

Worcestershire West Summer Physical Activity Pack



Monday 20th July – Tuesday 1st September 2020

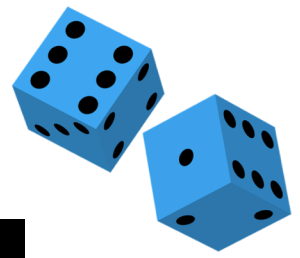
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Fit Dice

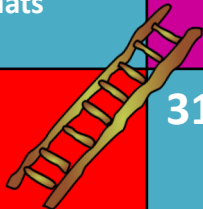
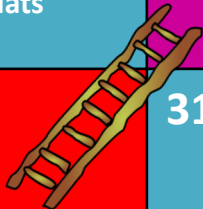
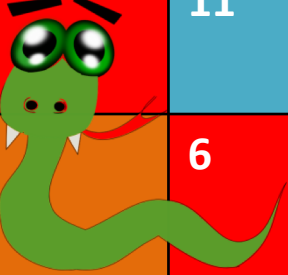


If you rolled	Then you'll do this	Roll this many dice for number of reps
2	Lunges	2
3	Sit-Ups	3
4	Calf-Raises	2
5	Burpees	2
6	Jumping Jacks	3
7	Earn a rest!	1
8	Arm Circles	3
9	Press-Ups	2
10	Squats	2
11	Rocket Jumps	1
12	Star Jumps	3

For a go to guide to perform each exercise in Fit Dice visit
<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>



Snakes & Ladders

44 10 Sit-ups	45 Run 2 laps of your garden	46	47 10 Lunges	48	49 	50 FINISH 
43 10 Squats 	42	41 	40 Water Break	39	38 	37
30 	31	32 	33 	34 Plank hold for 10 seconds	35 	36 10 Sit-ups
29 	28 10 Star Jumps	27 10 Jumping Jacks	26 	25	24 	23 Plank hold for 10 seconds
16 	17 	18	19 Water Break	20 10 Press-Ups	21 	22 10 Star Jumps
15 Skip for 60 seconds	14 	13	12 	11	10 	9 
1 START	2	3 Press-Ups x 10	4	6	7 	8 10 Jumping Jacks

Spin Fit



Place a pencil in the middle of the Spin Fit Circle.

Spin the pencil and which ever activity the pencil tip points towards is the activity you must complete.

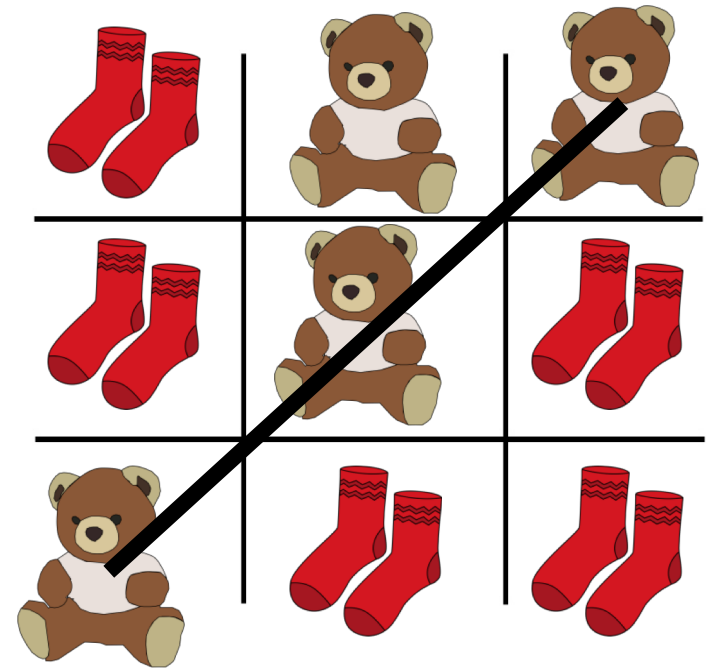
Each time you complete an activity for 30 seconds you earn 10 points. How many points can you earn today?

Noughts and Crosses



How to play:

- Mark out a noughts and crosses grid, using chalk, paper or hoops.
- Each player needs 5 items; socks, teddy bears. Make sure each player has a different set of items.
- On the command go, players race and put one item at a time inside one of the free spaces in the noughts and crosses grid.
- The first player to get 3 in a row are the winners.
- If you can not win a game, how can you prevent your opponent from winning?



Cross the River



How to play:

- Agree a start point and a finish point to your river.
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- If you fall in the river you must go back to the start point.
- If you fall in, can you keep trying to cross successfully?



Rebound



How to play

The aim of the game is to keep the rally going by hitting the object against the target. Find a wall or suitable surface to play against. Play with a partner and strike your ball against the wall so that it lands in a designated area. Your opponent then attempts to strike the ball back against the wall to keep the rally going. You could be playing against your partner to try and make it harder for them to return, or you could be working together to see how many times you can keep the rally going.

Essential

A wall or suitable surface to play against.

Objects to strike against the wall e.g. tennis ball

Spirit of The Games

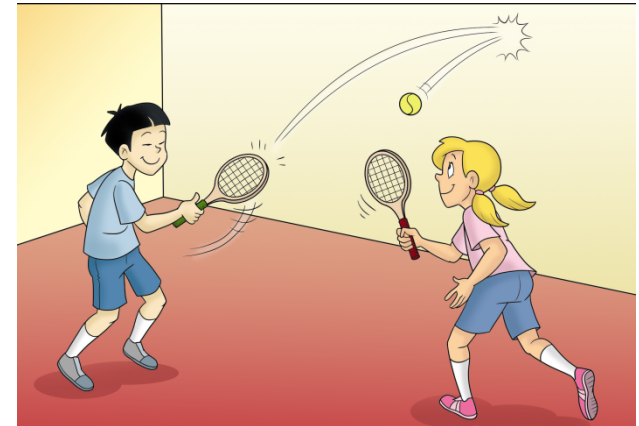
Teamwork:

How can working together help you increase your best score?



Respect:

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



Safety

Make sure the surface you are playing against doesn't have any windows that could be broken.

Is the surface safe to hit against?

Power Jump



How to play

Safely complete the jumping challenge that you have set yourself. Find an area where you can plan your jumping challenge. Check the surrounding area is safe and does not put you in any danger. Agree on the challenge to complete. For example:

“Try to jump over or between a bag and a jumper on the pavement.” Create a target on a wall that you can use your feet to push off from. Use bags or coats to create a distance for you to jump over, increasing the distance each time.

Spirit of The Games

Self-Belief:

Do you have confidence in yourself when attempting your Power Jump Challenge? Do you think this makes a difference?



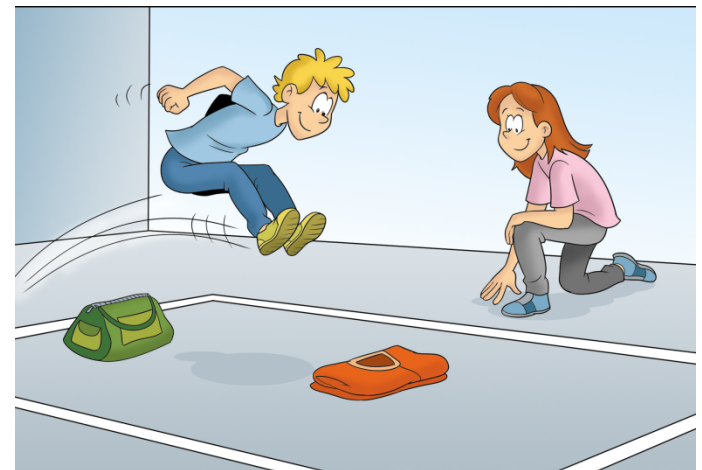
Determination:

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.



Safety

Make sure you are completing challenges that are within your capabilities. Don't challenge yourself too much too soon. Check the equipment and area you are using is stable and doesn't contain any potential hazards.



Hit the Number



How to play

The aim of the game is to hit the correct target when asked by your opponent. Stick 6 pieces of paper on a wall and number them 1 to 6. Your opponent will call out a number and using a tennis ball you must throw the ball at that target. If you successfully hit the correct target you earn a point. Taking it in turns, the first person to earn 6 points is the winner.

Equipment

6 pieces of paper & blue-tack
1 tennis ball

Self-Belief:

Do you think practising will improve your performance?



Honesty:

Do you keep score accurately?



Safety

Ensure the size of the area is big enough so no one gets hit by the ball.

Make sure the surface you are playing against doesn't have any windows that could be broken.

Beanbag King



How to play

How many times can you throw a beanbag into a hoop in 60 seconds? Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!



Achieve Gold

30 Throws



Achieve Silver

25 Throws



Achieve Bronze

20 Throws



Passion:

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



Determination:

What do you do when you missed your throw?
Do you keep trying?

Press-Up & Catch

How to play

How many times in a row can you throw a ball up in the air, perform a press-up (while the ball is in the air) and catch the ball before it lands?

Equipment

A tennis ball

A safe open space to play

Self-Belief:

Are you always confident that you will catch the ball/object?



Determination:

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



For a challenge: Can you catch the ball with 1 hand only?



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.

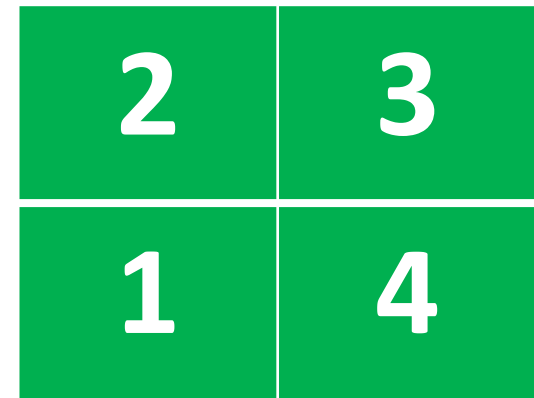
Self-belief:

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?



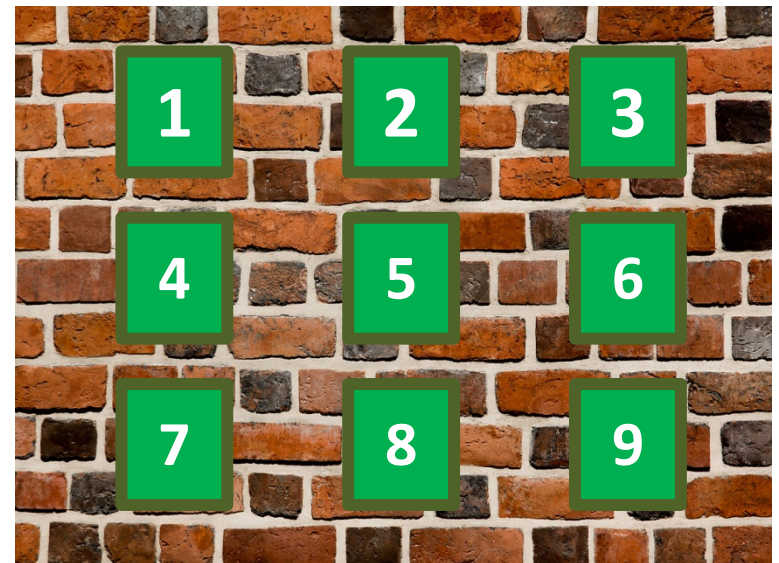
Passion:

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:

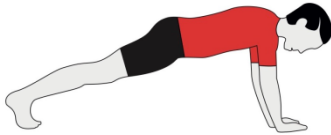
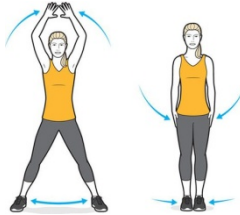
Do you keep an accurate count of your score?



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
	

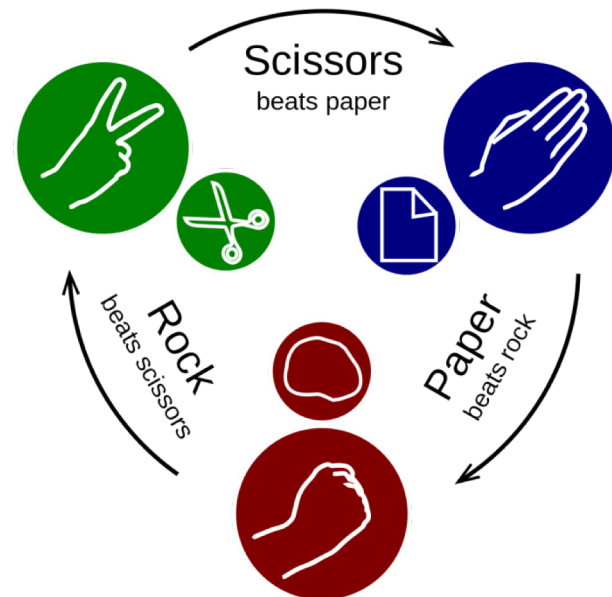


Rock, Paper Scissors Workout

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.

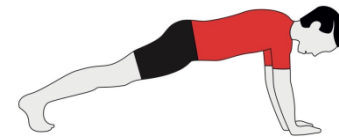
How many times can you repeat the circuit?

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?



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?



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





Quick Change

How to Play

Place a pile of clothes at one end of the space. Make sure they are not your best clothes! One person is the scarecrow and stands beside the other player (s) at the opposite side of the space to the clothes.

Play as a relay race. Set your timer for three minutes. One player runs to the pile of clothes, selects one item, runs back to the scarecrow and dresses them in that item of clothing. The next player (or the same player) runs and selects another item and adds this to the scarecrow.

Continue until the time is up. How many items of clothing is the scarecrow wearing? Repeat to undress the scarecrow and replace the clothes. Swap scarecrows and start again.

Challenge Yourself

Can you collect more items of clothing in the time?

Can you travel in different ways e.g. Hop instead of run?

Can you increase the distance between the scarecrow and the pile of clothes?





Sofa Serves

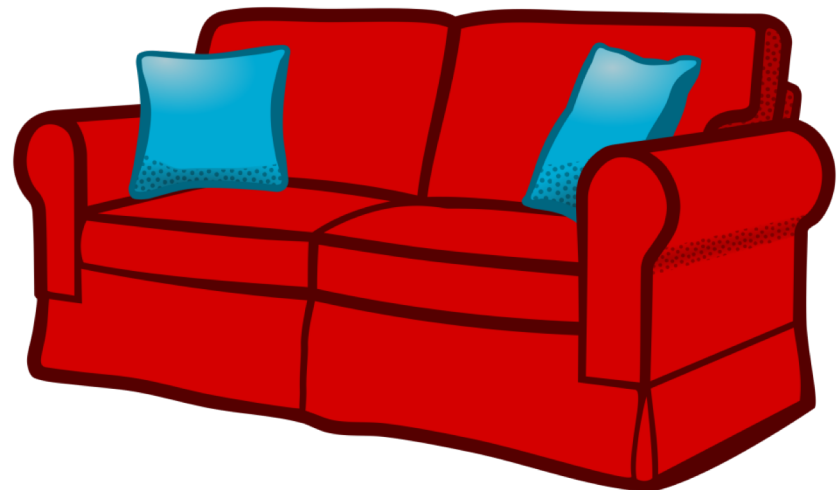
How to Play

One player sits on the sofa (or bench if you are playing the outdoor version). This is the volleyer. The other players stand facing the sofa. These are the servers. Shout 'Play!'. A server taps a balloon with their hand, trying to get it past the volleyer, to land on the sofa. The volleyer must stop the balloon from landing on the sofa by tapping it back with their hands. They are not allowed to stand up (unless you are playing the outdoor version).

The servers keep tapping it back, as quickly as possible. As a team, they score a point each time the balloon lands on the sofa. Play for 2 minutes then swap positions so there is a new volleyer. Repeat until everyone has had a go at being the volleyer.

Challenge Yourself

- Can you improve your previous score?
- Use 2 balloons at a time instead of one.





Handy Hitter

How to Play

Use a crumpled paper ball or a small ball then use the palm of your hand to hit it into the air. See how many hits you can do in a row!

Challenge 1: Use both hands. How many times can you hit the ball between your hands? Try to keep the ball at the same height for both hands.

Challenge 2: Play with other people. How long can you keep a rally up? Practice keeping the ball high. Try using a different ball instead.

Challenge 3: Use a chair or washing line as a net.
Can you hit the ball or shuttlecock over the net?

Challenge Yourself

Can you hit the object higher?

Can you run from a baseline to hit the object?

Can you beat your score for hits in a row?





House Workout

How to Play

SUPER SWEEPER Pretend to sweep the floor. Push forward with right hand and right foot 4 times. Do the same on the left 4 times. Repeat.

WINDOW WIPER Pretend to clean the windows. Reach up with right hand and make 4 big circles. Do the same with the left hand. Repeat.

WASHING –UP WRIGLER Pretend to reach for dishes. Step right with right foot and stretch right with both hands. Do the same on the left. Repeat 8 times.

LAUNDRY LUNGER Pretend to hang out the washing. Bend knees and touch the floor. Stand up and stretch both hands high. Repeat 4 times.

PLAY SOME MUSIC. Create a routine using all 4 moves. Repeat as many times as you can!

Challenge Yourself

Make up your own moves for other housework chores.
Hold a tin of beans in each hand to act as weights.



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!

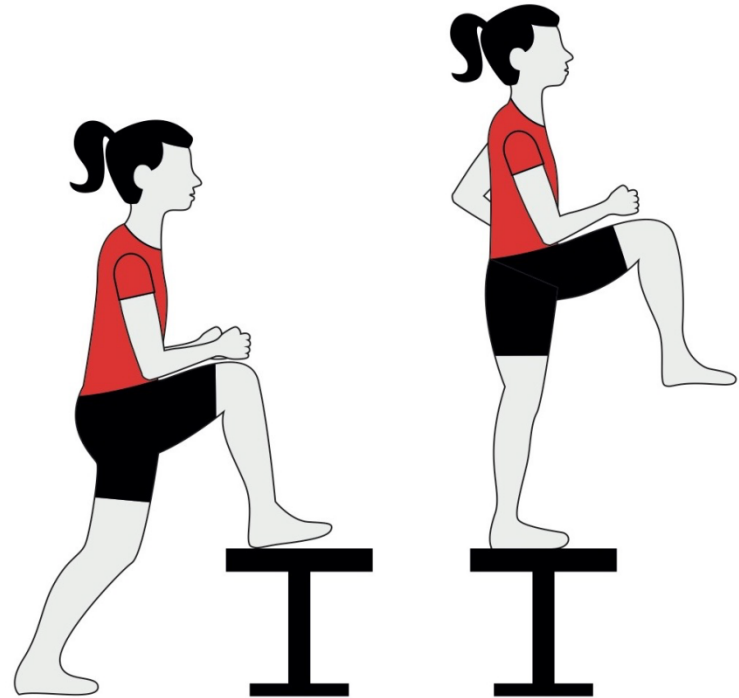
If you do not have a step use a foot pouffe or a stool.

Challenge Yourself

Achieve Gold = 70 Steps

Achieve Silver = 45 Steps

Achieve Bronze = 30 Steps





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!



Fast Feet Challenge

How to Play

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



How many times can you dribble around a marker and back in 60 seconds?



Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



Floor Tennis

How to Play

With a racket each, stand facing your partner a few metres apart. With the racket in your right hand push the ball to your partner making sure it stays on the floor. Your partner has to stop the ball with their racket in their right hand in front of their shoes. With their racket they push the ball back to you. You now have to stop the ball with the racket in your left hand and in front of your shoes before pushing the ball back with your left hand. After you push the ball to your partner, recover back to a central position.

To make things easier for younger children, you could move closer together. Alternatively players could play with their dominant hand only.

If you don't have a tennis racket, could you use a frying pan?



Double Trouble



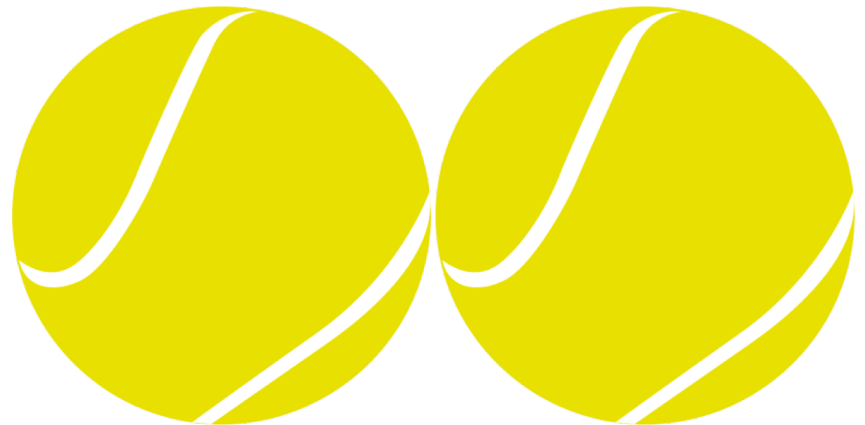
How to Play

With a racket each, stand facing your partner a few metres apart. With rackets in your right hand, at the same time both of you push a ball to each other making sure it stays on the floor. You both have to stop the ball with your racket in your right hand and in front of your shoes. Repeat but sending and stopping the ball with the racket in your left hand. After you push the ball to your partner, recover back to a central position.

Challenge yourself

By not stopping the ball or alternating between both hands.

After you push the ball to your partner, can you successfully run around a cone and stop the incoming tennis ball?





Jumping Dice

Play with a partner, take turns to roll a dice.

Look at the number you have rolled and then complete the correct jumping exercises:

- Roll a 1 = Perform 15 star jumps**
- Roll a 2 = Perform 15 tuck jumps**
- Roll a 3 = Perform 15 pencil jumps**
- Roll a 4 = Perform 15 jumps with a $\frac{1}{2}$ turn**
- Roll a 5 = Perform 15 jumps with a full turn**
- Roll a 6 = Perform 15 squat jumps**

- The first player to complete all of the activities listed above is the winner.**



Pace Yourself

**Take your time,
you may need to
perform some
more than once.**

Let's Reflect

**What happened to
your body (heart)
after completing
an exercise?**

Tiddlywinks



How to play

Make a target using a bucket or cones/markers. Stand two metres away from the target with a racket and some balls or shuttlecocks. When the timer starts, try to hit a ball or shuttlecock into the target. After the time is up, count how many items are in the target.

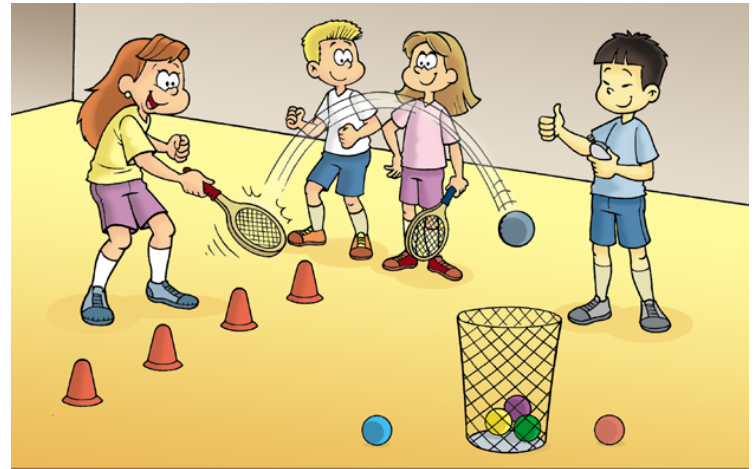
Equipment

A racket or frying pan.

Balls or shuttlecocks.

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:

Do you practice this activity for 10 minutes each day?



Safety

Ensure there is plenty of space between the targets and you are not striking towards another person.

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:

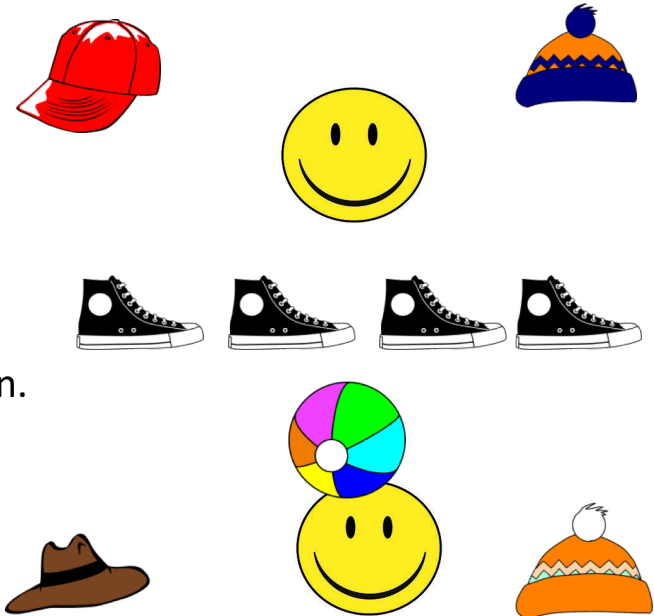
Some markers or shoes and a soft beach ball or balloon.

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?





Rock, Paper, Scissors

How to Play

Place two markers 10-20 metres apart. In pairs, players stand half-way between the two markers and play rock, paper, scissors.

Together the children say “1,2,3” and then make their hand into a fist for rock, flat for paper or hold two fingers apart for scissors.

Rock blunts scissors, paper wraps rock and scissors cut paper.

The loser runs to their cone and the winner chases them and tries to tag them before they reach the markers.

To make the activity easier, reduce the distance between the two makers.

