https://youtu.be/tHKqcAztvIM)

## 47. HIT WITH THE BAG



The objective of this game is to hit the target with balls being thrown through bags. For this you will tie bags full of air and put the balls on top and just squeeze that the ball goes far. Be careful not to

tear the bag!

VIDEO [ACTIVITY: https://youtube.com/shorts/2TXb-lppXks?feature=share](https://youtube.com/shorts/2TXb-lppXks?feature=share)

## 48. FRIENDSHIP TUNNEL

This activity works on the perception of space, effort, teamwork, unity and integration among students. The children make a tunnel and a pair of





students, carrying an object have to go through this tunnel. June party tunnel style.

**VIDEO ACTIVITY:** <https://youtu.be/Lw2OgKpc6l0>

#### **49. COLORFUL PATH**



Several X's are arranged on the floor of various colors. The student is asked to follow the path according to the colors on the floor.

**VIDEO**

**ACTIVITY:**

[https://youtube.com/shorts/\\_YCB9VpYnYE?feature=share](https://youtube.com/shorts/_YCB9VpYnYE?feature=share)

#### **50. KNOCK-KNOCK**

In this activity, an object is placed on top of a table and must be performed in pairs. Participants intersperse beats on top of the object with the open hand, and when one of the participants picks up the



object the opponent has to hit with the closed hand, if he hits with the open hand loses. That is, if the object is on the table hits with an open hand, when the colleague picks up the object has to hit with the closed hand.

**VIDEO ACTIVITY:** <https://youtube.com/shorts/W9tmkMFG0iw>

### 51. **BUILD YOUR MURAL**



He makes a mural with shapes with tape to glue balls. A bucket with balls is placed to be glued to the wall. The goal is to fill the shape with the balls nailing to the ribbons.

VIDEO

ACTIVITY:

<https://youtu.be/uWYCLqISstY>

### 52. **ARRIVING AT THE DESTINATION**

"Steps" are elaborated with the purpose of being traversed in order to reach a final destination, which consists of a table with several tasks to be performed. During the ascent of the steps, it is possible to include activities such as collecting balls scattered on the floor and taking them to the table. The inventiveness of the educator is very welcome!

VIDEO ACTIVITY: <https://youtube.com/shorts/i1qlxy048DE>

### 53. **VOLLEYBALL**

It is a game inspired by Volleyball. Each participant holds a ball in his hands and it is through it that he performs the movements to execute the play, which follows the principles of Volleyball. It is possible to use handball techniques or even pre-sports games of other modalities.

VIDEO ACTIVITY: <https://youtu.be/78WoXV95PXc>

### 54. MINEFIELD

A participant is blindfolded and is guided by a colleague to the other side and deposits the ball in the desired location, which in this case is on top of the cone.



VIDEO [ACTIVITY: https://youtu.be/BnO-ADVIJr0](https://youtu.be/BnO-ADVIJr0)

### 55. GAME OF THE OLD WOMAN WITH CUPS (GROUP)



In this game, players are divided into teams one with light-colored cups and the other with dark-colored cups... Play one participant at a time. Each participant will have to turn over a glass and make the glass fall to its feet. When he does, he fills the desired space in the old woman's game. As soon as a team manages to form the sequence of three cups of the same color, it is declared the winner. If the board is completely filled and none of the players have reached the goal, the game is considered a draw.

VIDEO [ACTIVITY: https://youtube.com/shorts/X3iJ-LXWqt0](https://youtube.com/shorts/X3iJ-LXWqt0)

### 56. SACI PERÊRÊ

Participants move from a starting point A to a point of arrival B, while carrying with them an object, which may consist of a disc or a plate balanced on the foot.



VIDEO [ACTIVITY: https://youtube.com/shorts/2UR6OOWzRe0](https://youtube.com/shorts/2UR6OOWzRe0)

### 57. **CRAZY PENDULUM**



In this activity the teacher organizes two rows and places some objects behind and two hula hoops in front. Students will have to carry the objects from the end of the row to the hula hoops that are in front, with the teacher in the middle with the pendulum moving and students need to pass under it without touching or being hit. The goal is to empty the basket of balls as quickly as possible.

**VIDEO ACTIVITY:** <https://youtube.com/shorts/ATlwjapuPio>

### 58. **PYRAMID**

Divide the students into two teams, the first of each team are tasked with running and stacking the plates and cones as quickly as possible. The purpose of this activity is not only to promote fun, but also to work on skills such as manipulation, agility and balance. It is an easy and very lively activity.



**VIDEO ACTIVITY:** [https://youtu.be/uEot0\\_UDOAs](https://youtu.be/uEot0_UDOAs)

### 59. **BAT-BATE**



Here the teacher will need to make on a table (or can be used cardboard box) several pairs of hands and balls to make the sequence 'hit-knock'. Watch the video and you will understand the proposal much better.

VIDEO

ACTIVITY:

[https://youtube.com/shorts/fIWpz\\_Q6NSw?feature=share](https://youtube.com/shorts/fIWpz_Q6NSw?feature=share)

### 60. BALL WITH FEET

In this activity, students have to stack balls with their feet on top of cups (without using their hands).



VIDEO ACTIVITY: [https://youtube.com/shorts/zgndM\\_LF-VY](https://youtube.com/shorts/zgndM_LF-VY)

### 61. PUT THE BALL IN



The student is instructed to bend down, pick up the ball and place it inside the cone using only the mouth. In the video, a proprioception ball is used to make the exercise more challenging, but it will not always be possible to have it at your disposal. This activity can be performed with multiple groups, allowing students to take turns accomplishing the task.

VIDEO ACTIVITY: <https://youtu.be/42rwFMJZRGc>

### 62. BALLS IN THE BOW

Agility activity where each student will be responsible for placing 3 balls inside their bow; initially will have 6 balls in the center; At the signal of the teacher each student runs and catches 1 ball at a time, so when finishing the balls of the center can steal the balls of the opponents, but always

looking for one ball at a time; Whoever completes 3 balls first within your arc will be the winner.

**VIDEO ACTIVITY:** <https://youtu.be/t2PIrjuFD0s>

### **63. PASSING THROUGH THE TUNNEL**

Students lie in parallel, so as to lean one foot against the other, making a line, when their legs are raised. The last student on one side has to get up and go through the "tunnel". It can be done competitively by making 2 "tunnels" and the team that all students go through the tunnel first, wins the activity.



**VIDEO ACTIVITY:** <https://youtu.be/oX9ucNupLL4>

### **64. PATH OF THE BALLS**



For this activity the participants will have to move with their feet the balls that are inside the plates to the plate on the side, the teacher will indicate how many each student will have to pass. It can be a competitive activity, in which whoever spends more in less time wins.

**VIDEO ACTIVITY:** <https://youtube.com/shorts/H1iXgo2BUvU>



## 65. GEOMETRIC PATH

A rug with several geometric figures is placed on the floor and asks the child to make the way.



VIDEO

ACTIVITY:

<https://youtube.com/shorts/bSuuZlzwBRY>

## 66. SNAIL 2



A series of movements is performed in the motor circuit, including the task of transporting an object on a winding course and placing the colored balls in a specific location on the top of the table.

VIDEO

ACTIVITY:

<https://youtube.com/shorts/sMdDu5Y5lko?feature=share>

## 67. CONE RACE

Students divided into teams. Two rows of cones are placed parallel to each other. The game begins with a member of each team running to the end of the course and placing another smaller cone on top of the larger one, so he will have to run again, touch the hand of the next colleague and the same will have to run, pick up the object that is on top of the cone and put on the previous cone.

VIDEO ACTIVITY: <https://youtu.be/xMwRBGR3Fj8>

## **68. GAME OF THE OLD WOMAN WITH OBSTACLES**

The teacher can divide the students into two or three teams, depending on the amount available, to create a competitive activity. At the front, cones are arranged forming a barrier. The students need to leave point A, jump the cones and get to the organization made even with hula hoops, simulating the game of the old. The goal is to close the game. If there are three or more teams, it is necessary that the cores of the "pieces" are different to avoid confusion.

**VIDEO ACTIVITY:** <https://youtu.be/YUHWPCPlurM>

## **69. DEAD ADAPTED**

Variation of the traditional "living dead", with the command of alive or dead you can explore various movements with the child and make the activity very fun. For example in the following video, when speaking "dead" the students would have to lie down and stand with their legs up and when speaking "alive" they would get up.



**VIDEO ACTIVITY:** <https://youtu.be/tG2XsK23-we>

## **70. PASSING THE BALL**

Divide participants into two or more teams. They should be arranged in a row format. Teams should take a ball from the beginning of the line to the end as soon as possible. This, wearing Chinese hats.

VIDEO [ACTIVITY: https://youtu.be/dtDd6kG85bk](https://youtu.be/dtDd6kG85bk)



### **71. GOING THROUGH THE DISC**

For this activity, a string is controlled from point A to point B. In the activity shown in the video, the chair is located on the other side of the room.

Students are given a disc with a hole in the middle and must follow the disc through the string to the point determined by the teacher. You can break it down into teams to see who does it faster.

VIDEO [ACTIVITY: https://youtube.com/shorts/9ho03mmcJ2w](https://youtube.com/shorts/9ho03mmcJ2w)

### **72. STROLLING THROUGH THE SNAIL**



A snail-shaped circuit is set up and participants must walk the circuit

driving an object with their feet. The goal is to get to the end of the course without touching any part of the snail. When you can, you can put a series of activities for the participant to do and complete the circuit.

VIDEO [ACTIVITY: https://youtu.be/TVIFEV-wEKk](https://youtu.be/TVIFEV-wEKk)

### **73. NOODLE HANDLE**

Place several pots upside down and use the noodles to place one on top of the other. It's like play picks up sticks.



VIDEO [ACTIVITY: https://youtu.be/2RYNjj7Hm2Q](https://youtu.be/2RYNjj7Hm2Q)

### **74. FOLLOW THE SEQUENCE**



Excellent game to work on motor coordination, in addition to attention, concentration, visual perception, memorization and colors. The child observes the card with the colors that will be removed to reinforce the memory. After that, he performs the sequence. The game starts with some colors on the card and then increases according to the age and maturity of the child.

VIDEO [ACTIVITY: https://youtu.be/31GRZjzqoqo](https://youtu.be/31GRZjzqoqo)

### **75. LATERALITY**

An activity to develop laterality that can be enhanced by adding more sequences. The teacher can instruct students to move in different



directions, such as "five to the right," "three to the left," and "two forward," in a single sequence, gaining the students' memory and attention.

VIDEO [ACTIVITY: https://youtu.be/u2\\_6Dx86AMo](https://youtu.be/u2_6Dx86AMo)

### **76. AROUND THE WORLD**

Each child who will participate in the activity will receive a number. Then each child will be called to run around the other participants in ascending numerical order.

**VIDEO ACTIVITY:** <https://youtu.be/PSjVem6ZXqA>

### **77. FOLLOW THE LEADER**

The game "Follow the Leader" was adapted with the use of a hula hoop on the ground. The leader makes different movements and the students must imitate them, following the path of the hula hoop. Activities may include movements such as standing on one foot or squatting. This activity can be performed in larger groups of students.

**VIDEO ACTIVITY:** [https://youtu.be/9FjL\\_5ihy74](https://youtu.be/9FjL_5ihy74)

### **78. BASKETBALL WITH OBSTACLES**



A circuit is set up with hula hoops in a straight line, participants will have to walk the path driving two basketballs. He will drive dribbling on the ground and entering the hula hoops.

**VIDEO ACTIVITY:** <https://youtube.com/shorts/kFr8Twxc1og>

### **79. FUNCTIONAL DATA**

Dual activity, but can be adapted. We will need a die and 12 cones (if it is in pair) the cones will be divided into two rows of 6.



Each student will be responsible for one row. A third student or the mediator, will throw the die up and side of the die that gets up, will be the number of the cone that the students will have to go there to touch it and come back as soon as possible. Good activity for heating.

**VIDEO ACTIVITY:** <https://youtu.be/OiTDNNRAF5Q>

### **80. SPRINT**

A short distance race. Two objects (one for each participant) are placed about 5 meters from the starting point, where we will also have an object, this time only one. The participants, upon hearing the whistle, will have to run as fast as possible to the objects in the middle of the course, come back and pick up the object that is at the starting point.



**VIDEO ACTIVITY:** [https://youtube.com/shorts/nJF\\_aa1X-Yk](https://youtube.com/shorts/nJF_aa1X-Yk)

### **81. HULA HOOP TO THE TARGET**



Trio activity. One of the participants sits down, while the others grab a hula hoop with their belly and try to fit in the participant who will be sitting! Gotta put it down!

**VIDEO ACTIVITY:** <https://youtu.be/m-PYgvMmivI>

### **82. BOTTLE RELAY**

This activity is a team. Each team is responsible for a table and a bottle. The goal is to throw the spinning bottle and make it fall to its feet. When it falls, the team will make a point.



**VIDEO ACTIVITY:** <https://youtu.be/WnqlxLcy8yY>



### **83. DANCE OF THE ZIG-ZAG CHAIRS**

A row of chairs is made, the student has to zig zag between them and sit in the chair that is at the end of the row, in the middle

VIDEO **ACTIVITY:** <https://youtu.be/xf88COJ2uK8>

### **84. BALL COMES AND GOES**

Dual activity in which participants throw the ball to the ground hard and run to the side to catch the ball from their colleague in the air (before it falls to the ground).

Very good for heating.



VIDEO **ACTIVITY:** <https://youtu.be/qb1vSx-h874>

### **85. BURST-BURST**



This is also in pairs, where each participant will have X amount of bladders tied to their leg and will try to burst their colleague's bladder at the same time as he will try to burst his. That is, you will have to attack and defend at the same time! Very fun.

VIDEO **ACTIVITY:** <https://youtube.com/shorts/L4YQ5850Wgo>

## 86. **BALANCED PATH**

The activity consists of a pair of students who must balance a ball using two broom handles while following a previously defined path on the ground. This activity aims to work attention, coordination, concentration and, if it is performed in different pairs, the competition.



**VIDEO ACTIVITY:** <https://youtu.be/IfVs9gblidY>

## 87. **TRAINING DRIBBLE AND AGILITY**



The participant must jump on an agility ladder following the order of the cones. This activity is lively and can be turned into a competition with other teams.

**VIDEO ACTIVITY:** <https://youtube.com/shorts/v0UrMMightE>

## 88. **DYNAMICS**

This is a very good dynamic to work attention and cooperation between students. Everyone has to hit the ball to the rhythm of the music! Watch the video.



**VIDEO ACTIVITY:** <https://youtu.be/8SjLFAJOA9Y>

## **89. COOPERATIVE HULA Hoop**



Divide the participants into teams and within the team they have to work in pairs. Each pair must carry a hula hoop with the belly from point A to point B, where the cone will be for the hula hoop to be placed.

**VIDEO ACTIVITY:** <https://youtube.com/shorts/i9TKF709H9A>

## **90. 360° CHALLENGE**

The student in static balance on a tire or other similar material; On its return you will have 5 cones in a circle, in which you will have 5 arcs to try to hit the cones.

**VIDEO ACTIVITY:** <https://youtu.be/IFZUattYpcl>

## **91. BUTTER BAR**

Trace on the ground two parallel lines leaving a distance of about 10 meters between them. Divide participants into two teams. Players will be lined up behind one of the lines with their palms facing up and their elbows bent at waist height. A representative of one of the teams goes to the opposing team and passes one by one, lightly tapping his outstretched hands, and at any moment he must give a more defined touch to one of the opponents shouting: "Butter bar, in the aunt fuça" and run back towards his field. Whoever is touched runs after the other player, this if caught before returning to your team becomes part of the opposing team. To further

enliven, the game can be accompanied by the song of the verse: Butter bar. The team that finishes with the most players wins.

**VIDEO ACTIVITY:** <https://youtu.be/wp0K80BFgjc>

### **92. DIFFERENT RACE**

It is made two paths with cups turned with the mouth down and under some glasses will have something that if you hit it, you will be eliminated (in the video they used eggs, but you can use something else). Whoever manages to reach the end and not step on any obstacles, wins!



**VIDEO ACTIVITY:** <https://youtu.be/URA94s9WQnc>

### **93. GOING THROUGH THE BATON**



The mediator will place a stick on the wall and ask the participants to go underneath, as they go through, the mediator can go decreasing the height of the stick on the wall, the participants must pass without touching the baton.

**VIDEO ACTIVITY:** <https://youtu.be/X1fvT0yiOsY>

## 94. NO LAUGH

Participants stand in a circle with their mouths full of water. The game begins with one participant hitting another participant's face (lightly) with a cloth or some object that doesn't hurt. It's a very funny game, so whoever smiles and spits / swallows the water is being eliminated, the last one who spits wins!



VIDEO [ACTIVITY: https://youtu.be/7jpubXLigYw](https://youtu.be/7jpubXLigYw)

## 95. LOAD ALL



A circuit is made with hula hoops and at the beginning three or more objects are placed in each row of hula hoops. Students will have to make all objects pass through each hula hoop in their row (one object at a time). Whoever gets it first wins in the end.

VIDEO [ACTIVITY: https://youtu.be/L3LcPZ3jgFw](https://youtu.be/L3LcPZ3jgFw)

## 96. BALL CHALLENGE



The goal of this game is to complete a row of balls of the same color. Players throw the ball on top of a table for it to bounce that falls on top of the glass with water. A great challenge!

VIDEO ACTIVATION : [https://youtube.com/shorts/oAHQ4genZ\\_4](https://youtube.com/shorts/oAHQ4genZ_4)

## 97. **ADAPTED RUBIK'S CUBE**

The objective of this game is to unscramble the materials and place each color in a row, that is, organized by rows. For this, students are divided into teams. Each round, comes one player at a time and the same will have to exchange two pieces of place with a move.



**VIDEO ACTIVITY:** <https://youtu.be/0FMGDQVpkyo>

## 98. **IN RHYTHM**

The teacher lines up the figures in a row, one next to the other. These figures present small gestures indicating that a child should pass through them. With music, following the rhythm, the child imitates the gesture of the figure and moves on to the next, taking lateral steps.

**VIDEO ACTIVITY:** <https://youtube.com/shorts/kdWw8dWKknc>

## 99. **ATTENTION AND SPEED**

Group activity, where each two hold a ball, with three participants aligned and one will be ahead of the three, that is, four participants. The participant who is in front must be throwing the ball to the colleagues in the queue who will be interspersing the possession of the ball with each other! As one receives the ball from the colleague in front, he must throw the ball he is holding to one of the teammates on the side. The one who received the ball from the front mate should return quickly. It needs a lot of attention and focus!



VIDEO [ACTIVITY: https://youtube.com/shorts/XUOLjYN-zSk](https://youtube.com/shorts/XUOLjYN-zSk)

### **100. BALANCING THE BATON**



Activity that can be performed with any number of participants. Participants should be in an almost plank position with holding a broomstick and should throw the stick up and pick it up with the other hand. Very cool!

VIDEO [ACTIVITY: https://youtube.com/shorts/Ha0gD5v4mj4](https://youtube.com/shorts/Ha0gD5v4mj4)