

Worcestershire West Weekly Physical Activity Programme



Monday 6th July - Friday 10th July 2020



Freeze Dance

How to Play

Choose one person to be in charge of the music in your household. When the music start, everyone else dances, the crazier the better. When the person in charge of the music presses pause, the dancers must freeze. Anyone caught moving after that is out. Play carries on until there is one person left, the winner can be in charge of the music and choose the next song.

Alternatively, to avoid being out, create a point system where you score a point if your freeze in time.



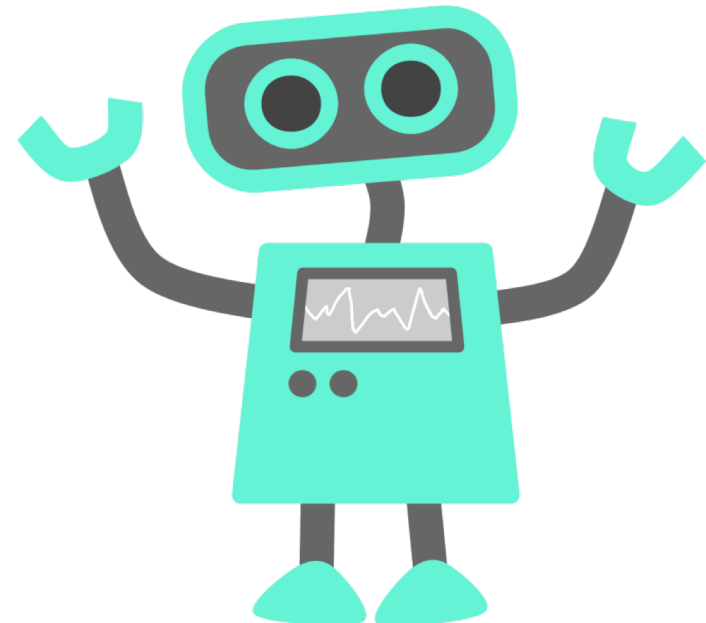


Robot

How to Play

Spread a selection of soft toys on the floor. Starting away from the toys, in pairs, 1 person is blindfolded (using a scarf) and is the 'Robot'. Their partner tells them how and where to move to pick up objects and bring them back. Take turns picking up the toys.

Challenge yourself by choosing a specific toy each time. Make it harder by not allowing the Robot to touch any of the other toys on their journey. If they do, they have to start again.





Climb the Stairs

How to Play

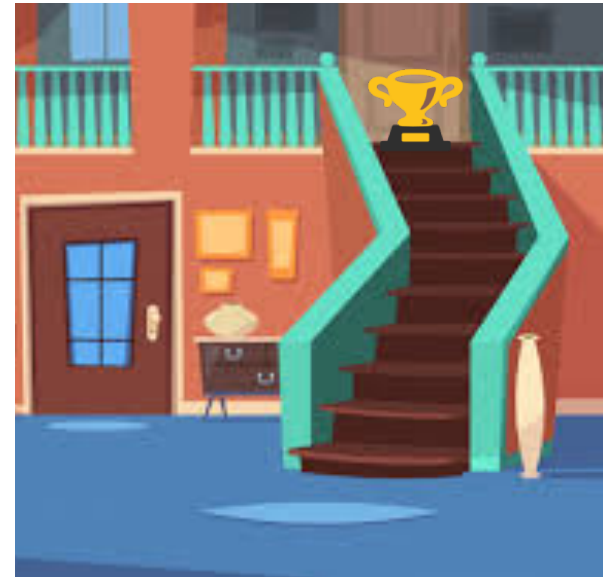
Start at the bottom of the stairs, and take turns to be the climber.

The first climber:

- Rolls the dice and climbs **up** that number of stairs (e.g. If you roll 4, you go up 4 steps).
- Rolls again and climbs down that number of stairs **minus 1** (e.g., if you roll a 3, go down 2 stairs).

It's then the next person's turn. The first person to reach the top of the stairs wins.

Create a half way point (e.g. the landing). When you reach this point, you then can't go lower.



Toy Hide & Seek

How to Play

Each person chooses 5 toys and places them in their 'den' in the living room. To start the game, a person has 1 minute to hide their opponent's toy around the house. They then wait whilst their opponent hides their toys. Then at the same time, they all go looking for their toys.

The first person to bring all their toys back to the den wins.

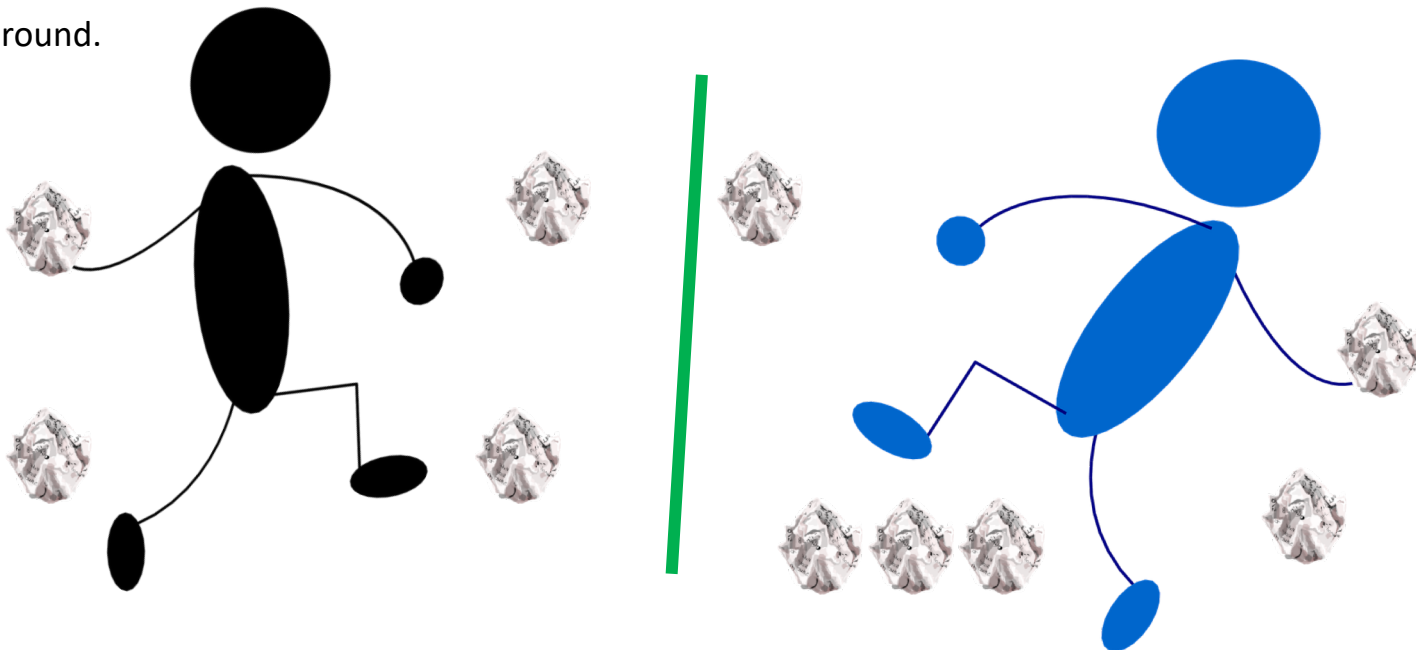


Not in my backyard

How to Play

Split the room and people in 2. If indoors, sitting down, you have 1 minute to get rid of all the items (paper balls or balls of socks) on your side by throwing them onto the other side, whilst your opponent is trying to throw them back onto your side.

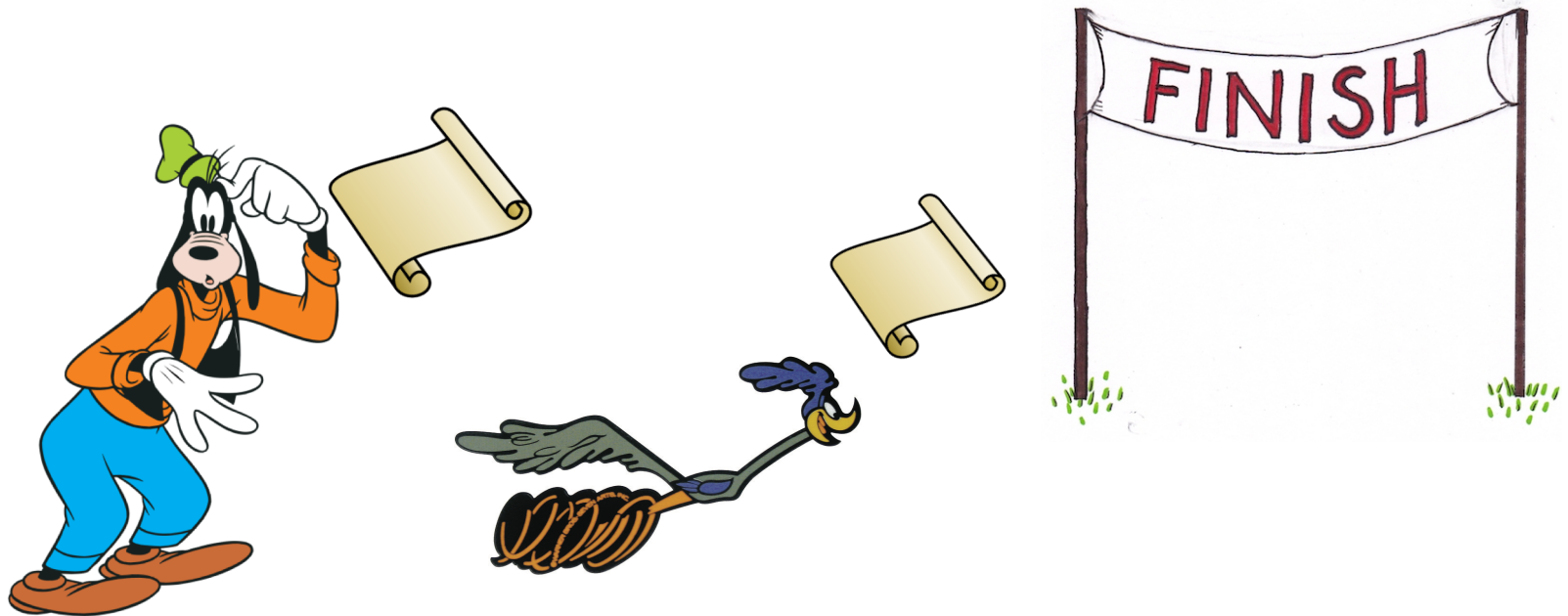
At the end of the game, count the items you have on your side. The player with the least after a minute wins the first round.



Newspaper Race

How to Play

Each player has a newspaper page that they hold against their chest. At the same time, everyone lets go of the newspaper and starts running around trying to keep the newspaper page from falling to the floor. You can't use your arms, hands or legs to trap the page. Make it a competition and see who can survive the longest. Alternatively make it a sprint race across a finish line.





Bottle Tag

How to Play

Two players stand behind their line, 3 metres apart and have to try and get the object, cone, or bottle from the middle and take it back past either line without being tagged by the opposite player.

You win by either getting the object past a line without getting tagged or by tagging the other player if they pick up the object.

