

Track, chart, and reward progress:

Keep a track of all the exercises completed and even chart out the exercise-related achievements made by the children and have a small weekly reward for the kid or family member with the most achievements.

Conclusion:

If these tips are followed properly, soon enough, your children are sure to enjoy taking part in physical exercise.

The trick really is to just make spending time doing these exercises as fun as possible. Your children will automatically be enticed by these exercise games and will soon be enthusiastic about doing them.

Make sure that you're enthusiastic about this if you want your children to be. Whether it's a workout at home or outdoors, it can always be turned into a fun way of spending time with your children.

It will also help to explain the importance of physical exercise at a young age, to your children. They need to understand why it's essential.

1. Relay running races

Running relay races are one of the simplest PE games needing no equipment. Go outside and divide children into groups of 3 or 4 people each. Have them run a set distance each before moving on to the next person in the relay.

The mix-it-up relay race is fun variation of a normal relay running race. In a mix-it-up race, each person in a relay team will perform a different action. The first person may have to skip, the second may have to run backwards, the third can run normally, and the fourth can hop. This makes the race more exciting and enjoyable to watch.

2. High Jump Competition

This simple game is a great way for children to have some fun while testing their athleticism. Have the children split into groups of two and stand next to a brick wall. Have them jump as high as they can, touching the highest brick they can reach with their hand. Each child gets 3 jumps.

The highest jumper in each pair gets to go through to the next group, were they are paired off again and will get another three jumps. Eventually, you will discover who the highest jumper in the group is. You could also have a standing long jump competition to see who can jump the furthest

3. The Quiet Olympics

- DISCUS THROW: Use a paper plate
- SHOT-PUT: Use a balloon
- TRACK RACE: Each player lines up at the start line and race by placing the heel of one foot against the toe of the next. The first one to the end of the track and back wins.
- HIGH JUMP: Each contestant takes a deep breath and whistles. The contestant who holds the note the longest wins.
- HIGH DIVE: Each player stands on a chair (or faces the chair back-rest and then kneels chair seat) with ten clothes pins and drops them into an empty bottle. The player that gets the most wins.