

Indoor movement ideas for kids

1. Twister

Twister is fun, encourages flexibility and balance, and is perfect for a rainy day or if you don't have an outdoor space available right now. If you don't have the game you could get creative and make up your own version.

2. Dance + freeze

Adding a "freeze" element to a living room dance party makes it more fun for kids while also encouraging them to practice their balance.

3. Beanbag toss

This super simple activity is great for kids of all different ages and abilities as you can easily make it more or less challenging. Set up two baskets, one full of beanbags or soft balls. Your child can practice throwing a beanbag from one basket to another to work on coordination. Move the baskets further apart as they get the hang of it.

4. Jump rope

Jump rope is the perfect indoor PE activity because it uses up so much energy, requires very little space and is excellent practice for coordination.