Inclusive Activities
30th March 2020

Online Activities

- LTA - fun activities to try at home #TennisAtHome
- WheelPower - Seated Adaptive Yoga
- British Blind Sport - Audible Exercises
- Wheely Good Fitness & Superhero Series #SofaSuperheroes
- Gympanzees - creative ideas for all abilities
- Bristol Bears Community Foundation #BearsAtHome
- Parasport - Home Workout, Stretching and Mobility

Live Streams

Open Access:
- Daily 9am: PE with Joe

Sign Up Before:
- Tuesday 4pm: Maypole Project - Fun, Family, Fitness

Challenge of the Week

Toilet Roll Box Challenge
How many times can you lift a toilet roll over a box in 15 seconds?
Tag 3 friends to pass it on!
Released: Mon 30th!

@AccessSport #StayActiveWithAccess #StayInWorkOut

For more information and links, go to www.accesssport.org.uk/inclusive-activities

ACCESS SPORT
Transforming lives through sport

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SPIRIT OF 2012
Home Activities!
A fun and inclusive 30 minute activity session for you and your family!

**Equipment**
No equipment? No problem!
- Small Balls or Rolled-up Socks,
- Bean Bags - Make your own with Pasta/Rice
- Sponge Ball or Rolled-up Jumper, Cushion
- Cones or Plastic Cups, Tins, Toilet Roll

**Activities**

**Hide and Seek**
- Scatter different objects around your space but keep one space clear as a ‘home’
- In an allotted time collect as many objects as you can at a time bringing them back to your ‘home’
- You can shuffle, run, hop etc. to collect it, however you want to move!

**Through the Gates**
- In your area create ‘gates’ using pairs of cones
- Go through the gates in an allotted time scoring a point for each one you go with
- Try dribbling or passing a football, balancing a ball on a racket or a tray on your lap if seated

**Target Throw**
- Set out a line of cones with something balanced on top
- One at a time throw, kick or roll your balls to knock of your target
- Award yourself points for different targets!

**Cool Down**

**Mirror Mirror**
- Standing in front of your partner, copy each other’s movements and stretches like you are looking into a mirror
- Be as imaginative as you can, stretching out and relaxing your muscles

**Challenge of the Week**

**Hot Potato**
- How many times can you throw a ball between your family without dropping it?
- Send us your videos & photos online!

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#StayActiveWithAccess #StayInWorkOut

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Home Activities!
A fun and inclusive 30 minute activity session for you and your family!

Activities

Into The Box
- Create a square, or if you have a washing basket or bucket use this
- With a partner, take it in turns to throw objects in your 'box'
- To make it harder, you can move further away, or consider throwing it differently - your weaker side? over your shoulder? blindfolded?
- The person with the most balls in the square wins!

Follow the Leader
- With a partner, each person has a hockey stick and a ball (or whatever you may have) - You can do this one with all your family!
- Move around your space, with one person as the leader and the other to copy
- Do different skills like dribble side to side, or round different obstacles

Seated Volleyball
- Clear a space on the floor and create a net - You can use chairs, towels
- With everyone seated, throw the ball over your 'net' as if playing volleyball - A balloon is great swap!
- Count how many you can do without dropping it!
- You can make it easier and take away the net

Cool Down

The Floor Is Lava
- Imagine the floor is lava with safe spaces of 'molten rock' - These can be marked areas using cones, t-shirts, towels etc.
- Set yourself challenges to move around the room, avoiding the 'lava' floor

Equipment
No equipment? No problem!
- Smalls Balls or Rolled-up Socks,
- Bean Bags - Make your own with Pasta/Rice
- Sponge Ball or Rolled-up Jumper, Cushion
- Cones or Plastic Cups, Tins, Toilet Rolls
- Hockey Stick or Broom, Mop

Challenge of the Week

Tetris
- How high can you stack your different pieces of equipment? Send us your videos & photos online!

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