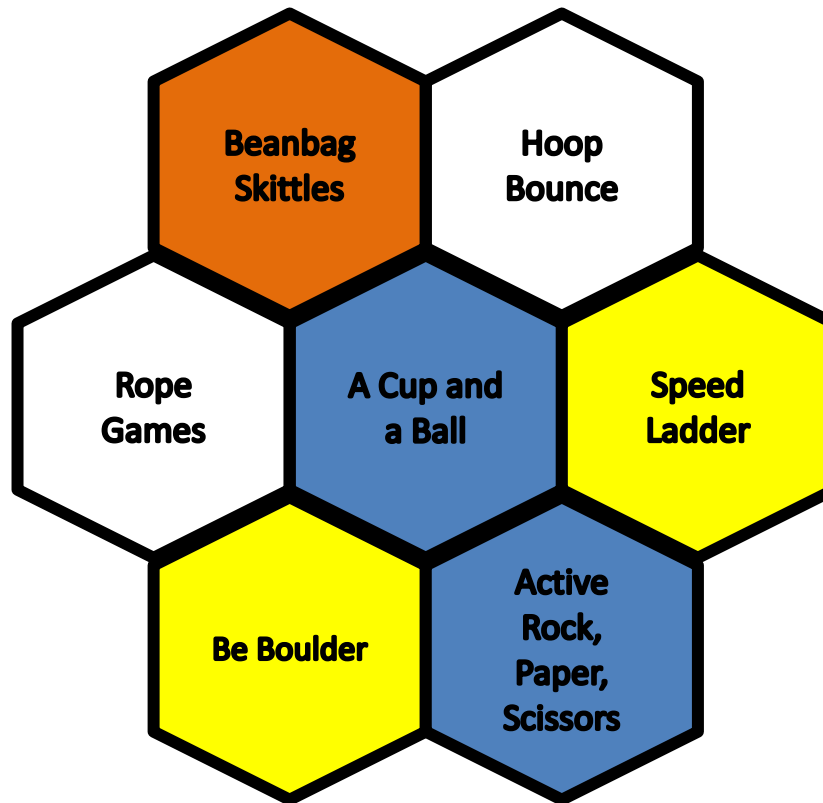


Worcestershire West Weekly Physical Activity Programme



Monday 1st June - Friday 5th June 2020

Be Boulder



How to play

Pick one player to be the dice thrower, the rest will be climbers and agree what the numbers on the dice mean
For example:

- 1 = left hand
- 2 = right hand
- 3 = left foot
- 4 = right foot
- 5 = rest
- 6 = change thrower

The climbers crouch on their hands and feet (no knees!) – this is the rest position.

The thrower throws the dice. The climbers lift the matching body part off the floor and try to stay balanced. Keep throwing until someone falls over or a 6 is thrown, then change the thrower. Who can follow the correct moves and stay balanced longest?

Keep going to see who can balance for the longest time! Speed up the game so climbers must change positions faster!

Challenge

Lift up two body parts at once to make it more challenging. For example:

- 1 = left hand and right foot
- 2 = right hand and left foot
- 3 = left hand and left foot
- 4 = right hand and right foot



A Cup and Ball



How to play

For this game you will need a plastic cup and a ball (you could make a ball from crumpled paper). Put the ball in the cup. By moving the cup, try tossing the ball in the air and catching it again in the cup. Start slowly. Don't throw it too high. Keep practicing until you can catch the ball in the cup.

Now set yourself a challenge:

- Can you toss the ball higher?
- Can you catch the ball more times in a row without missing it?
- Can you make more catches than before in 30 seconds?
- Can you use your other hand to hold the cup?
- Can you throw between two cups, one in each hand?

Equipment

- A couple of plastic cups
- A ball or crumpled piece of paper

Remember

- To improve you need to practise and persevere
- Focus on improving your personal best



Beanbag Skittles



How to play

Playing with a partner, players stand approx 10ft apart, facing one another. Three skittles/plastic bottles are placed in between the two players. Using beanbags and balls both players attempt to knock down the skittles. The player who knocks down the most is the winner.

Equipment

Range of beanbags and softballs
Skittles/plastic bottles

Easier

Use larger balls or larger skittles
Reduce the size of the playing area

Harder

Have a wider space between the skittles
Players could use their non-dominant hand when throwing.



Speed Ladder



How to play

Position 10 markers , exactly 0.5 metres apart using chalk, cones or tape to form a speed ladder.

Players can perform any of the following skills:

Move along the ladder placing one foot into each space.

Move along the ladder placing both feet into each space.

Move along the ladder doing a two footed jump into each space.

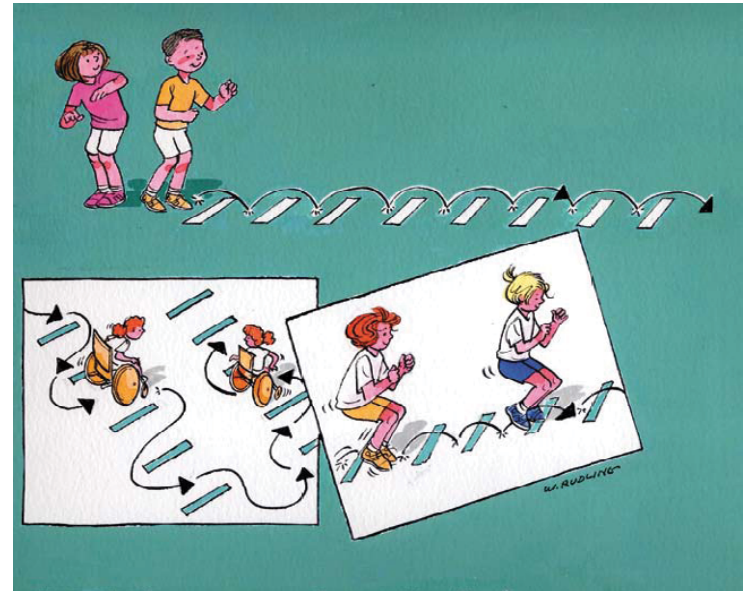
Move along the ladder sideways, doing a cross-over step , one foot in each space.

Equipment

Use chalk, cones or tape to form your ladder.

Challenge

Time yourself performing each activity –
can you improve your time over the course
of one week by practicing each day?



Rope Games



How to play

Using a rope attempt these challenges:

Tightrope

Spread the rope in a long straight line on the floor. Can you move along it without stepping off? Can you move sideways or backwards, as well as forwards?

Line-Up

Everyone in your household stands on the rope. Can everyone get into alphabetical order (A at one end of the rope and Z at the other end?) Players must keep at least one foot on the rope while standing or moving!

Islands

Make a circle on the floor with the rope. Everyone from your household gets inside. Step out of the circle and make it smaller. Everyone squeezes inside again. Keep making the circle smaller. How small can you make it and still fit everybody in?

Loopy

Tie the ends of the rope together to make a loop (about the size of a hoop). Join hands with everyone in your household to make a circle. Can you pass the loop around your bodies without letting go of each other's hands?



Hoop Bounce



How to play

Using markers form a couple of hoops in your garden/playing area. The player must move around the area balancing the ball on their racquet, continuously moving space and changing direction. When a player arrives at a hoop they let the ball bounce inside the hoop and catch it on his/her racquet. Players only move on when they have successfully caught and controlled the ball.

Equipment

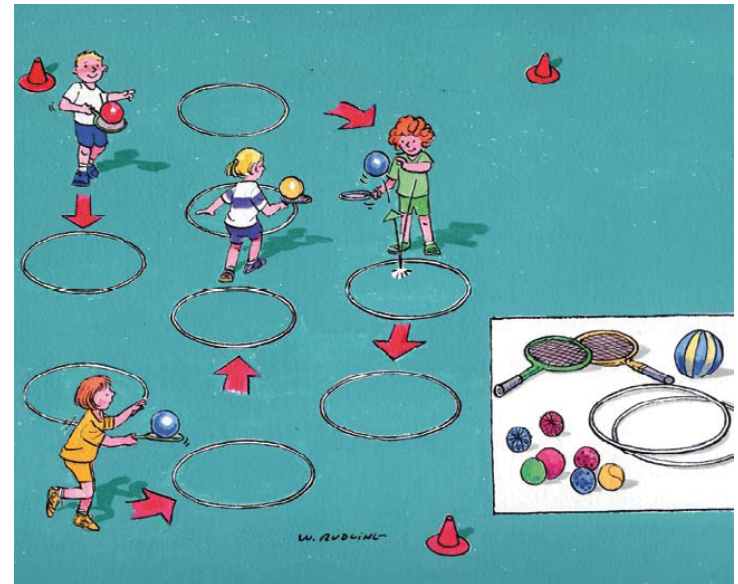
Chalk, cones or tape to form hoops.
A tennis ball and tennis racquet/frying pan.

Easier

Remove the hoops, the player moves around the area balancing the ball on their racquet.

Harder

Players bounce the ball twice in each hoop before moving on.



Active Rock, Paper, Scissors



This is an active version of rock, paper, scissors. Choose a shape you can make for each of the moves. For example:

A. Rock – be as small as you can.

B. Scissors – stretch as wide as you can.

C. Paper – reach as high as you can.

Stand facing a partner. After counting 1-2-3 out loud each player makes one of the shapes. Make sure you make your shapes at the same time.

Agree who wins :

A. Rock blunts scissors (rock wins)

B. Scissors cut paper (scissors win).

C. Paper covers rock (paper wins).

Give a point to the winning player. Play three times to see who wins the round.

Challenge yourself

Can you hold your shape without wobbling?

Can you make more difficult shapes?

Can you make an action instead of making shapes that are still?

