

Worcestershire West Weekly Physical Activity Programme



Monday 15th June - Friday 19th June 2020



Adverb Exercise

How to Play

Write some adverbs (words which describe verbs) on pieces of paper/card – one adverb per card. For example:

A. Quickly B. Gracefully C. Enthusiastically D. Powerfully E. Stealthily F. Suddenly

Place the cards, face down, in a pile, on the floor or on a table. Take turns to be the 'actor'. Another player suggest an action e.g. Climb a ladder. The actor selects an adverb from the pile – without showing the other player(s) – then mimes the action in the manner of the adverb, e.g. Climbs a ladder quickly. The other player(s) must guess the adverb.

Swap roles and play again with a different action and adverb.

How many can you get right?

Challenge Yourself

Can you suggest actions that need big whole-body movements?

Can you suggest actions that need good balance?

Can you suggest adverbs that increase your effort?





Tee Time

How to Play

Players start from the same place, e.g. front door. Player A gently throws or rolls their ball into a space a few metres away, e.g. down the hall. Player B aims for A's ball, trying to get as close as possible. Player C has a go... and so on until all players have thrown their balls. See whose ball is closest to A's ball. They win a point .

The winner starts the next round by throwing or rolling their ball to a new place, e.g. into the sitting room. Player A goes next... and so on. Keep repeating until you have played for at least 10 minutes. Make a trail through the house or outdoors. Who can get the most points?

Challenge Yourself

Can you improve your previous score?

Can you play it outdoors in a bigger space?

Can you use a different technique, e.g. kick instead of throw or bat instead of hand?



Coin Flip



How to Play

Choose your movements then flip a coin.

Do each movement for 30 seconds.

See who's the champion of which exercise in your home.

	Heads	Tails
1	Star Jumps	Jumping Jacks
2	Run on the spot	Lunges
3	Toe Touches	Squat Jumps
4	Crunches	Plank
5	Squats	Burpees
6	Sit & Chill	Side Lunges





Step-Up

How to Play

How many times can you step up and down a step in 60 seconds?

You must step up and down with one foot at a time.

No jumping!

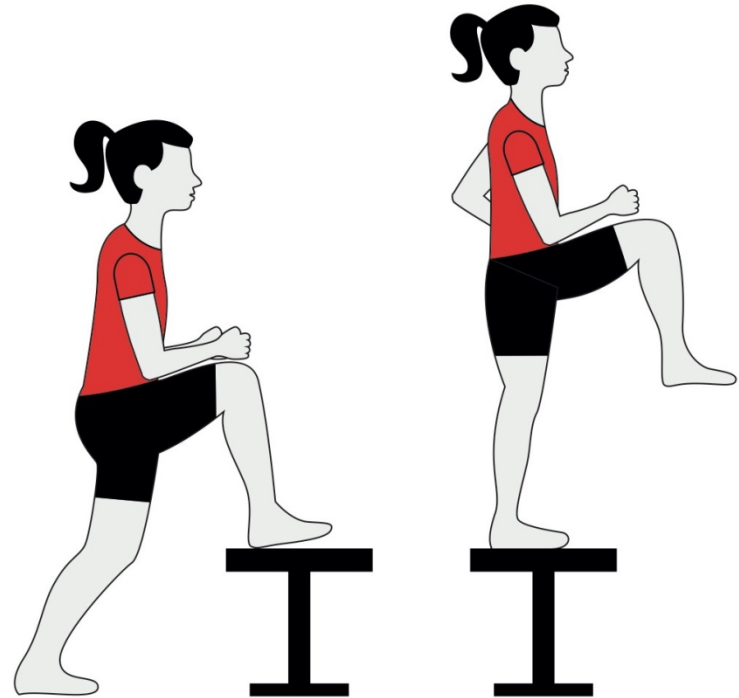
If you do not have a step use a foot pouffe or a stool.

Challenge Yourself

Achieve Gold = 70 Steps

Achieve Silver = 45 Steps

Achieve Bronze = 30 Steps





Active Noughts & Crosses

How to Play

Grab a pen & paper

Choose some exercises

Perform each movement for 30 seconds

See who's champion in your household

Squats 	Press-Ups	Lunges
Lunges	Star Jumps 	Wall Sit
Jumping Jacks	Plank	Sit-Ups



The Plank

How to Play

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

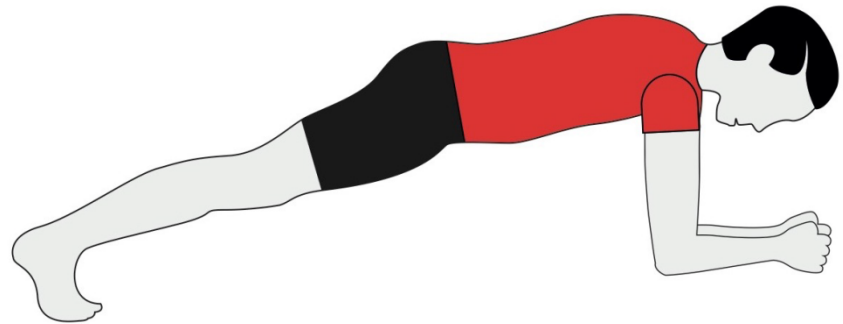
Challenge

Achieve Gold = 60 seconds or more

Achieve Silver = 45 seconds or more

Achieve Bronze = 30 seconds or more

Who can hold the plank position longest
in your family?





Spell Your Name

How to Play

Spell Your Name & do the workout!

A	15 Push Ups	N	10 Tricep Dips
B	20 Jumping Jacks	O	12 Jumping Jacks
C	10 Crunches	P	45 Second Plank
D	10 Burpees	Q	45 Second Wall sit
E	30 Second Wall Sit	R	20 High Knees
F	20 Arm Circles	S	12 Squats
G	10 Squats	T	12 Jumping Lunges
H	10 Jumping Jacks	U	10 Crunches
I	30 Second Plank	V	10 Heel Flicks
J	12 Burpees	W	15 Calf Raises
K	15 Squats	X	20 Star Jumps
L	10 Push-Ups	Y	Jog on the spot for 1 minute
M	20 Lunges	Z	20 Push-Ups

Challenge

Spell out your FIRST, MIDDLE & LAST name!