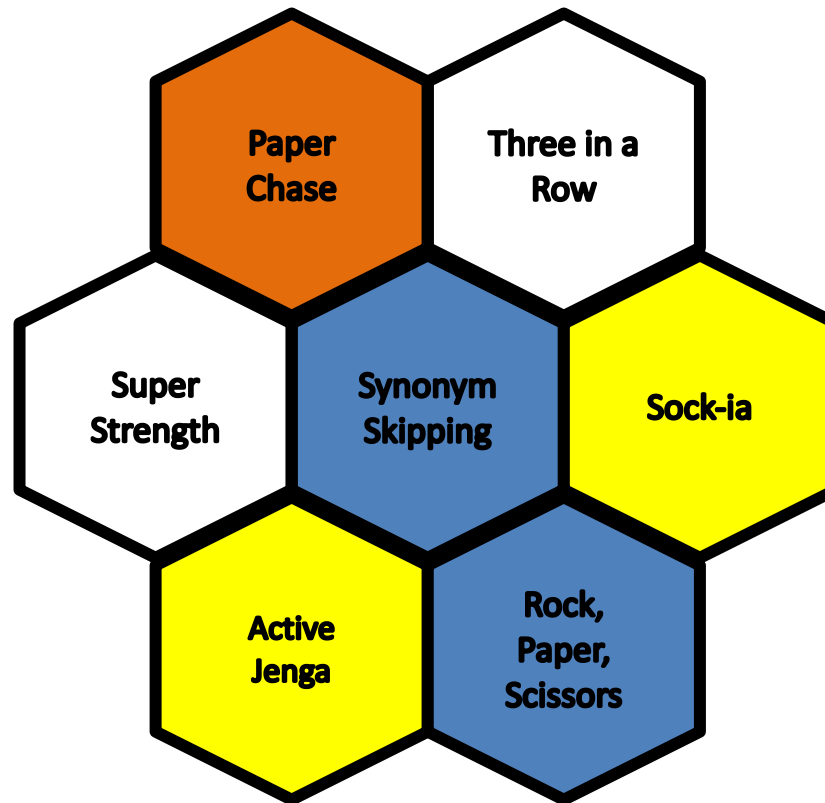


Worcestershire West Weekly Physical Activity Programme

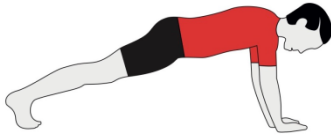
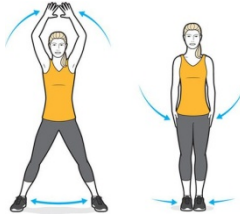


Monday 18th May - Friday 22nd May 2020

Active Jenga

How to play

Place a coloured mark on the end of each jenga piece (equal number of red, orange, green and blue pieces). The first person chooses a wooden block from the stack, removes it, and places it on top of the stack. Once the block is placed on top, the player remembers the colour on the side of the block (which corresponds to a specific exercise) and then they roll the dice. The total number of dots indicated on the die tell the player how long, or how many repetitions, to perform the colour coded activity. Once the chosen exercise is performed, your partner chooses a wooden block, places it on top, and rolls the dice. The activity continues until the tower of blocks falls or time is up.

Push-Ups	Jumping Jacks
	
Leg Lifts	Body Squats
	

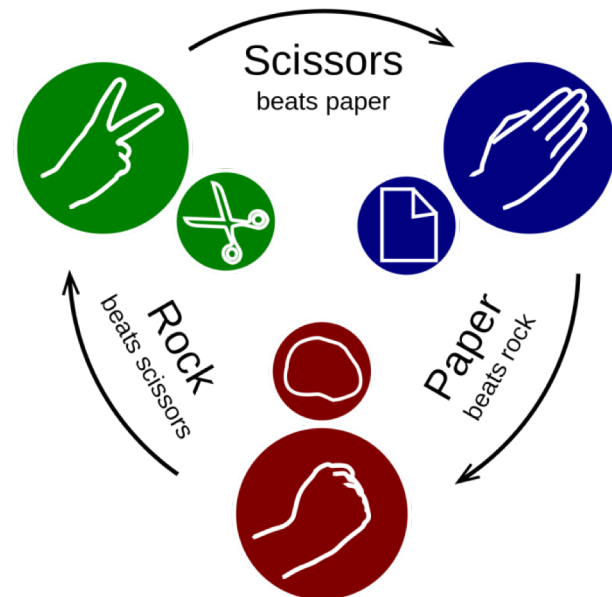


Rock, Paper Scissors Workout

How to play

On a piece of paper, agree with your partner on 3 choices if you win a game of rock, paper, scissors and 3 choices if you lose a game of rock, paper, scissors. Start playing against your partner. If you win, you get to choose which reward task you would like to complete but if you lose you must choose one of the penalty tasks to complete.

Reward	Penalty
Dance to your favourite song	Do the washing up
Stretch & Chill	10 Press-Ups
Throw 3 pairs of socks at your opponent from 3 metres.	10 Jumping Jacks



Super Strength



How to play

Layout 5 markers in a space around your area. These are your 5 strength circuit activities.

Station 1: Perform 10 squat jumps.

Station 2: Perform 10 jumping jacks.

Station 3: Perform 10 lunges.

Station 4: Perform 10 sit ups.

Station 5: Perform 10 press ups.

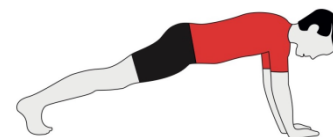
How many times can you repeat the circuit?

Equipment

5 Markers

Did you know?

Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.



Paper Chase



How to play

Cut the paper into about 40 equal sized strips. Write a number between 1 and 10 on each strip and draw a football on one. An adult hides the folded pieces of paper around the house or in a safe space outdoors in the garden with clear boundaries. The child searches for the pieces of paper. There are two winners: the first to find numbers which add up to exactly 20 and the person who finds the football picture.

Equipment

You will need about 3–4 sheets of paper and a pen.

Determination:

Can you keep going when you're getting really tired?



Three in a Row



How to play

Each player has 3 targets that they place on the floor. Each player takes 3 steps back from their targets when throwing. Players take turns to throw an object towards their targets. If a player hits a target it is removed. If a player misses they place a target which has been removed back in. The first player to hit all of their targets is the winner.

Equipment

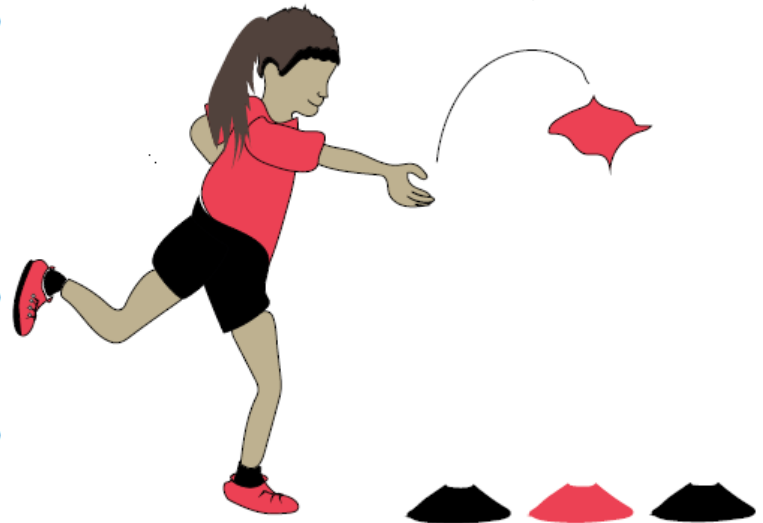
Some markers e.g. tins and a beanbag/ ball of socks.

Top Tips

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Challenge

Increase your distance from the targets to make the game harder



Sock-ia



How to play

The aim of the game is to get your coloured balls (or socks) as close to the white target (or socks) as possible. Players take it in turns to throw a ball. After both players have completed all their throws, the player with the closest ball to the white target receives 1 point, plus an additional point for each ball closer to the target than their opponents. Points are added up over a course of 3 games to find a winner.

Equipment

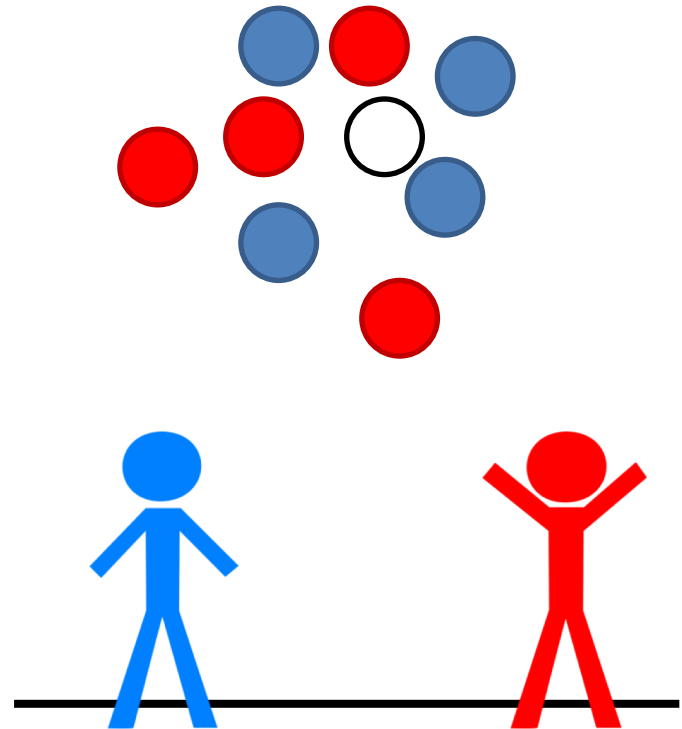
A target e.g. tin and several balls of socks.

Top Tips

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

People

Make a house league with everyone in your house having to play each other.



Synonym Skipping



How to play

Play in pairs or as a family. Everyone needs a skipping rope. If you do not have a skipping rope, jump on the spot. One person starts by shouting out an adjective (describing word) e.g. small. Everyone starts skipping and takes it in turns to shout out a synonym for the adjective e.g. tiny, little, titchy. When it is your turn, shout out your synonym.



Gold Medal – can you think of three synonyms while skipping?

Silver Medal – can you think of two synonyms while skipping?

Bronze Medal – can you think of one synonym while skipping?

