If the challenge for your brood is to get them moving and away from screens, here are some suggested physical activities for children:

### Choreography challenge
Choose a song and work together to create a funky dance and see if you can remember it all!

### The floor is lava (Suitable for all ages)
Put cushions and tea towels on the floor to help you make your way around the room without touching the floor!

### Create a workout and do it together
For example: 25 star jumps, 20 squats, 15 crunches, hop like a bunny around the lounge room and frog leap your partner!

### Target game
Create a target game with tape and bits from the house!

### Gardening
Pull weeds, trim bushes, collect flowers for a vase!

### Fun circuit training
Draw pictures of different activities and place them around the room – or all over the house. The children will then need to visit each picture and do the activity – e.g. hop on one leg 10 times, 10 star jumps, 10 squats, 2 roly-poly's etc. See how many circuits they can manage!

### Musical bumps or statues
The perfect opportunity to revive these favourite party games!