

Ability Sports

Activity Pack

Version 2



Due to current circumstances, unfortunately we cannot provide your weekly Ability Sports sessions, but we can provide some activities for you to do at home.

Contents

| | |
|---|---------|
| Introduction | page 1 |
| Get active | |
| General exercises for the home..... | page 2 |
| Sitting volleyball..... | page 2 |
| Balloon keepy-uppy..... | page 3 |
| Skittles..... | page 3 |
| Battleships..... | page 3 |
| Olympic charades..... | page 4 |
| Dance section..... | page 4 |
| Noughts and crosses..... | page 4 |
| Active Health..... | page 4 |
| Get creative | |
| Longest volleyball keepy-uppy..... | page 5 |
| Create your own table top game | page 5 |
| Design your own Olympic/Paralympic medal..... | page 6 |
| Build a community | |
| Let us know how you are getting on..... | page 7 |
| Stay focussed | |
| Rainbow hunt..... | page 7 |
| Build a tower challenge..... | page 7 |
| Cosmic Yoga..... | page 7 |
| Colouring | page 8 |
| Extra support and information..... | page 9 |
| GOGA..... | page 10 |

Introduction

We know this is a challenging time, your sessions are suspended, and you have to stay at home most of the time. We hope that these activities will help fill some time in your day. This new pack contains some ideas for you to get active, be creative, stay in contact and stay focussed, all from the comfort of your living room.

We want this pack to be as interactive as possible so if you have any ideas for future packs please email us on sportsdevelopment@wiltshire.gov.uk.

Please stay safe and we look forward to seeing you all soon!

We have included some exercises you can do at home. Play on your own or with a partner and challenge yourself to complete all activities!

General exercises for the home

We are lucky to have a large resource of online and TV content nationally we can access in our homes to stay active, our favourite suggestions are below:

- Sport England #StayInWorkOut: https://www.sportengland.org/stayinworkout/#join_the_movement. Sport England have a dedicated page of activities suitable for all ages and abilities including Accessible Activities, Activities for kids and Mindfulness programmes. Activities can be performed at home or outside whilst adhering to the Governments safe social distancing guidance.
- Activity Alliance: <http://www.activityalliance.org.uk/news/5673-moving-more-while-at-home>. Home based workouts for individuals with a disability or long-term health condition.
- Joe Wicks (The Body Coach): <https://www.youtube.com/user/thebodycoach1>. PE with Joe for primary and secondary aged children, weekdays 9am – 9.30am, The BodyCoach TV.
- NHS Strength, balance and flexibility workouts: <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>. The NHS recommend a range of activities/movements that will benefit the over 65's. All exercises can be performed whilst at home.

[For more ideas of activities you can access at home, please visit our dedicated webpage for a full list of resources.](#)

Sitting volleyball (played with a partner)

Play with a partner, play against a partner or challenge yourself! All you need is a balloon and you're good to go!

Step 1) Blow your balloon or beach ball up.

Step 2) Place an object in the middle of the room to act as the 'net'. Coffee table, rug, lining up your trainers works well.

Step 3) Sit either side of the room with the net in the middle of you and your partner.

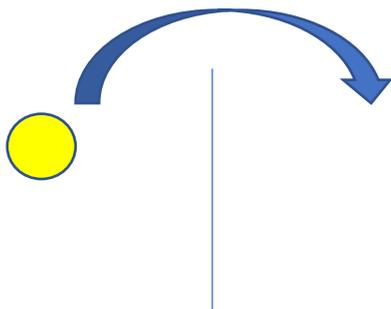
Step 4) Strike the balloon/ball over the net using any part of your body – if the balloon/ball touches the floor on your partners side you win a point. First to five points wins.

Step 5) You can move around your side of the room but must always remain seated!

Step 6) You cannot catch the balloon/ball, try and strike the ball back – you can have as many touches of the balloon/ball as you like to keep the ball in the air.

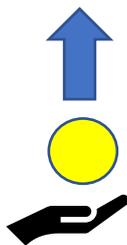
To make the game more challenging

- Limit the number of touches you are allowed of the balloon/ball
- Increase the space/size of court



Balloon keepy-uppy

Play with a partner or on your own. Challenge yourself and see how many times you can keep a balloon or beach ball up in the air before it touches the ground. You cannot catch the balloon or beach ball but can use any part of your body to stop the object from hitting the ground.



Skittles

A family favourite! Empty shower gel bottle, empty milk carton, toilet roll tube, anything can be used to create your skittles!

Step 1) Place your skittles at the end of one room, if you really want to get fancy can you form a triangle?

Step 2) Use a soft ball or rolled up pair of socks and roll/throw to see how many skittles you can knock down.

To make the game more challenging

- Use more items as skittles
- Increase the distance you must roll/throw your ball/socks



Battleships

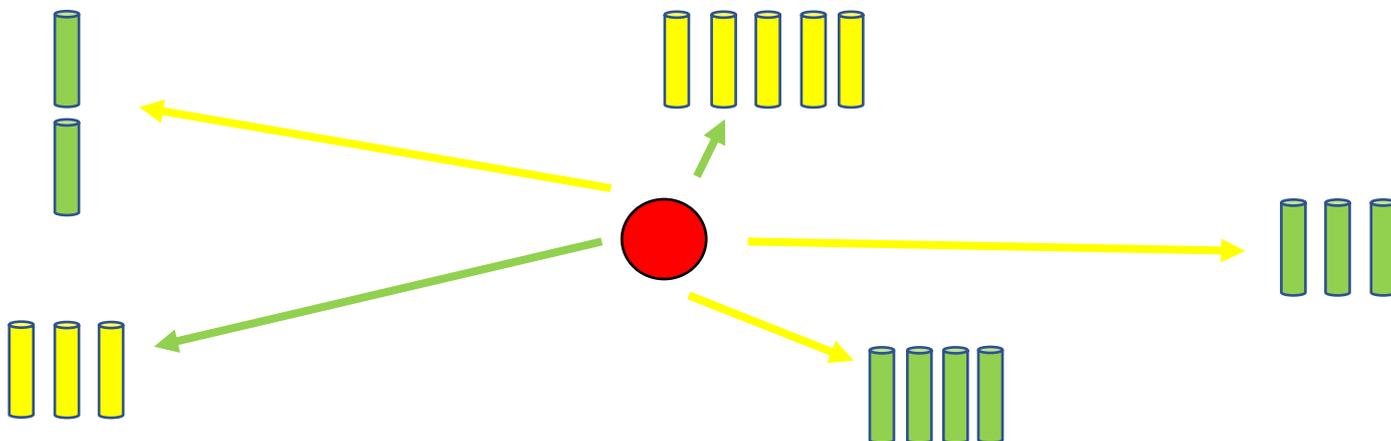
Similar to skittles. Can you sink your partners Battleships before they sink yours?

Step 1) Ensure both players have the same number of objects each which they can form battleships from.

Step 2) Place your objects around the room to form battleships. Battleships can be two, three, four or five objects long, you decide!

Step 3) Take it turns to throw or roll a ball/rolled up socks to try and hit part of your opponent's battleship. If you hit one of your opponent's objects, remove it from the game – if you hit all objects that form a battleship, that battleship has sunk!

Step 4) The first person to 'sink' all their opponents' battleships win the game.



Olympic charades

A great game for the whole family! No equipment required! No talking allowed!

Swimming? Running? High Jump? Take turns to act out an Olympic or Paralympic sport. Can your family and friends guess the sport? Whoever guesses right gets to take the next turn.

Why not extend the game and act out all sports?



Dance section

Back by popular demand! Whether it is ballroom dancing through your living room or moonwalking across your kitchen we want to see it! Dancing is a great way to keep fit and have fun whilst at home!

No set routines, just turn the music up loud and dance the time away!

Feel free to use the links below or find your own playlist, either way we want to see those hips shaking!

[Makaton with the Greatest Showman](#)

[Dance along with Disney](#)

Noughts and Crosses

An old game with a twist! Play against a family member and see who can get three in a row first

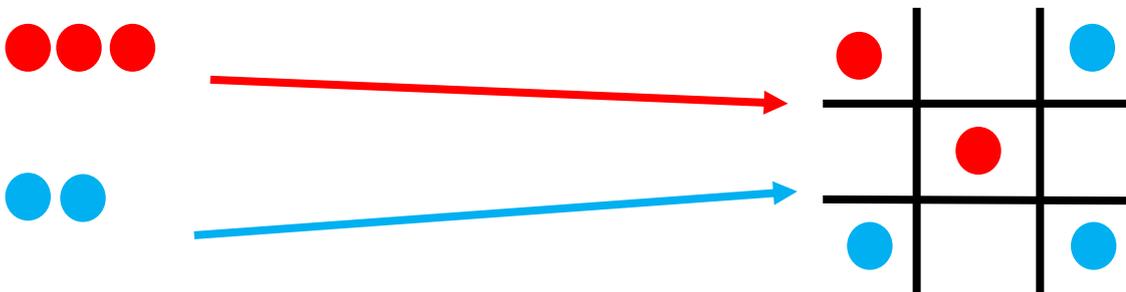
Step 1) Set up a 3 x 3 grid on the floor.

Step 2) Pick five items each you can throw/roll.

Step 3) Take it in turns to throw/roll an object into the grid – the first person to get three objects in a row either vertically, horizontally or diagonally wins.

Progression

Instead of rolling/throwing the object into the grid, set the grid up a short distance away and run as a relay race taking one object at a time from the start line to the grid. The first person with three in a row either vertically, horizontally or diagonally wins.



Active Health

Our friends in Active Health have produced two home workout videos suitable for all levels. Exercises include both upper and lower body movements for you to join in with at your own pace in the comfort of your own home.

- [Volume 1](#)
- [Volume 2](#)

Time to get your thinking caps on, there are two different challenges for you to try out below!

Longest volleyball keepy-uppy

A whole Ability Sports challenge. How long and how many beach ball keepy-uppy passes can we do around Wiltshire?

How to join in:

1. Set up mobile phone to film mode in landscape

So like this



Not like this



2. Get your self-isolation partner to pass you a beach ball or soft ball off camera from the left-hand side of the screen. If you don't have a beach ball or soft ball of any kind, get inventive. Rolled up socks will do!
3. Receive the ball in the centre of the screen, do not catch the ball! Feel free to keep the ball up a few times using your hands
4. Hit the ball off camera to the right-hand side of the screen
5. Send your video clip by email to sportsdevelopment@wiltshire.gov.uk

Once we have enough footage collated we will make a video and post it on our social media pages.

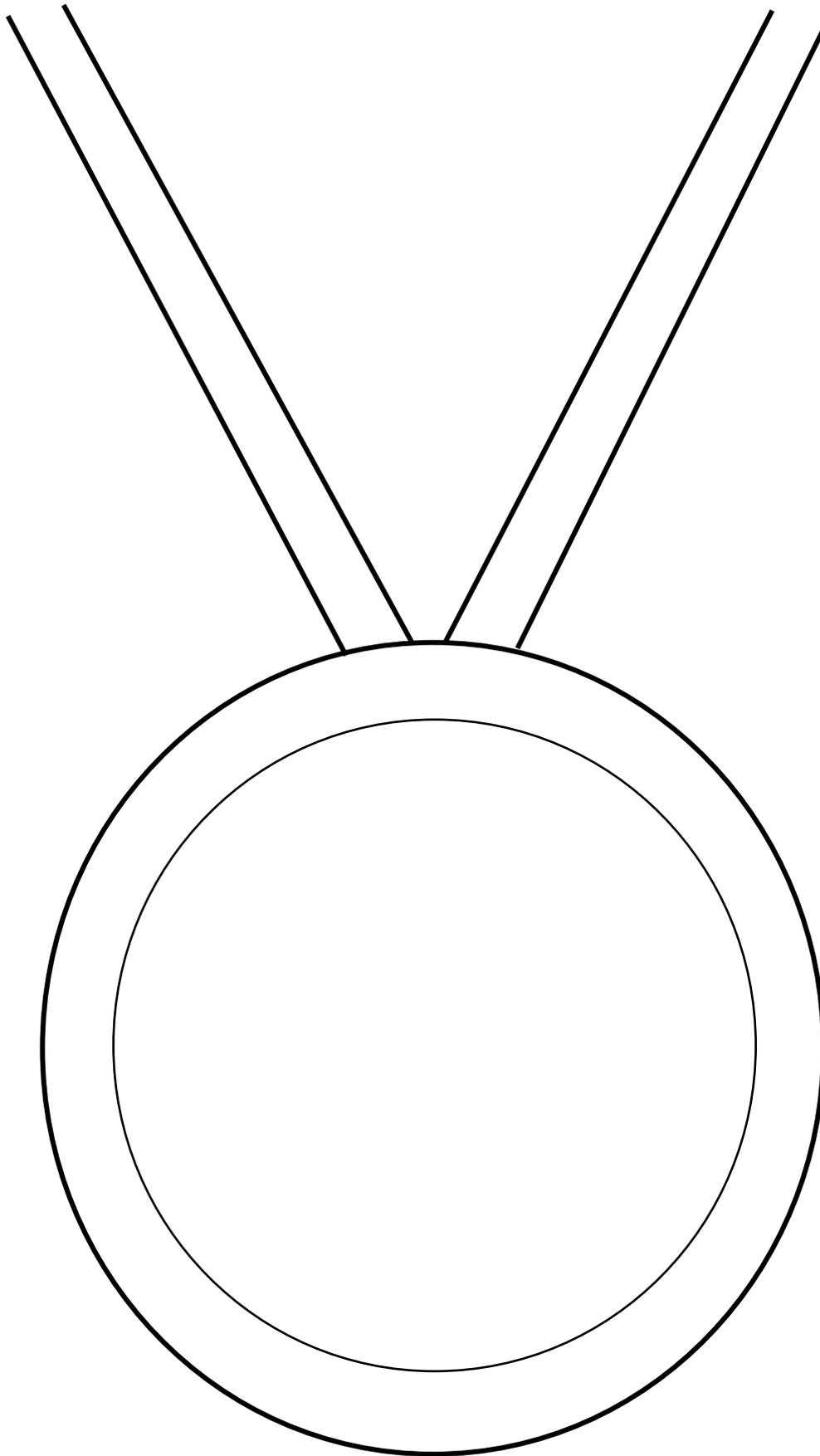
Create your own table top game

Boccia? Football? Wheelchair Basketball? Athletics? Whatever your favourite sport is we want to see you design your own table top game! We'd love to see your creations or even better, see you playing your new table top game! The best ones may even make an appearance in future Ability Sports sessions!



Design your own medal

We are looking forward to seeing all the amazing GB athletes competing next year in the Olympics and Paralympic Games 2021. Can you design and colour your own Olympic medal?



Build a community

We know we cannot replace the usual face to face interaction of your regular weekly session, however we would love to see your creations, videos and photos!

Please send them to us at sportsdevelopment@wiltshire.gov.uk or post on social media and tag us in using **#AbilitySports** so we can find you!



@ActiveWiltshire



@sport4wiltshire

Stay focussed

It is important, in times of uncertainty, to try and keep stability to your life to help stress and worry. We have included some things that might help you to keep a balance and structure to your day to help you stay positive.

Rainbow hunt

Choose your six favourite colours and make a bingo card like the one below. During your daily exercise keep a look out for rainbows in the windows of houses. When you find one look at the colour of the front door. If the colour matches a colour on your 'bingo card' tick it off

How quickly can you tick off all your colours? Why not design a new bingo card for your next walk?

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Want to play at home?

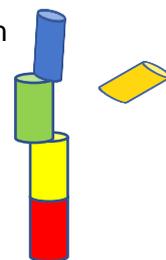
Why not choose six colours and see if you can find items that match that colour in your garden?

Build a tower challenge

Skill, balance and coordination are required for this one! Can you build the biggest tower possible with objects around the house? You'll have to make sure that each object is stacked on top of the other properly to ensure it maintains balance the higher the tower goes!

Who can build the highest tower? Send us your attempts and we will share on social media.

Please don't use anything fragile whilst building your tower!

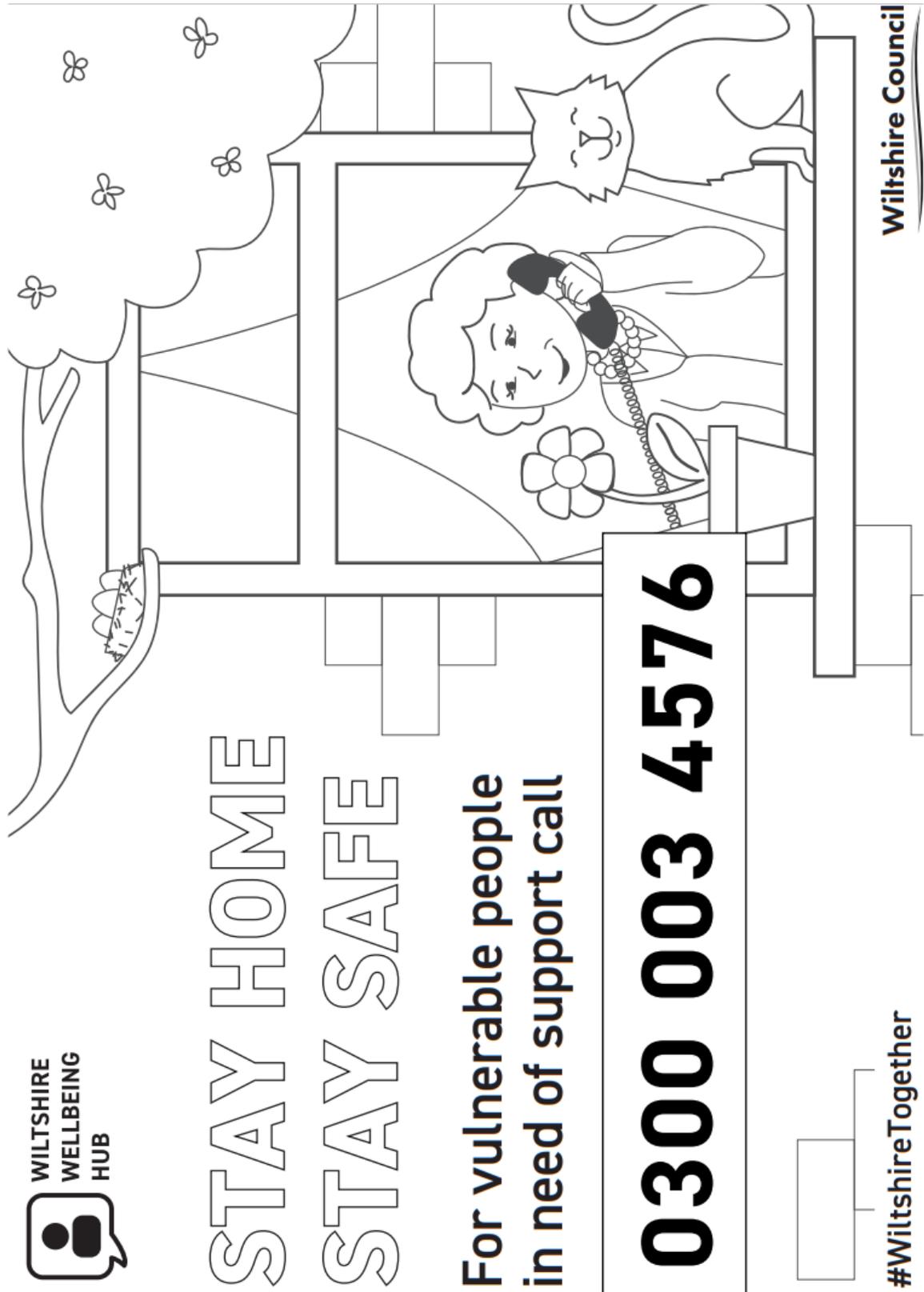


Cosmic Yoga

Why not stay focussed and be active at the same time! Cosmic Yoga has a range of activities suitable for all ages and abilities! [From Harry Potter yoga to Star Wars yoga there is something for everyone!](#)

Colouring

To help us spread the word far and wide about the Wiltshire Wellbeing Hub and the support it can provide, we have designed a colouring-in sheet that you can print off and stick in your window. If you don't have a printer, feel free to design your own. The most important thing is that people who need support know that the hub is there for them.



Extra support and information

Wiltshire Council has set up a dedicated hub to support the most vulnerable residents during the ongoing COVID-19 situation. People can get in touch with the hub via email at wellbeinghub@wiltshire.gov.uk or by calling 0300 003 4576. It's available from 8am-6pm Monday-Friday and 10am-4pm Saturday and Sunday.



Wiltshire Council have produced a corona virus community pack to give you guidance on how to stay safe and supported during this time.

[Find out more and download the pack](#)



Wiltshire Council has published a directory of community volunteer groups that have been set up throughout the county, in the wake of the ongoing COVID-19 situation. [Find out more and download the directory](#)



Wiltshire Council has created an information pack for volunteer groups to help them support their communities during the ongoing COVID-19 situation. [Find out more and download the pack.](#)



Wiltshire Council has created an information pack for advice and support for parents to help support them during the ongoing COVID-19 situation. [Find out more and download the pack.](#) Click on the link for Schools, education and school closures on the A-Z list of services



GOGA coming to Wiltshire soon.

Get Out Get Active (GOGA) is an exciting programme that supports disabled and non-disabled people to enjoy being active together. It's focused on getting some of the UK's least active people moving more through fun and inclusive activities.



GOGA goes far beyond increasing activity levels, it strengthens community spirit, increases confidence and improves mental health. The programme increases the demand for, and the accessibility of, activities.

We are pleased to announce that GOGA sessions will be delivered in the following locations across Wiltshire when it is safe to do so.

- Codford
- Dinton
- Broad Chalke
- Tidworth
- Durrington
- Amesbury
- Redlynch
- Monkton Deverill
- Chilmark

We would love to hear from you! If you would be interested in taking part and helping us shape the programme, please let us know what activities you would like to see offered. This could be anything from indoor bowls/boccia/seated sports/netball/tennis/walking sports and so on.

Please send all ideas to sportsdevelopment@wiltshire.gov.uk

Remember to visit and like our social media pages to stay updated:



Please feel free to tag us in any content you upload online, especially if you get involved in one of our challenges in this pack. We would love to see how you get on with any of the activities or challenges so please send any video clips or pictures to sportsdevelopment@wiltshire.gov.uk

A reminder that Wiltshire Council has a dedicated webpage with a full list of community resources including leisure activities, libraries, history, arts, digital learning and home schooling. [Find out more](#)