

Worcestershire West Weekly Physical Activity Programme



Monday 8th June - Friday 12th June 2020



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?





Random Routines

How to Play

Players start in the same space. One player throws the dice. Each player makes a shape (a balance) that has that number of contact points with the floor. If you throw a 2: do a handstand with two hands, or balance on one knee and one elbow, you can make it as hard or as easy as you like. Keep throwing the dice and practise making different shapes/balances .

Each player throws the dice and gets a number. (Don't show each other!) Each player moves to a different room and practises making a shape/balance to match their number for a few minutes. Players come back to one room to show off their shapes. Players then make a sequence of the shapes and perform a routine. Add some music!

Challenge Yourself

Can you make a more difficult shape?

Can you hold your balance without wobbling for longer?

Can you add some movements between balances?





Where's the pair?

How to Play

Each pair of socks needs to look different from the other pairs, e.g. one blue pair, one pair of knee-highs, one adult-size. Divide the pairs of socks. Put the 'left' socks in a container in the middle of the room. Spread the 'right' socks around the house, e.g. one in bedroom, one in kitchen. Players play at the same time.

With eyes closed, each player draws one sock from the container. They hunt around the house to find their matching sock. When they have made a match, the player returns the sock to the container to complete the pair. The player selects another sock and hunts for the matching one again. The first player to return three completed pairs of socks in the container is the winner.

Challenge Yourself

Can you find all the socks in less time than before?

Can you be the first one to finish?

Can you play it outdoors in a bigger space?





Sofa Serves

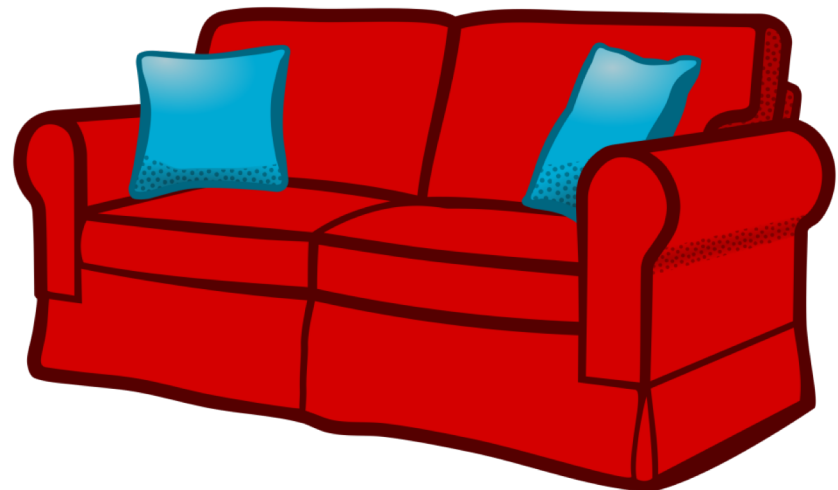
How to Play

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.



On Target

How to Play

Place targets of different sizes on the floor. Place some close and some further away. Players stand behind a line and try to throw a paper ball on to their chosen target. It must land exactly on the target and stay there. Each player has three goes then the next player takes a turn. When you hit your target three times in a row, choose a new target to aim for . How many targets can you hit?

Challenge Yourself

Give each target a different score.

How many times in a row can you hit the target?

Can you hit a smaller target?

