

**SUMMER FUN!**  
**OUTDOOR PHYSICAL ACTIVITIES**

**Outdoor Scavenger Hunt:**

<https://handsonaswegrow.com/32-ways-kids-can-go-on-scavenger-hunts/>

Items needed:

- Scavenger hunt list
- Pencil/marker to tick off

How to make:

- Print off or make a list of items to search for the scavenger hunt.
- Go for a walk or just out in the garden. Your child searches for the items and ticks them off the list.
- Tip: Glue the paper on a piece of cardboard, to make it easier to hold a tick.

Scavenger hunt ideas:

- Nature Scavenger hunt:  
<https://handsonaswegrow.com/32-ways-kids-can-go-on-scavenger-hunts/>  
<https://cdn.handsonaswegrow.com/wp-content/uploads/2019/06/nature-scavenger-hunt.pdf>  
<https://howtonestforless.com/nature-scavenger-hunt-for-the-kids-free-printable/>
- Around town scavenger hunt:  
<https://cdn.handsonaswegrow.com/wp-content/uploads/2015/11/around-the-town-scavenger-hunt-photostext-only.jpg>  
<https://www.thetaylor-house.com/wp-content/uploads/2013/05/Neighborhood-Scavenger-Hunt.pdf>
- Zoo scavenger hunt:  
<https://naturalgreenmom.com/wp-content/uploads/2013/06/zooscavengerhunt.pdf>

**Play with a ball:**

Items needed:

- Ball (different sizes)
- Net bag (which fruit or veg comes in) or a long sock/stocking

Steps to Make:

Preparation:

- Place the ball in the net bag or sock.
- Tie it to a length of rope.
- The rope needs to be long enough to get the ball level with the child's chest.



**LIZELLE KEYSER**  
**Paediatric Occupational Therapist**

---

- Suspend the ball from a horizontal pole or even from a nook in a doorway. (Some outside washing lines work great.)

Play:

- Push and catch: The child pushes the ball away with both hands and then catches it again.
- Batting: The child hits the ball with a bat.
- Remember: The smaller the ball, the more difficult. You can initially also use a balloon tied to a string, as they move slower; before attempting a ball.



May more ball skill and balance activities can be found on:

<https://activeforlife.com/activities/>

**Outdoor Obstacle course:**

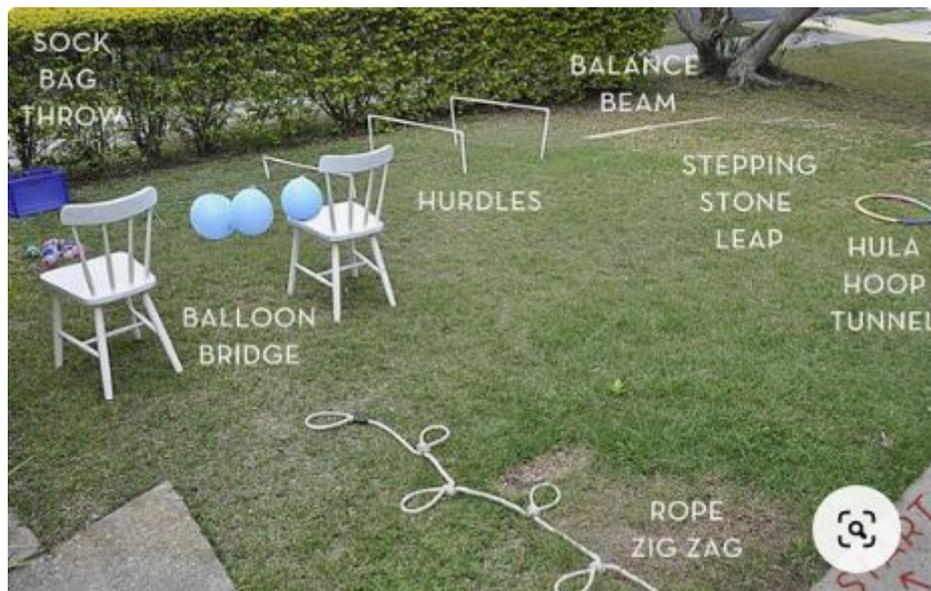
An outside obstacle course is a great way to provide your child with fun physical activities in a fun way. You can use any items in your garden to set it up. All you need to do is to decide on the activities and set it up in a path. You child follow the activities the one from the other, and then start at the beginning when they finished. You can also combine physical and sensory path activities for further fun. Here is some ideas:



Cut out some large monster feet and place it in different directions in a path. The children need to walk or jump on

the feet. You can also move it slightly further apart if you want to encourage a stretch or a jump.

LIZELLE KEYSER  
Paediatric Occupational Therapist



**Shark run:** (activity with obstacle course or separate)

<http://frogsandsnailsandpuppydogtail.com/shark-run-game-for-kids/>

Items needed:

- Two old cushions
- Pieces of cardstock
- Scissors

**LIZELLE KEYSER**  
**Paediatric Occupational Therapist**

---

- Stones (to weight down the sharks)

How to make:

- Making your sharks: Take a piece of cardstock – along the long edge make a fold a couple of inches from the bottom all the way across. And then cut out a rough shark fin shape from the top piece of the card stock. Cut the flap half way and split to provide a stable base and then make some more. To keep them upright in the garden with a breeze we put some stones and pebbles on the flaps.
- Using the two cushions you need to move across the “water” avoiding the sharks so you can’t step off those cushions.
- But here’s the tricky bit you can only face forward at ALL times.
- Start by putting the two cushions in front of each other – then on the far one stand, bend down and reach behind you whilst still facing forwards, pick up the cushion and move it to the front and put it down.



**Outdoor Pool Noodle activities:**

<https://thejoysofboys.com/5-summer-activities-with-pool-noodles/>

**The Giant Ring Toss:**

Items needed:

- 6 or more ¾” wooden dowels. We used 1.2m ones, but you could use shorter ones depending on how tall you want the game to be.
- 6 or more pool noodles

Note: Make sure the diameter of the noodle hole is the same diameter of the dowels that you buy. Not all noodle holes are the same size!

Steps to make:

- Use a hammer to pound the dowels into the ground.
- Position one noodle onto each dowel, until completely covered.



- Cut the dowel with a saw into 15cm segments. One for each ring you are making.



**LIZELLE KEYSER**  
**Paediatric Occupational Therapist**

---

- Insert one of the cut dowels into the noodle to make the ring. Secure with duct tape.
- You can assign different points to different targets and start to play. The aim of the game is to throw the noodle ring onto the pole.



**Pool noodle Target station:**

Items needed:

- At least 9 pool noodles
- Three ¾" wooden dowels - 1.2m long

Note: Make sure the diameter of the noodle hole is the same diameter of the dowels that you buy. Not all noodle holes are the same size!

Steps to make:

- Make 6 rings as described in the above game.
- Use duct tape to tape 6 rings together. 3 on top, 3 on bottom. Then tape the rings to two hollow pool noodle posts.



- Use a hammer to pound two ¾" dowels into the ground and slide the target station onto the posts.
- Then throw hollow pool noodles at the target. You can assign different point values to different rings.



**LIZELLE KEYSER**  
**Paediatric Occupational Therapist**

---

**Pool Noodle Croquet:**

Items needed:

- 6-8 pool noodles
- Four or five 3/4" dowels cut to 30cm in length
- beach balls

Steps to make:

- Use a hammer to pound two dowels into the ground, approx 75cm apart for each wicket you are making. Slide pool noodle onto dowels to make an arch.
- For the mallet, use hollow pool noodles, or you could slide the noodle onto a dowel to make it stiff. Just make sure the dowel and noodle are the same diameter.
- Then use beach balls to play croquet or you can just climb under them!



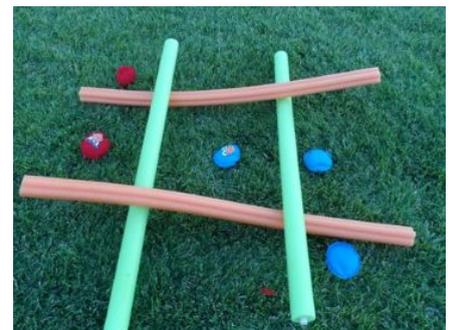
**Giant Tic-Tac-Toe:**

Items needed:

- 4 pool noodles
- Small beanbags (of fill a balloon with rice), make sure you have two different colours

How to make:

- Use the pool noodles to make a tic-tac-toe game.
- Have one kid stand on each side and toss colored bean bags to try and get tic-tac-toe. Get 3 in a row and you win!



**Pool noodle waterfall:** <https://teachingmama.org/pool-noodle-water-wall/>

Items needed:

- 3 or Pool noodles
- Zip ties
- Wooden Pegboard (from Building store or Amazon)



**LIZELLE KEYSER**  
**Paediatric Occupational Therapist**

---

- Funnels (or cut off the drinking part of a small water bottle to make your own funnel)

How to make:

- You can create your pool noodle water wall however you'd like! Feel free to follow the pattern we did or just make up your own. Once you've decided how you want the pool noodles to go on the pegboard, just use zip ties to attach the noodles to the board.
- If you do not have a peg board, you can also tie it outside to e.g. fence posts in the garden.
- You can now have fun. Pour water with a jug into the funnel and see it rush out the bottom.
- You can also try to hold your hand at the bottom of the pool noodle and then let go to see the water rush out! That would also be a great mini-lesson on water pressure.



The following link will provide you with more ideas for pool noodle play:

<https://thejoysofboys.com/things-to-make-with-pool-noodles/>

**Apps you can download to get your family active:**

<https://activeforlife.com/6-apps-to-get-kids-active/>

Geocaching and cgeo apps

<https://www.cgeo.org/>

<https://www.geocaching.com/>

Using the Geocaching app, kids can join the more than 3 million people playing across the world. Geocachers hide containers that are never buried but sometimes difficult to find (perhaps they're beside tree roots or behind rocks). The caches are then listed by coordinates in the app and explorers use a GPS to find them.

Skyview app: <https://www.terminaleleven.com/skyview/iphone/>

[https://play.google.com/store/apps/details?id=com.t11.skyviewfree&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.t11.skyviewfree&hl=en_GB)

SkyView app lets your kid become mini-astronomers. Simply point your device at the sky to find out when and where the planets, satellites, sun, and moon will be at any time on any date. With incredible graphics and so much info about the night sky, kids may just never want to come inside for bed!

Monkey bar collective: <http://monkeybarcollective.com/monkey-spot>

Find endless ideas for scavenger hunts

**LIZELLE KEYSER**  
**Paediatric Occupational Therapist**

---

All Trails: <https://www.alltrails.com/>

Discover new nature hikes and bike paths

Seek App: [https://www.inaturalist.org/pages/seek\\_app](https://www.inaturalist.org/pages/seek_app)

With the Seek app, simply point your phone camera at a living thing and image recognition technology will identify the plants, birds, amphibians, fungi, and so much more that kids discover.