

INCLUSIVE SPORTS ACTIVITY PACK



This Inclusive Sports Activity Pack is full of fantastic sports activities and challenges. Please be creative and add your own adaptations to the activities or challenges.

Certificates will be presented for all participants who complete this Inclusive Sports Activity Pack!

Please email Participation@hartlepool.gov.uk and claim your certificate.

Have fun completing these activities and enjoy being healthy and active!



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WEEK 1

Indoor Obstacle Course



Set-up:

Mark out a start and finish line in your house and ensure the course is safe.

How to play:

Start by standing in kitchen: lift two bottles of juice x 10, crawl under a blanket, slalom between chairs, star jumps x10, go to the bottom of the stairs and step on to the first step and back off x 20 then move to the living room and sit down to finish.

Differentiation:

Beginner: Race against someone in your household. See the example above (use garden objects and outdoor facilities).



Intermediate: Increase the number of stations in your obstacle course - be creative!

Advanced: Time trail - complete the course in the fastest time and challenge your family.

Record your best time:

Name	Best time

WEEK 1 CONTINUED

Design your own Game



Draw a picture of your event:

Equipment: _____

Rules: _____

Ideas for changing the game:

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WEEK 2

Garden Games/Gym



Set-up:

Lower your washing line to create a volleyball net. Stand each side of the washing line and play volleyball using a soft ball.

How to play:

Throw and/or hit a ball over the washing line.

If the ball touches the floor on the other side, you win a point.

The other person can catch the ball to avoid losing a point.

Repeat this process until a player gets 10 points!

Differentiation:

Beginner: Use a smaller ball or beach ball.

Intermediate: Sit down and play.

Advanced: Use one hand.

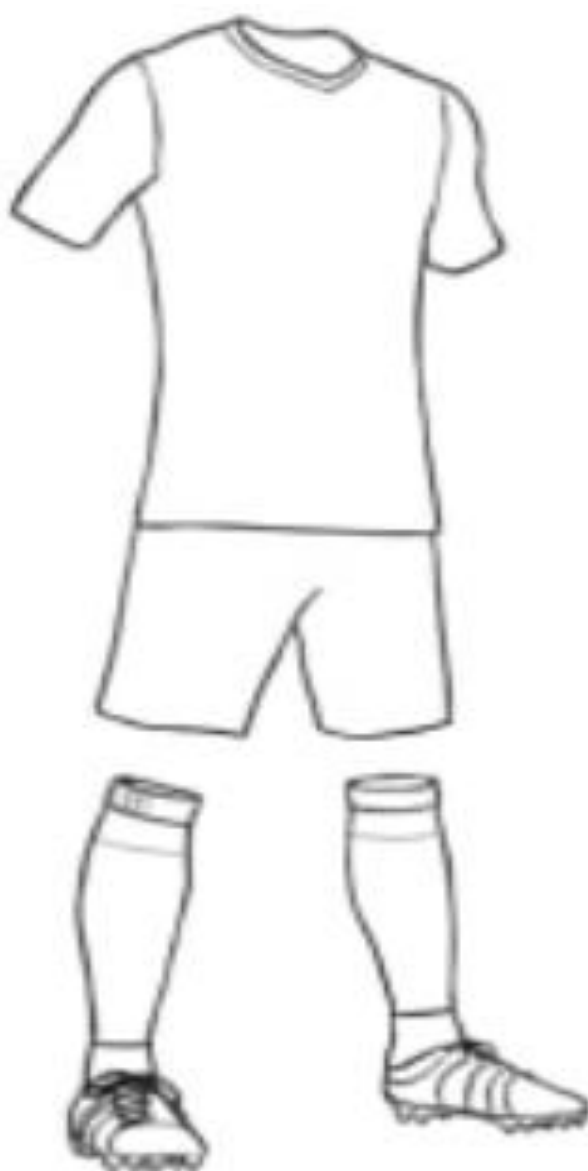


Record your scores:

Players Names	Score

WEEK 2 CONTINUED

Design your own Sports Kit



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WEEK 3

Fun Fitness



Set-up:

Design five fun exercise stations in the garden. Use garden objects/toys to create different ways to exercise.

How to play: Exercise for one minute at every station (challenge the members of your household):

- 1: **Toy weights** - lift a toy above your head and put it down, repeat as many times as you can.
- 2: **Pot shuttles** - set-up three plant pots, evenly spaced, run to each one and back to the starting point, repeat this as many times as you can.
- 3: **Fast feet** - dribble a ball between two different garden objects as many times as you can.
- 4: **Speed bounce** - put three plant pots in a row, stand at the side and jump sideways over the pots as many times as you can.
- 5: **Squat jump** - squat and jump forward as far as you can. Cover as much distance as you can.

Differentiation:

Beginner: use different equipment.

Intermediate: increase the time.

Advanced: add more stations.



Record your results:

Station	Player 1	Player 2	Player 3
Toy weights			
Pot shuttles			
Fast feet			
Speed bounce			
Squat jump			

WEEK 3 CONTINUED

A to Z of Sports Activities



Write down and try a different sports activity for every letter:

A _____

N _____

B _____

O _____

C _____

P _____

D _____

Q _____

E _____

R _____

F _____

S _____

G _____

T _____

H _____

U _____

I _____

V _____

J _____

W _____

K _____

X _____

L _____

Y _____

M _____

Z _____

WEEK 4

Speed Shooting



Set-up:

Neymar Football shooting challenge - you can try this in your garden, house or local park. Set up a goal using 2 objects 5 yards away from each other

How to play:

Using your laces try and score as many goals as you can. Count how many you score in 1 minute. Repeat challenge as many times as you want and try to beat your score! Try using a tennis ball or soft ball.



Differentiation:

- **Beginner:** Shooting from 5 yards.
- **Intermediate:** Shooting from 10 yards.
- **Advanced:** Shooting from 15 yards.

Record your scores:

Name	Attempt 1	Attempt 2	Attempt 3

WEEK 4 CONTINUED

Colour a Sports Picture



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WEEK 5

Volley Challenge



Set-up:

Roger Federer Tennis Challenge - You can try this challenge in your garden, house, or local park.

How to play:

Using a Tennis racket and ball, try and complete as many individual volleys as you can. Hold onto the racket with 1 or 2 hands and volley the ball in the air (not too high), let it bounce once and repeat. Count how many you can do in 1 minute. Repeat challenge as many times as you want and try to beat your score! Try using a balloon, soft ball, bat, pan or other sports racquets.

Differentiation:

- **Beginner:** 2 bounce.
- **Intermediate:** 1 bounce.
- **Advanced:** 0 bounce.



Record your scores:

Name	Attempt 1	Attempt 2	Attempt 3

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WEEK 5 CONTINUED

Multi-Sport Word Search



Find all the sport related words in the puzzle below

BASKETBALL
BASEBALL
FOOTBALL
TENNIS
SPORT
SOCCER
SKATEBOARD
BICYCLE
SURFBOARD
RUNNING
SWIMMING
BOWLING

Y	R	Z	D	Q	D	S	S	R	U	K	T	D	J	J
A	E	Z	V	R	R	Z	W	I	J	R	W	T	O	B
W	C	G	A	Y	A	Q	N	I	N	P	F	V	C	I
W	C	U	M	T	O	O	M	U	M	N	V	W	V	C
O	O	I	R	J	B	R	B	D	P	M	E	Z	Y	Y
H	S	O	P	U	F	F	T	E	L	H	I	T	U	C
S	P	X	X	T	R	R	S	R	T	T	C	N	H	L
S	H	U	O	N	U	W	Q	S	L	A	D	F	G	E
N	N	K	J	N	S	E	K	L	N	C	K	C	K	Q
U	D	O	N	W	L	L	A	B	T	E	K	S	A	B
I	D	I	T	V	T	B	C	Q	D	L	K	R	M	I
F	N	U	L	T	E	M	Z	I	T	P	I	J	V	B
G	B	A	Q	S	F	O	O	T	B	A	L	L	S	E
Q	B	Q	A	G	N	I	L	W	O	B	A	L	Q	C
J	O	B	B	V	M	L	Z	Q	R	N	E	Z	X	C

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WEEK 6

Dribble Race



Set-up:

Lebron James dribbling challenge - you can try this challenge in your garden, house or local park. Set out 5 different objects 2 yards apart from each other

How to play:

Using one hand, your aim is to bounce the ball in and out of the objects without touching them. Count how many times you can go through the objects in 1 minute. Repeat challenge three times and try to beat your score! Try using a tennis ball.

Differentiation:

Beginner: 5 objects.

Intermediate: 10 objects.

Advanced: 15 objects.



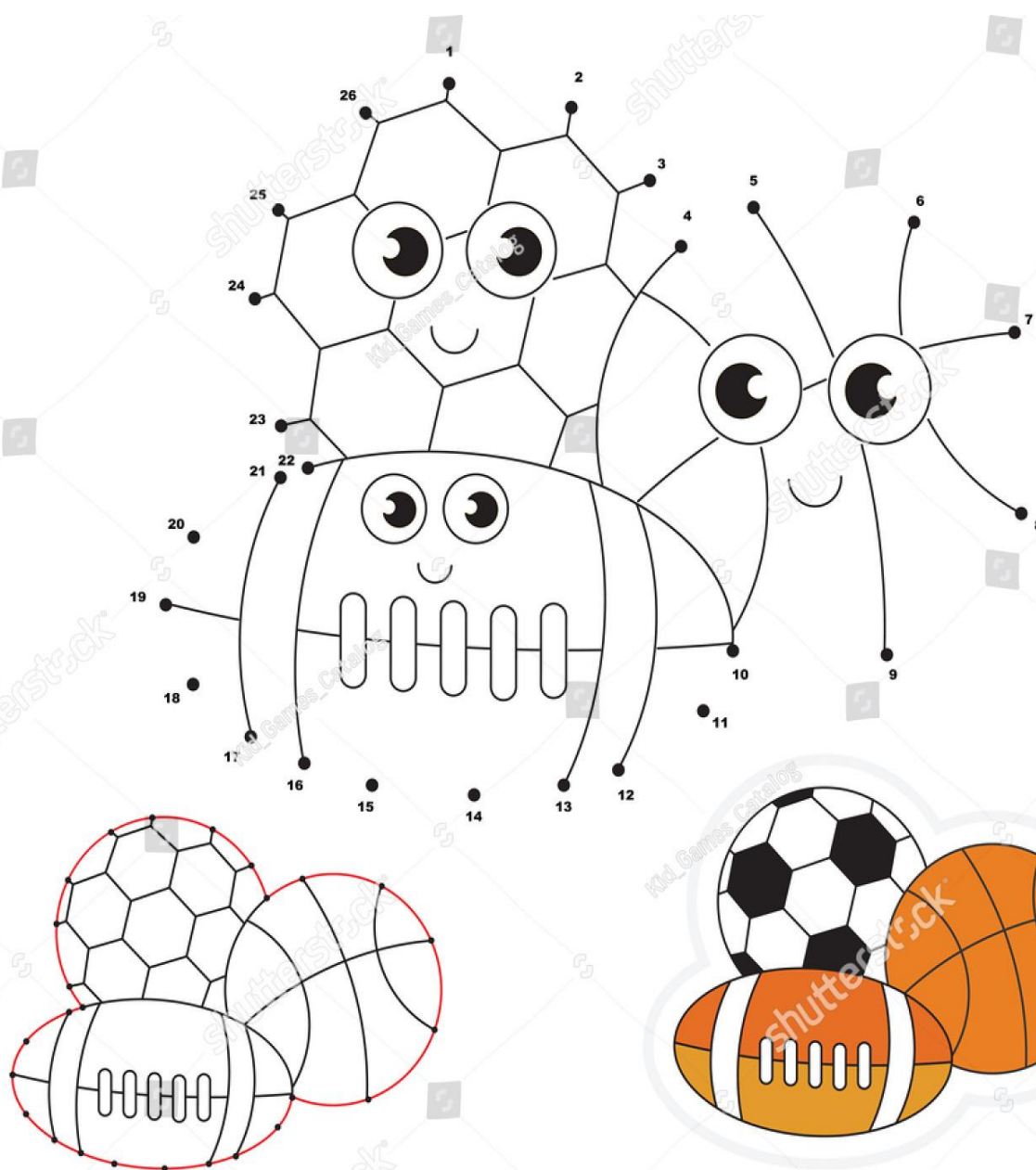
Record your scores:

Name	Attempt 1	Attempt 2	Attempt 3

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WEEK 6 CONTINUED

Dot to Dot



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EXTRA ACTIVITIES

60-Second Challenges



Try to complete each exercise as many times as you can in 60 seconds:

Squat and jump

Press-up

Sit-up

Star jump

Slalom sprint

Tuck jump

Sprint the length of the garden

Split jump

Skipping

Stepping up on the step

Now try and think of your own exercises and challenge other members of your household!

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EXTRA ACTIVITIES

15-Day Challenge



Day 1 – sprint x3, star jumps x8, sit-ups x6, squat x4

Day 2 – sprint x4, star jumps x10, sit-ups x8, squat x6

Day 3 – sprint x5, star jumps x12, sit-ups x10, squat x8

Day 4 – sprint x6, star jumps x14, sit-ups x12, squat x10

Day 5 – sprint x5, star jumps x10, sit-ups x10, squat x5

Day 6 – sprint x7, star jumps x16, sit-ups x14, squat x12

Day 7 – sprint x8, star jumps x18, sit-ups x16, squat x14

Day 8 – sprint x9, star jumps x20, sit-ups x18, squat x16

Day 9 – sprint x10, star jumps x25, sit-ups x20, squat x18

Day 10 – sprint x5, star jumps x10, sit-ups x10, squat x5

Day 11 – sprint x11, star jumps x30, sit-ups x25, squat x20

Day 12 – sprint x12, star jumps x35, sit-ups x30, squat x22

Day 13 – sprint x13, star jumps x40, sit-ups x30, squat x24

Day 14 – sprint x14, star jumps x45, sit-ups x35, squat x26

Day 15 – sprint x15, star jumps x50, sit-ups x40, squat x30

Now try and think of your own 15-day challenge!

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