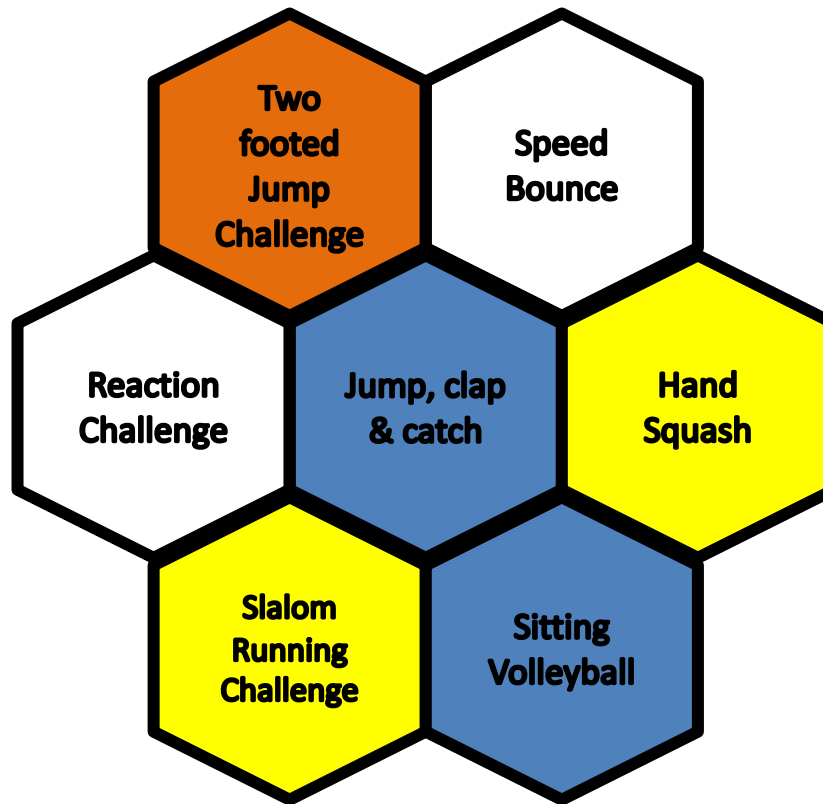


Worcestershire West Weekly Physical Activity Programme



Monday 11th May - Friday 15th May 2020

Two-footed jump Challenge



How to play

Using two footed jumps, jump in each numbered square of the grid starting at number 1 and finishing in square 4. Repeat for 1 minute and 30 seconds. Each completed circuit counts as 1 point.

Equipment

Two skipping ropes, chalk or some tape to make a cross.

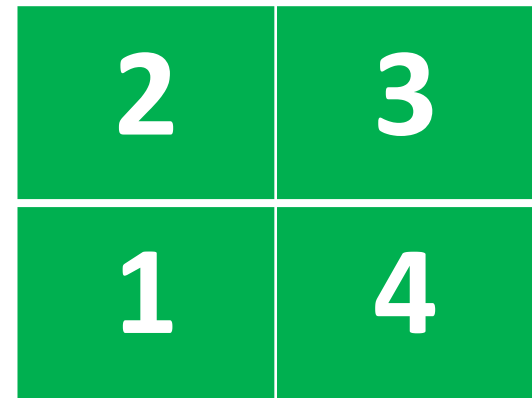
Self-belief:

Try setting yourself a target that you think you can achieve and then gradually increase it and keep your belief each time.



Passion:

Are you trying your best right up until the time is up?



Reaction Challenge



How to play

Place nine pieces of paper on a wall (targets) and number them 1 to 9. Someone will stand behind you and will shout out a number, at that point you must react as quickly as possible and touch the correct number on the wall. How many targets can you touch in 60 seconds?

Respect:

Are you disturbing anyone by playing against the surface you have chosen?



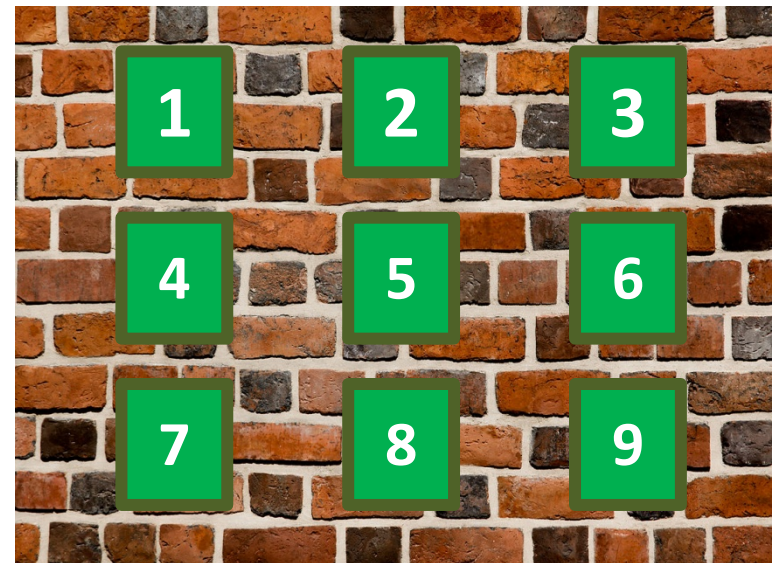
Passion:

Are you excited about playing this game?



See the video demonstration of this activity:

t.co/Uph5ELOKUn



Speed Bounce Challenge



How to play

Start on one side of the cone and jump with two feet over it, landing within two feet on the other side. Then as quickly as possible bounce back to the other side... keep going and see how many jumps you can complete over and back in 60-seconds.

Equipment:

Open space and a cone/jumper.

Self-Belief:

Do you think practising will improve your performance?



Honesty:

Do you keep an accurate count of your score?



Jump, catch & clap



How to play

Start by standing on one side of your line. Toss the tennis ball up. Now, jump over your line toward the other side. While you are in the air, clap your hands ONCE, land and catch the ball. Next, jump back over your line, clap TWICE, land and catch. Continue jumping back-and-forth over your line, adding a clap each time and catching the ball. To complete this skill, you must go from one clap, all the way through seven claps. If you drop the ball, you must start all over again.

Equipment:

A tennis ball and chalked line/jumper.

Determination

Do you keep trying the challenge if you don't succeed at first? Try adapting the challenge to make it easier and help you build your confidence.

Ultimate Challenge

Try getting to 10+ claps or catch only with one hand!



Hand Squash



How to play

Grab a piece of paper, scrunch it up and see how many times you can rally (hit) the screwed up piece of paper against a wall before it hits the floor? If the screwed up piece of paper hits the floor you must start again. Remember you can't catch the piece of paper, it must be hit with the palm of your hand.

Equipment:

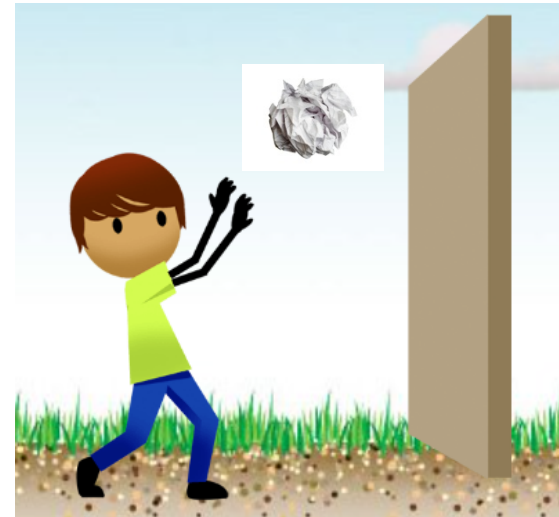
A wall and screwed up piece of paper

Link it up

This game helps develop your quick reactions and speed for sports such as tennis, badminton or squash.

Ultimate Challenge:

Try it only on one leg or only using one hand?



Slalom Running Challenge

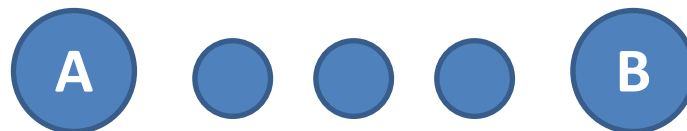


How to play

Run between 2 cones / lines (A & B) set 6 metres apart, see how many lengths you can do whilst running in and out of the cones between. You get 1 point each time you reach and touch a cone (A & B) and a bonus point for each five you complete in 90 seconds.

Equipment:

Some markers, jumpers or balls of socks.



Top Tips to increase your speed:

Face, neck and shoulders should be relaxed.

Keep shoulders low when accelerating.

Drive your elbows backwards.

Did you know?

Usain Bolt's world record of 9.58 seconds for 100 metres equals an average speed of 23.35mph.



Sitting Volleyball



How to play

You will need a ball and a partner. Mark out your court by using four markers using hats/shoes. For the net make a line along the ground. Take turns to serve by hitting the ball across the net to your opponent. Two serves are allowed and these can be underarm, overarm or throwing the ball into play. Players must stay seated throughout. If a player misses the court or lets the ball hit the ground in their court then the other player gets a point: first player to 10 points wins.

Equipment:

Some markers or shoes and a soft beach ball or balloon.

Optional:

Alternatively, you could play the game indoors with a balloon.

Personal Challenge

How long can you rally the ball in the air for without it making contact with the ground?

