

Glasgowlife™
presents

Summer Fun

Activities & Challenges for Families

Family Sport Activity Pack

myglasgow.club/homework

Welcome to Glasgow Sport's interactive Family Activity Pack!

In this pack you will find lots of games to keep you active inside and outside the house as well as challenges you can try on your daily walks. We have also included some Glasgow Sport puzzles for you.

The icons below are used throughout the pack to help you find your favourite games.



View written instructions of the game



Watch a video of the game



Go back to previous page

Click on a picture to take you to your favourite activities



Outdoor and
Garden Games

An illustration of an outdoor scene with a bright blue sky, a yellow sun, white clouds, a green tree, and rolling green hills. A path of colorful flowers leads through the grass.



Indoor Games

An illustration of an indoor living room with a red sofa, a wooden bookshelf, a window with rain, and a framed picture of a landscape on the wall.



Active
Challenges

A light blue background with a pattern of white daisies with yellow centers.



Cycle
Routes

An illustration of a group of people riding bicycles on a dirt path. A signpost with a bicycle icon and the text 'BIKE ROUTE' is visible. The background shows rolling hills and a blue sky.



Puzzles

A colorful background with a pattern of black question marks on a light blue, yellow, and pink background.

← Outdoor & Garden Games

Active Countdown  

Beat The Bucket  

Corners  

Highland Games 

Olympic Challenge 

Rob The Nest  

Simon Says  

Sports Day  

Sum Run  

Tennis  

← Garden Games: Active Countdown

What do you need?

Open space to run back and forward
2 or more players
Scrabble set
4 markers e.g. jumper, box, toy
Pen and paper for each player

Set Up and Rules

Each player will take it in turns to run to a marker, perform an exercise and then select 3 random Scrabble tiles.

Once each player has 9 tiles the game begins.

Game 1 - who can get the longest word

Game 2 - who can get the best Scrabble score

Game 3 - who can make the most different words from their letter "s"

Game 4 - combine letters of both players to find any of the above.

← Garden Games: Beat The Bucket

What do you need?

- Open space to run back and forward
- 1 or more players
- 1 target per person (bucket, box or hula hoop for example)
- Items that can be used as markers
- Some small items that can be thrown safely

Set Up and Rules

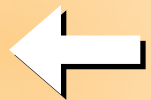
- Set up your target (bucket, box or hula hoop)
- Position 3 markers at varying distances.
- Closest marker to the target scores 1 point
- Middle marker scores 4 points
- Furthest marker from the target scores 6 points
- Players throw items at target from either 6, 4 or 1 point marker.
- First person to 14 points wins.

Make it harder

To make harder if you miss the target you have to run to end of garden before taking another shot

Change distance of markers

Change the size of the target to bigger or smaller



Garden Games: Corners

What do you need?

- Open space to run back and forward
- 1 or more players
- 4 small items per person
- Pen and paper
- 4 Clothes pegs per player

Set Up and Rules

- One item per player is placed in each corner
- Players start in the middle of the garden
- Players run to a corner and collect one item
- Players then return this item to the middle
- Players start at different corners to avoid collisions
- First person to collect all items wins!

Round 1

Players run to a corner and collect their first item and then return this item to the middle.

Repeat for all 3 corners

First person to collect all items wins!

Round 2

Instead of collecting items - players perform a different exercise in each corner.
You could write down the exercises and leave in each corner to remind players.

Round 3

Make up 4 different exercises for each player to do and write them down on small pieces of paper

Attach to a clothes peg. Each player should have their own colour
Hide the pegs around the garden - they don't have to be in corners.
First person to find their pegs and complete all the exercises wins!



Garden Games: Highland Games

What do you need?

- Open space to run back and forward
- 1 or more players, create Clan Name, wear Tartan, Irn Bru, shortbread
- Chalk, string, cones, Caber, 2 weights/ water bottles, water balloons, bean bags, skipping rope, welly boot

Set Up and Rules

- Create Start Line & Finish line
- Each Players takes a turn or join in together
- Watch the videos for demonstrations
- The Player or team achieving the best score per Game wins.

Highland Games: Caber Toss

Each player takes 2 turns to toss the caber. The player who flips the caber so it lands in a straight line wins.



Highland Games: Farmers Dash

Each player takes 2 weights, one in each hand & walks as fast as they can to the marker, turns around and comes back.



Highland Games: Welly Toss

Each player throws a Welly as far as you can. Standing at start line. The one who throws the welly the furthest wins.



Highland Games: Haggis Hurling

Each player throws their "haggis" as far as you can without bursting it. The furthest Haggis and keeps it intact wins.



Highland Games: Tug o' War

Each player/Team holds the Rope, the winning team is the first team to pull the tape on the rope over their starting line.



← Garden Games: Summer Fun Olympic Challenge

What do you need?

- Open space to run back and forward
- 1 or more players
- Stop watch, measuring tape, dividing line, Step/raised platform

Set Up and Rules

- Each player gets 30 seconds to carry out each challenge
- Use a stopwatch for each challenge.
- The player achieving the most moves within 30 seconds wins the challenge.

Olympic Challenge: Star Jumps

Each player has 30 seconds to do as many Star Jumps. The player with the most star Jumps in 30 seconds wins



Olympic Challenge: Speed Bounce

Each player has 30 seconds to do as many Speed Bounce Jumps. The player with the most Jumps in 30 seconds wins



Olympic Challenge: Step Ups

Each player has 30 seconds to do as many Step Up's. The player with the most step up's in 30 seconds wins



Olympic Challenge: 1 Metre Long Jump

Each player has 30 seconds to do as many 1metre Long Jumps. The player with the most Long Jumps in 30 seconds wins



Olympic Challenge: High Knees

Each player has 30 seconds to do as many High Knees. The player with the most High Knees in 30 seconds wins





Garden Games: Rob The Nest

What do you need?

- Open space to run back and forward
- 2 or more players
- 12 – 24 small items like empty plastic bottle, kids shoes/trainers, rolled up socks, small toys or clothes pegs
- 1 larger “treasure” item such as a ball, adult shoe/trainer, teddy or hat
- A “nest” for each player like a hula hoop, a bucket, a shoe box

Set Up and Rules

- Put all items into the middle of the space.
- Each player starts by their “nest” at opposite sides of the space.
- Each player takes as many items as they can from the middle and puts them back into their nest.
- Each player can only carry one item at a time.

Round 1

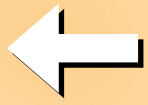
Each player has 30 seconds to put as many items in their nest as possible.
The player with the most items after 30 seconds wins

Round 2

Each player has 45 seconds to put as many items in their nest as possible.
Players can steal or “rob” items from other players’ nests.

Round 3

Players can now try to take the larger “treasure” item which is worth 10 smaller items. Players can also steal this from other players.



Garden Games: Simon Says

What do you need?

- Open space
- 2 or more players
- 4 different coloured items for each player
- Items could be balls, socks, jumpers, t shirts, cones etc

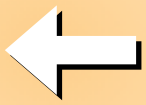
Set Up and Rules

- Arrange the items across from each so that each colour matches up.
- Players start from the same spot.
- Players take it turn to lead the call a command for each item.
- For example, Simon says star jump at blue. Simon says touch yellow with your hand.
- Once a player has made 4 commands, swap over.

Make it harder

Player 1 performs actions at all 4 items - Player 2 watches and then has to copy the actions in the correct order.

Players then swap over.



Garden Games: Sports Day

What do you need?

- Open space to run back and forward
- 1 or more players
- A spoon and hard boiled egg/rolled up socks
- A packet of crisps
- A pillowcase
- Household items as markers like jumpers, toilet rolls, pots

Set Up and Rules

- Set out your races using markers and put eggs/socks and spoons at the start of one, packets of crisps at another, and pillowcase at the last one.
- Balance the eggs/socks on the spoon and move as fast as you can between your markers.
- Place the packet of crisps on your head and move between the you markers as fast as you can while balancing the crisps.
- Put your two feet in the pillowcase and jump as far as you can between your markers

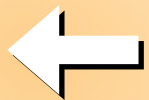
Make it easier or harder

Move your markers further apart or closer together.

Try using different sizes of spoons to balance your egg/socks. Bigger is easier.

Put obstacles in your way that you have to move around.

Time yourself and try to beat it or try the activities with your eyes closed – if it is safe to do so.



Garden Games: Sum Run

What do you need?

- Space to run forwards and backwards
- 1 or more players
- Pen, paper and scissors
- 3 boxes (could also use buckets, basin, pans or bags)

Set Up and Rules

- Cut up A4 paper into 4 pieces. Repeat this so you have 30 bits of paper.
- Split paper in packs of 10
- Pack 1 - Number each piece of paper 1-10.
- Pack 2 - Draw a maths symbol on each piece of paper (Plus, minus, divide and multiply)
- Pack 3 - Number each piece of paper 1-10.
- Place the 3 packs into separate boxes (or alternatives)

How to Play

Player 1 will run to Pack 1 and pick up a piece of paper. They will place it on the other side of the space. They will then move to the Pack 2 (hop, skip, side step etc) and pick a piece of paper. This will repeat for Pack 3 - you should now have a sum!

How many sums can you solve in a set time? (1 minute, 2 minutes etc)

Remember to get creative with the movements!!

COOP Mode

Same as before but this time players take in turns to solve as many sums as you can as a team in a set time.



Garden Games: Tennis

What do you need?

- Open space to run back and forward
- 2 or more players
- Book, notepad, or racquet for each player
- One throwing item like a small ball or rolled up socks

Set Up and Rules

- Each Player finds a space in the garden.
- To make game easier stand closer.
- To make game harder stand further apart.
- Each players should have their own Notepad or racquet one ball/sock between 2 – 4 players.
- Aim is to always try and return the ball/sock to the other player

Round 1

Throw and Catch - Clap and Catch - One hand Catch - Jump and Catch - Shuffle and Catch

You can play these games for as long as you like

Round 2

Underhand Hit - Overhead Hit - Side Lunge - Shuffle and Hit - Hit Ball/Sock off racquet or notebook

How long can you keep the ball in the air - Pass between you and partner.

You can play these games for as long as you like



Indoor Games

Air Hockey



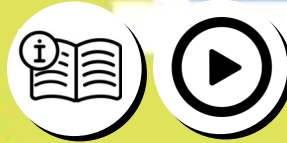
Bowling



Circuits



Colour Cube



Noughts & Crosses



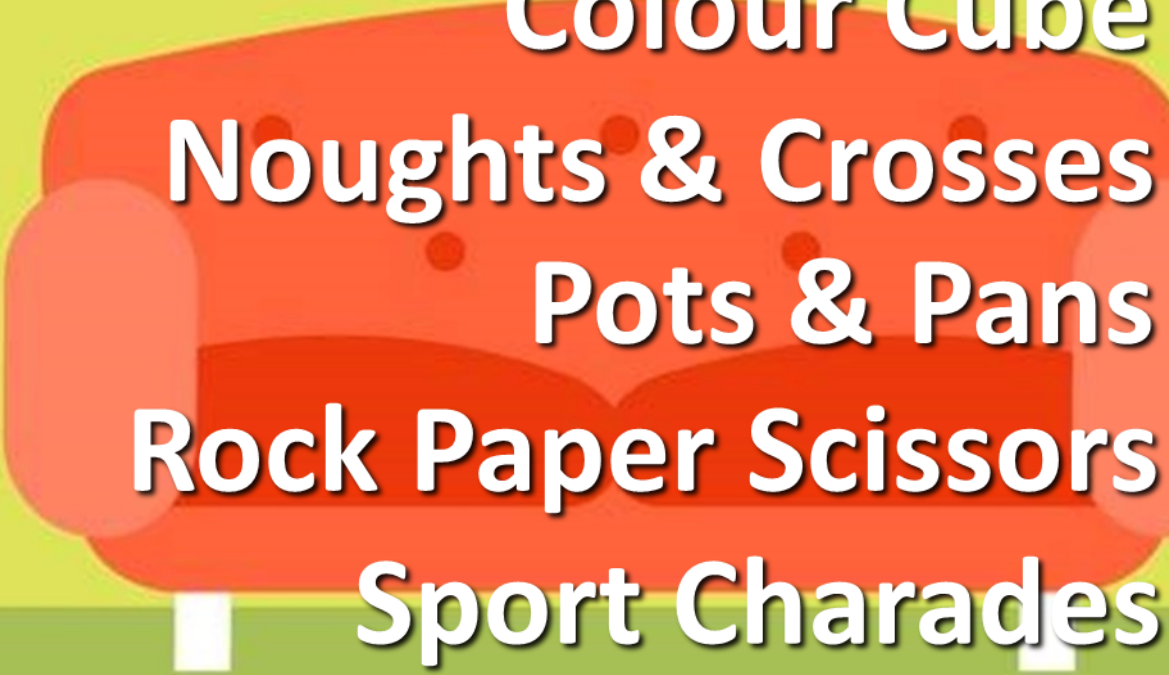
Pots & Pans



Rock Paper Scissors



Sport Charades





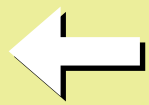
Indoor Games: Air Hockey

What do you need?

- Small space with a slippery surface like a table or wooden/tiled floor
- 2 players
- Towels, use jumpers or t-shirts for the game area
- Cones, cups or plastic bottles for paddles
- Bean bag or rolled up socks for the puck

Set Up and Rules

- Roll the towels up and place at opposite ends of the playing area to act as goals/barriers.
- Players sit across from each other and use cones/cups/bottles to push the bean bag/socks to try and score a goal!
- Can play timed games or first to reach a set score.



Indoor Games: Bowling

What do you need?

- Long open space like a hallway
- 2 or more players
- 10 stackable items like toilet/ kitchen rolls, plastic or paper cups
- At least one rolling item like a small ball or rolled up socks

Set Up and Rules

- Stack the toilet rolls/cups with four on the bottom, then three on top, then two, then one.
- Decide on a starting place. You can use a jumper to mark this.
- Roll (or throw) your ball/socks towards the toilet rolls and try to knock over as many as possible.
- Each player gets 2 turns each. The player that knocks over the most wins.

Make it easier or harder

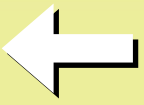
Try moving your start position forward or back

Use less or more stackable items

Bigger items are easier to hit than smaller items

Give players more/less turns or keep going to all items are knocked over.

Give items a point value and count up total points



Indoor Games: Circuits

What do you need?

- Open space indoor or outside
- 1 or more players
- 4 items to make ladders (straws)
- 2 weights: Tin of beans, bottle of water
- Timer

Set Up and Rules

- Lay the Straws on the floor like ladders
- Watch the videos for demonstrations
- Each Players takes a turn or join in together
- Use a timer for Round 3.

Circuit: Round One: Ladder and Cardio

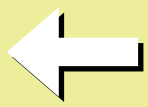
4 different Exercises: Jump with 2 feet over the straws at the end do 10 Star Jumps, repeat Ladder 3 times followed by 20 High Knees, 15 Squats and 10 Sky Jumps

Circuit Round Two: Weights Inspired

4 different Exercises: 20 Bicep Curls, 20 Shoulder Press, 20 Twists and 20 Squats

Circuit Round Three: Finisher

Repeat all Exercises from round one and two: 30 seconds exercise – 15 seconds rest



Indoor Games: Colour Cube

What do you need?

- Small floor space
- 1 or more players
- 8 plastic cups per player (could also use toilet roll holders, bottles or cans).
- 3 different coloured pens, pencils or crayons

Set Up and Rules

- Colour in the bottom of the cups so that you have 3 cups of 1 colour, 3 cups of another and 2 cups of the final colour. Set the cups up in a random order in a 3 x 3 formation with the middle area empty.
- Align one of the coloured pens to each row

How to Play

Move the cups one at a time into the empty space
The aim is to line the coloured cups up to the same colour of pen
Challenge to see how few moves it takes to complete
Timed challenge - how long it takes to complete
Countdown - set time limit to complete.

← Indoor Games: Noughts & Crosses

What do you need?

- Small space
- 2 players
- 9 pieces of blank paper for playing area
- 10 pieces of blank paper for 5 noughts and 5 crosses
- Pens, pencils, crayons or paint

Set Up and Rules

- Use you pens/pencils/crayons/paint to design 5 noughts and 5 crosses
- Lay out your 9 blank pieces of paper in a square 3 by 3.
- Decide who will play noughts and who will play crosses.
- Each player takes a turn to place their nought or cross on a blank space.
- The player that gets 3 noughts/crosses to line up in row wins

Make it harder

Try adding more blank pieces of paper for a bigger playing area.

Remember you would need to make more noughts and crosses.

If you play 4 by 4 you need 4 in a row to win, 5 by 5, you need 5 in a row to win.

← Indoor Games: Pots & Pans

What do you need?

- Open space living room or hall
- 2 or more players
- Pots of various sizes or bowls, pen and paper
- At least one throwing item like a small ball or rolled up socks

Set Up and Rules

- Arrange pots on the floor with the **LARGEST** pots at the front and **SMALLER** pots at the back.
- Use pen and paper to create a score for example 5 points for largest pot, 30 points for medium pot & 100 points for smallest pot
- Decide on a starting place. You can use a jumper to mark this.
- Throw your ball/sock in pot .
- Each player gets 3 turns each. Whoever gets the highest point wins.

Make it more active

Try adding more blank pieces of paper for a bigger playing area.

Remember you would need to make more noughts and crosses.

If you play 4 by 4 you need 4 in a row to win, 5 by 5, you need 5 in a row to win.

← Indoor Games: Rock Paper Scissors

What do you need?

- Small space
- 2 players

Set Up and Rules

- Both players face each other
- Count to 3 and then make rock, paper or scissors sign with your hand on "GO".
- Rock beats scissors
- Scissors beats paper
- Paper beats rock

Make it more active

- Instead of using just your hand, use your full body.
Tuck into a ball or rock for rock.
Stand stretching legs and arms out wide for paper.
napping or cutting motion with arms for scissor.
Why not try making up your own actions?

Make it more active level 2

- This time players have to complete an exercise 3 times before choosing their shape on "GO".
You can try 3 star jumps or 3 sit ups .
If you have enough space you can run up and down 3 times.
Why not trying making up your own exercises.

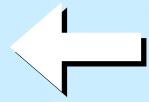
← Indoor Games: Sport Charades

What do you need?

- Small space
- 2 or more players

Set Up and Rules

- Just like in Charades - act out sports, activities, famous celebrations or what ever you can think of!
- No talking allowed remember!
- Other person has to guess what you are acting out.



Active Challenges

Daily Walk



Bingo Hunt



Ropes & Ladders



Toss The Coin

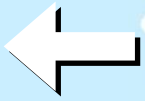


Activity Scavenger Hunt



Alphabet Challenge





Glasgow Sport Daily Walk Active Challenge



When you see a....

- **Post Box** Hop on one foot 5 times
- **Cat** Do 10 star jumps
- **Cyclist** Spin and jump in a circle
- **Bird** Tweet and flap your arms
- **School** Run on the spot
- **White Car** 3 Squat jumps
- **Traffic lights** March on the spot
- **Butterfly** Touch your head and toes 10 times
- **Dog** 4 Lunges
- **Rainbow in a window** Clap your hands (above your head, behind your back or between your legs)



Why not create your own?





Glasgow Sport Bingo Hunt

While you are out and about, have a go at
playing Sport Bingo

Challenge someone to see who is first to
complete a column, row or a whole sheet!



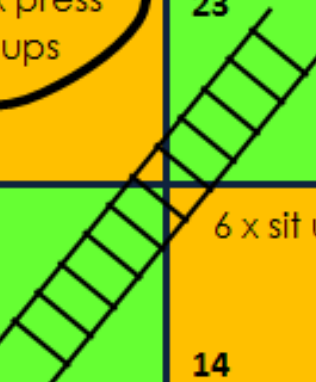
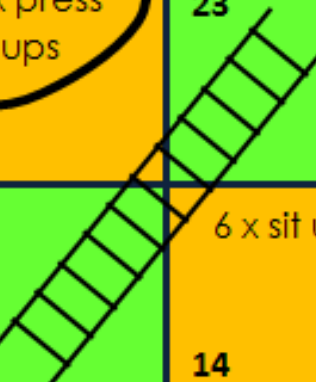
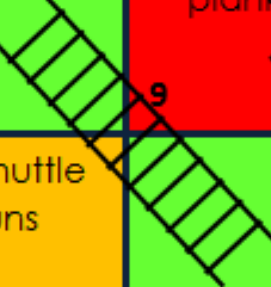


Sports Centre	Female Jogger	Dog walker with 2 dogs	Child cycling
Swimming Pool	Male Jogger	Outside Gym	Children playing in the garden
Female adult cycling	Someone roller skating	Cycle path	Male adult cycling
Someone pushing a buggy	Family of 4 people walking	Play park	Family of 2 people walking



Ropes & Ladders

Roll a dice and move along the board.

Complete the action in each box and the first player to 30 wins.

30 FINISH! WELL DONE!	29 	28 10 x lunges	27 Choose a player to do an exercise	26	25 6 x toe touches
19	20 	21 Go back 3 places	22 5 x press ups	23 	24 20 sec plank
18 Relax	17 3 x standing long jumps	16 10 x star jumps	15 	14 6 x sit ups	13
10 x burpees 7	8 	9 20 sec plank	10 15 sec wall sit	11 Roll the dice again	12 10 x squats
6 Go back to the start	5 4 x shuttle runs	4 	3 3 x standing long jumps	2 10 x star jumps	1 - START 



Glasgow Sport Activity

Scavenger Hunt

Can you see...



1. Pink flower

2. Cyclist



3. Runner

4. Green Car

5. A Road Crossing



6. Something
Recyclable

7. An insect

8. A Magpie



9. Dog

10. Key Worker

Get busy with an activity when you see any of these things! Star jumps, run on the spot or hopping- the choice is yours. Increase the number for older kids and adults.

let
THE
Adventure
BEGIN

By the
Finnigan
family





Toss The Coin

Toss a coin and if it lands at 'Heads' you complete the first easy exercise and if 'Tails' a hard exercise. Every time you toss the coin you move to the next number. Each player takes it in turn and every exercise lasts for 30 seconds.

EASY (HEADS)

1. Run on the Spot
2. Toe Touches
3. Jumping Jacks
4. Side Lunges
5. Arm Punches
6. Squats
7. Arm Circles
8. Calf Raises
9. Front Lunges
10. Relax

HARD (TAILS)

1. Burpees
2. Mountain Climbers
3. Press Ups
4. Sit Ups
5. Plank
6. Squat Jumps
7. Wall Sits
8. Crunched
9. Frog Jumps
10. Tuck Jumps



Glasgow Sport Alphabet Active Challenge

Can you spell out some of Glasgow iconic sports venues? Such as Tollcross or Emirates Arena! Or where you go swimming or play football? Such as Bellahouston or Gorbals.

(To make it harder, add Glasgow Club to the start of the venue)

- | | |
|--|--|
| A - 5 Star jumps | O - 20 Second plank |
| B - Hop on right leg | P - 30 second wall sit |
| C - Clap your hands above your head | Q - Pretend to do the hula hoop |
| D - Try a handstand | R - Try a keepie-up |
| E - Walk like a crab | S - 5 Frog jumps |
| F - 10 Lunges | T - 20 Arm circles |
| G - 5 Press-ups | U - 20 Flutter kicks |
| H - 10 Spins | V - Try a roly polly |
| I - Hop Skip and Jump | W - 5 Floor to sky jump |
| J - 20 seconds high knees | X - 5 Shuttle runs |
| K - 10 Sit ups | Y - 5 head, shoulders, knees and toes |
| L - 10 Squats | Z - Pat your head and rub your tummy for 20 seconds |
| M - 3 Burpees | |
| N - Hop on left leg | |



Puzzles

Crossword



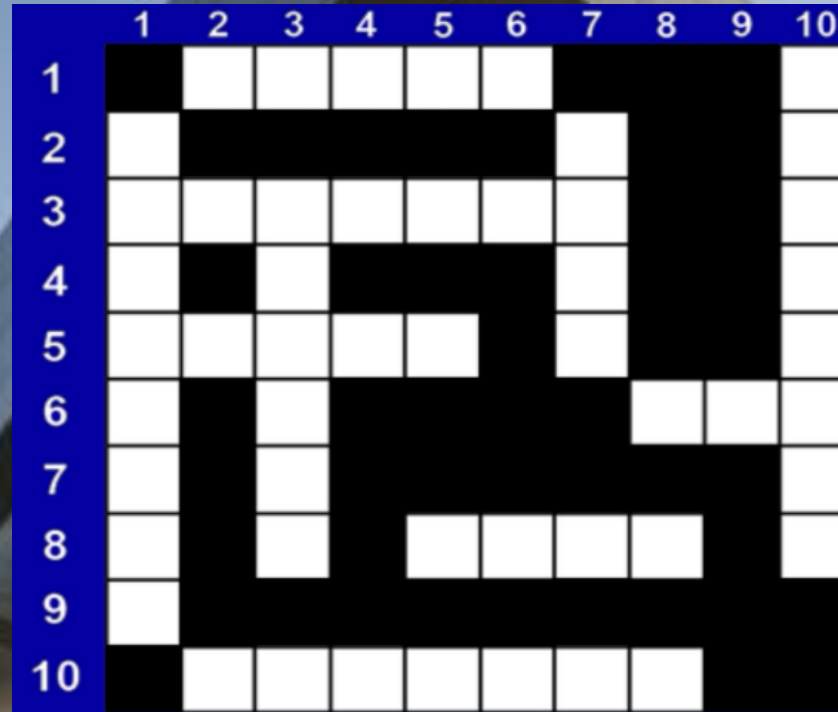
Sport Word Search



Spot The Difference



← Glasgow Sport Crossword



Across

- 2.1 Name of Glasgow based basketball team
- 1.3 2002 Champions league final venue
- 1.5 Hosted rugby 7's final at Glasgow 2014
- 5.8 Nickname of Glasgow's west end football team
- 2.10 Sport the Sirens play in Glasgow
- 8.6 Golfers use this to start a hole

Down

- 2.1 Name of sir who has the velodrome named after him
- 3.3 Famous tennis family
- 2.7 First name of Scotland and Liverpool star
- 1.10 Stadium neighbour to Emirates Arena



Sport Word Search

There are 10 words hidden in the word search below, the words may be found across, down, diagonally and backwards and can overlap with each other. The hidden words are listed beneath the word search; circle the words in the word search as you find them and cross them out from the list.

Badminton

Basketball

Football

Golf

Gymnastics

S	C	I	T	S	A	N	M	Y	G	H	B	C
L	L	A	B	T	E	K	S	A	B	S	A	I
J	U	G	Y	C	W	H	I	B	I	A	D	S
A	U	S	E	B	Y	G	T	M	N	U	M	Q
T	E	W	R	S	G	L	W	L	S	Q	I	T
S	T	B	T	B	F	U	N	G	F	S	N	Y
A	H	L	W	P	L	D	R	F	C	A	T	A
R	A	N	T	G	O	T	T	A	Z	O	O	S
G	B	H	T	G	G	H	F	U	V	S	N	C
T	N	U	G	N	I	M	M	I	W	S	U	S
B	F	O	O	T	B	A	L	L	I	B	N	T
A	O	H	O	B	E	H	X	S	G	B	D	N
B	A	T	L	L	A	B	T	E	N	N	I	S

Netball

Rugby

Squash

Swimming

Tennis



Spot The Difference

Can you spot the 8 differences between the two pictures?



GlasgowLife™
presents

Summer Fun

Activities & Challenges for Families

Thank you for trying out Glasgow Sport's Summer Fun activities. We hope you had fun trying all the different games and keeping active.

Let us know how you got on by uploading your photos and videos to your social media pages and tagging us.

 **Glasgow Sport**

 **@Glasgow_Sport**

#SummerFun