

Your FEEL GOOD pack

We hope you enjoy using the contents of this bag to keep yourselves active and to be creative.

Remember everyday children should be aiming for 60 minutes of physical activity as recommended by the Government. That might be walking to the park, running on the spot, doing an online exercise class, or playing in the garden. The items in this bag along with some of the suggested ideas can hopefully help you achieve that. We have tried to include things you can do by yourself or with a family member.

Please remember to stay safe and socially distance when out and about.
We hope you have fun and stay active!

YOUR BAG CONTAINS

various pieces of sports equipment and lots of ideas of what to do!



Let us know how you have used your pack and what physical activity looks like in your community, by sharing your photos, drawings or videos with the hashtag **#activekeyworth** or send to **keyworthcp@gmail.com** to be part of a Keyworth gallery later this year.





Games ideas...



Bean bag games

Bean Bag target game: take turns trying to get the bean bag into your target, this could be a bowl or a cone



Bean bag obstacle course: create an obstacle course with cones, balls, or whatever you have around the house. Balance the bean bag on your head whilst going through the obstacles. You might have to sit on the football and then zig zag around the tennis balls, step over the foam balls and touch the throwing rings.



Throwing games

Target practice: upturn a chair and use the legs as targets - throw your bean bag or soft ball at the legs or use a throwing ring! Think about placing chair at an angle to make it easier, you can give different points for each leg, vary the distance of throw.

Tennis ball and foam ball games

Hand-tennis: create a line between two people, the ball is hit with the players hand, it must cross the line and be hit back by the opponent. Every time you win a rally you get 1 point, you might want to play to 10. Vary the number of times the ball can bounce to make it easier.

Bowling: Just like 10-pin bowling. Line up 10 other items (think cans, containers or rolled up socks - be creative!) - roll a ball to knock them over. You can alter the length of the bowling position to vary it. Points are awarded for the number of containers that are hit or knocked over.



Football skills

Sole Taps: position the football between two of the saucer cones. The idea is to move from one foot to the other tapping the top of the ball with the sole of each foot in turn. The ball should remain within the two saucer cones. How many can you do before the ball moves out of position? Try to beat your score. Keep your balance!

Dribbling development: create a slalom course using objects around the house, dribble the ball in and out of the objects (or cones). Once you have got the hang of this, try doing the activity using different parts of the foot and try timing yourself to see how quickly you can do it. Variation - try putting a bean bag on your head whilst dribbling the ball!

Drop, kick and catch: drop the ball then kick it before it hits the ground, try to catch the ball or kick again. Variations: bounce, kick catch - drop the ball let it bounce on the ground, kick it and try catch it! Or drop the ball onto your knee and catch it. Throw the ball in the air, head it and catch it.

