



# change4life sports clubs combat activity pack

school



**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 1  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# introducing your activity pack

Change4Life Sports Clubs have been designed around a clear need to increase physical activity levels in less active children by developing a new type of sports club. We want to create an inspirational environment to engage less active young people so that over time they start to take part in school sport and carry on with lifelong physical activity.

Your deliverer's activity pack includes;

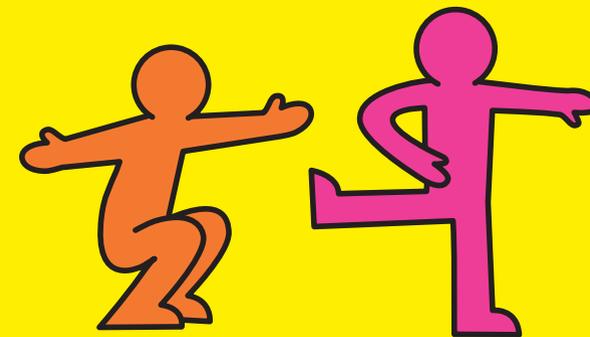
## 1. A set of 16 activity cards

You have 12 activity cards relating to a theme, and at the back of the pack, four activity cards to use for warm-up activities.

Every card is designed with support from National Governing Bodies of Sport to include skills and activities related to their Olympic and Paralympic sports.

They include:

- an image of the activity in action
- clear instructions on how to play
- equipment required - you'll find everything in your equipment pack
- Spirit of the Games icons
- sporting connections – how the skills involved in the activities relate to specific sports
- fun facts about Olympic and Paralympic sports to get children thinking!
- STEP – a framework for varying the activities so that children with different needs and abilities can be included
- five key abilities – the use of the multi-ability model supports children to unlock and maximise their potential. The wider club activities on the reverse of the cards highlight these abilities and tie in with the children's activities to their 'Get Going' logbook.



## 2. A guide to the contents of each card

So you can find your way around the activity cards quickly and easily, we've provided a guide to what's on the front and back of each card.

## 3. A sport skills matrix

The matrix indicates the range of sport specific skills used within each game and the sports they relate to. There are also some ideas for using the matrix within your planning and delivery.

## How to use your activity pack

Use this pack in conjunction with your Change4Life Sports Club guide and the young person's 'Get Going' logbook. These activities will provide the foundation for a school-based sports club that will retain the interest of the young people involved and prepare them for taking part in Sainsbury's School Games opportunities and lifelong enjoyment of sport.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 2  
Trim 297x210mm  
TA/SA -  
Bleed 3mm



# change4life sports clubs and the spirit of the games

The Youth Sport Trust, working with young people, has developed a set of values to motivate and inspire children to take part in school sport.

## These values have been designed to:

- provide a set of sporting values and embed them in school sport
- use sport as a tool to encourage children to develop their personal values
- achieve excellent standards of sporting conduct in school sport

To help you use these values within your Change4Life Sports Club, each activity has been designed to link to one of the 'Spirit of the Games' values and the Chat Zone in the children's 'Get Going' logbook.

On the right of this page you'll also find some words that children have used to describe the values and what they think they'd have to achieve to be rewarded their 'Spirit of the Games' stickers.

## You could reward children:

- during the session when they display the values
- when they contribute positively to the Chat Zone discussion
- through young leaders to help them encourage participation
- at other times of the school day when they are displaying the values



## 'Spirit of the Games' values

### Teamwork

Working with my team, not being selfish.

Letting everyone have a go, passing the ball and giving everyone a chance.

Showing team spirit – encouraging my team-mates and saying well done.

### Self belief

Being brave, taking on new challenges.

Being confident.

Trying new sports or activities.

### Honesty

Always telling the truth.

Never cheating.

Admitting when I am wrong.

### Passion

Being positive and enjoying the game/activity.

Trying my best.

Keep trying if I don't get it right.

### Respect

Being polite, not shouting or losing my temper.

Shaking hands with the other players and thanking them for the game.

Listening to the coach/teacher.

### Determination

Never giving up on myself or my team.

Always trying my best no matter what I am doing.

Trying again if something goes wrong.

Could the young leaders involved in the club be responsible for giving out 'Spirit of the Games' awards during the club session?

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 3  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

## resources

As part of the Change4Life Sports Club resources, a 'Get Going' logbook has been developed for each club member to use. Each logbook is clearly divided into sections for participants to complete, including:

### A bit about the logbook

Your explanation of how to make the most of it.

### A bit about me

This section is completed by club members during the first week of the club and after the first ten weeks or so. It will help you track changes in healthy behaviour and in the choices members make.

### A bit about the 'Get Going' wristband

Here you'll see why the 'Get Going' wristbands have been included and how club members can make the best use of them.

### A bit about your week

This section helps club members keep a visual record of the amount of physical activity they're doing each week, so they can compare their week on week progress.

Their weekly record also includes a Chat Zone with questions to generate discussion led by you before, during or after the session to support knowledge, understanding and positive health choices. There's also a Spirit of the Games section with space for stickers awarded to children for demonstrating the Spirit of The Games values.

### A bit about Olympic athletes

Here, exclusive interviews with Olympic athletes provide inspiration for club members from some great role models.

### A bit about the combat sports

In this activity pack you'll find some great games and activities that will get your heart beating! But they aren't just any old games...they are special games that have been created with the assistance of five National Governing Bodies of Sport (NGBs). The NGBs have been central to the creation of these 'combat' activities and have worked to think differently about how their sport can be delivered to 7-9 year olds in primary and special needs schools.

These multi-sport cards represent the sports of fencing, judo, wrestling, boxing and taekwondo in a way that is engaging and exciting for all young people to take part. They provide them with the skills and qualities that will enable participation in these sports, or any other activity, now and later in life.

For further information about other school sport programmes available from each of the NGBs go to:

boxing - [www.abae.co.uk](http://www.abae.co.uk)

fencing - [www.britishfencing.com](http://www.britishfencing.com)

judo - [www.britishjudo.org.uk](http://www.britishjudo.org.uk)

taekwondo - [www.tdk.co.uk](http://www.tdk.co.uk)

wrestling - [www.britishwrestling.org](http://www.britishwrestling.org)



**S36 23492**

Client Change4Life  
Campaign Activity Pack  
Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

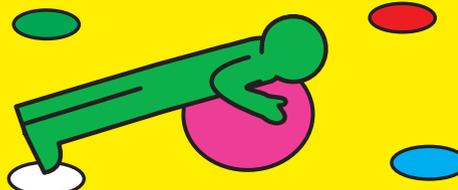
Ins date 00/00  
Operator GS Page 4  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# a guide to the activity cards - front

## pressure point

**Keep your body as flat as a pancake!**



### how to play

Place a Swiss ball in the centre of a circle made of four markers (yellow, red, green, blue). Lie on the ball with your chest and palms flat on it, level with your shoulders and elbows tucked into the waist. Stretch your legs out behind you (towards the markers) and keep your body as flat as you can, like a plank. Tighten your core muscles (these are the muscles deep inside your tummy).

When the leader calls out a colour, move your feet using small sidesteps so they end up pointing to the correct coloured marker. (Just like hands on a clock, but keep your body flat). Wait for the next colour to be called out and repeat. How long can you remain in a flat plank position? Can you beat your teammates to the correct coloured marker?

Safety: Make sure there is plenty of space, the Swiss balls are inflated fully, and your body is flat.

### equipment

Swiss balls, marker, chalk for marking numbers.

### sporting connection

Strong tummy muscles give you stability and good balance, which are attributes needed for sports like wrestling and judo.

### did you know?

The longest wrestling contest in Olympic history occurred at Stockholm in 1912. It was a match between Russia's Martin Klein and Finland's Alfred Asikainen and went on for 11 hours.

There's a 'Spirit of the Games' value on each activity. Club members can be rewarded for showing the values using the stickers provided. There's space for stickers to be displayed in their 'Get Going' logbook.

The 'how to play' section describes how the activity is delivered.

Here's a list of the equipment you'll need.

Some fun sporting facts to spark children's interest and create connections with the Olympic and Paralympic Games.

Each activity card has a visual of the activity taking place so you know, at a glance, what it involves.

Sporting connection describes the skills that are being developed and their links to the Olympic and Paralympic sports behind the activity.

**S36 23492**

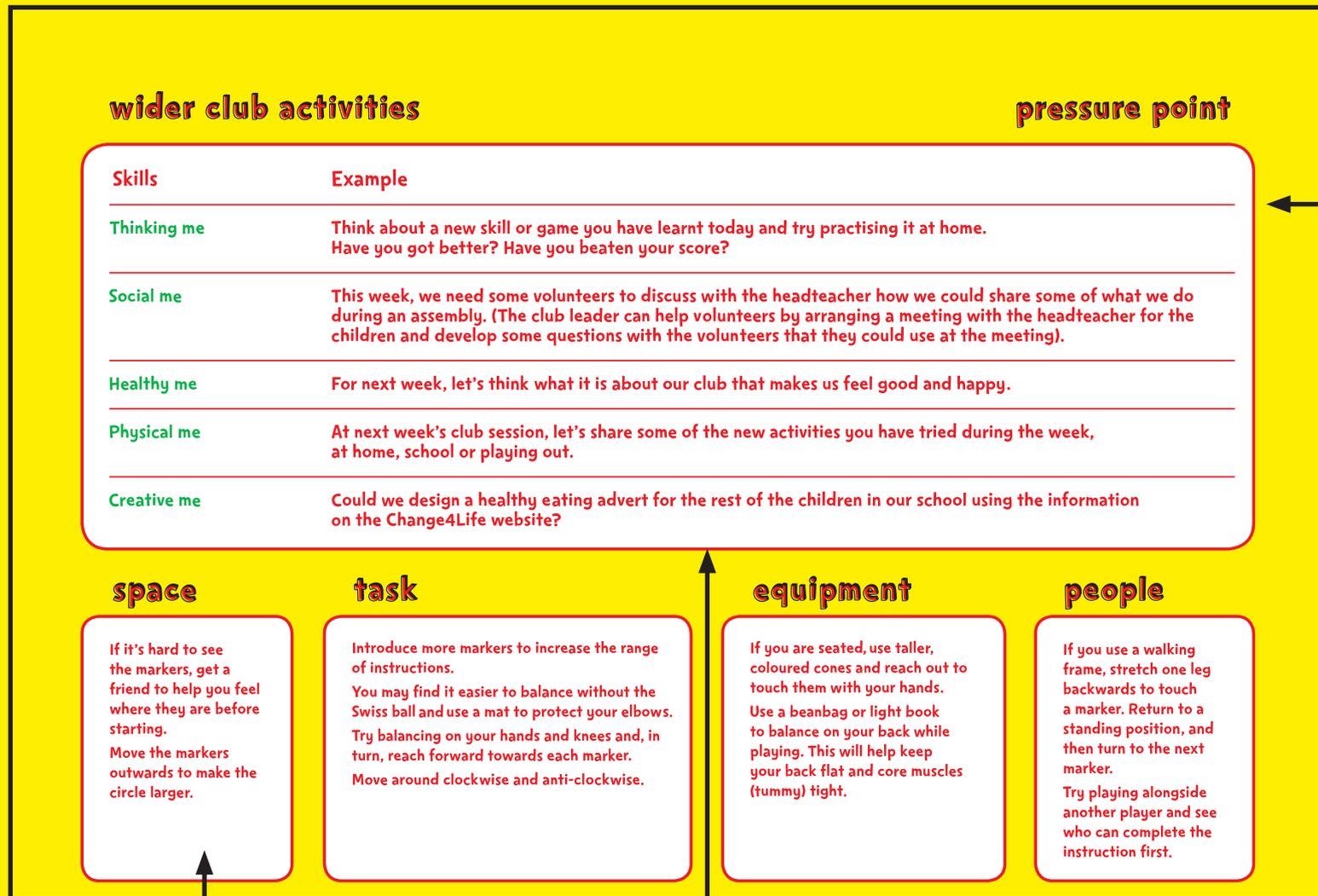
Date 29.11.12 11:25  
 Proof 10  
 Agency XXX 00 XX0000

Client Change4Life  
 Campaign Activity Pack  
 Title Target  
 File S36 23492 C4L Activity Pack  
 Colour CMYK Spots -

Ins date 00/00  
 Operator GS Page 5  
 Trim 297x210mm  
 TA/SA -  
 Bleed 3mm



# a guide to the activity cards - back



The wider club activities tie in with the children's 'Get Going' logbook and help to identify additional activities that will help them develop the five key abilities, their physical activity knowledge and understanding of healthy lifestyles.

STEP is an activity-centred approach that helps you include everyone in the club. By varying the activities you can balance different needs and abilities to ensure everyone participates fully.

These tasks should be used to develop members' sense of belonging, give them ownership of the club's direction and provide them with challenges that relate to their personal development and learning.

# slalom relays

Go through twists and turns as quickly as you can



## how to play



Divide into teams - it's relay racing time!

**Relay 1** - Place around one to four poles and bases in a line, in front of each team. On 'go', the first player runs and weaves in and out of each pole and back. They tag the next player who does the same until the last person of each team crosses the line.

**Relay 2** - Too easy? Each team member has to keep their body facing forward and side step whilst weaving and zigzagging the poles. They'll need to look sideways in the direction they're travelling. Now that's tricky!

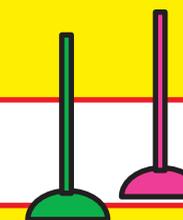
**Relay 3** - Repeat the relay above but start with a sideways stance and side step, whilst looking in the direction of travel.

If a beanbag is balanced on their head too, it will slow the player down and ensure a steady head position.

**Safety:** Make sure all poles and players are safely spaced out - wide enough for any players using wheelchairs or walking aids.

## equipment

Marker poles, bases and beanbags.



## sporting connection



This activity helps you to develop the skill of transferring weight from side to side, which is particularly useful in judo, boxing and taekwondo.

## did you know?

Women's boxing featured as a full Olympic medal event for the first time at the London 2012 Games.

S36 23492

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack

Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 7  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

S36

## wider club activities

## slalom relays

### Skills

### Example

#### Thinking me

We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?

#### Social me

Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club. Maybe we could do a school assembly?

#### Healthy me

Try to eat healthy snacks this week. Make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.

#### Physical me

During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.

#### Creative me

Use the blank sheet in your logbook to help you create a new game - be creative, but be safe!

## space

Place poles closer together (harder) or further apart (easier).

Add extra poles, or take some away for a longer/shorter course.

Widen the cones for the slalom to create a bigger zigzag.

## task

Move in different ways - hop, skip, jump, tiptoe.

Use equipment to vary the activity, balance balls on palms, beanbags on shoulders etc.

Balance a beanbag on your head while moving in and out of the poles.

## equipment

Use markers on the ground to weave in and out of - taller poles can be seen more easily by wheelchair users.

Vary the equipment players must carry or dribble with.

## people

Play as a team against other teams.

Play in pairs.

Time the relays and encourage players to beat their records.

Try to balance abilities across teams.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

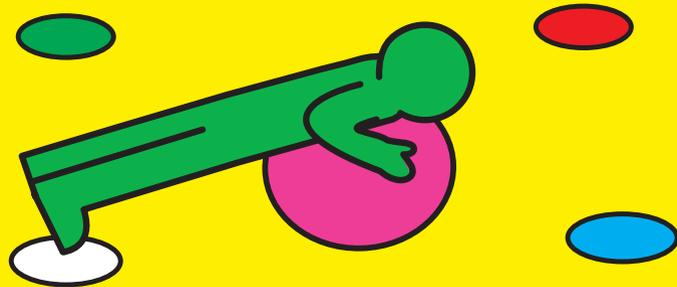
Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 8  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# pressure point

Keep your body  
as flat as a pancake!



## how to play



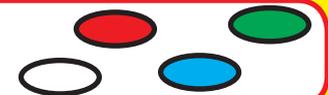
Place a Swiss ball in the centre of a circle made of four markers (yellow, red, green, blue). Lie on the ball with your chest and palms flat on it, level with your shoulders and elbows tucked into the waist. Stretch your legs out behind you (towards the markers) and keep your body as flat as you can, like a plank. Tighten your core muscles (these are the muscles deep inside your tummy).

When the leader calls out a colour, move your feet using small sidesteps so they end up pointing to the correct coloured marker. (Just like hands on a clock, but keep your body flat). Wait for the next colour to be called out and repeat. How long can you remain in a flat plank position? Can you beat your team-mates to the correct coloured marker?

**Safety:** Make sure there is plenty of space, the Swiss balls are inflated fully, and your body is flat.

## equipment

Swiss balls, marker, chalk for marking numbers.



## sporting connection



Strong tummy muscles give you stability and good balance, which are attributes needed for sports like wrestling and judo.

## did you know?

The longest wrestling contest in Olympic history occurred at Stockholm in 1912. It was a match between Russia's Martin Klein and Finland's Alfred Asikainen and went on for 11 hours.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 9  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# pressure point

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practising it at home. Have you got better? Have you beaten your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting).
Healthy me	For next week, let's think what it is about our club that makes us feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

## space

If it's hard to see the markers, get a friend to help you feel where they are before starting.  
Move the markers outwards to make the circle larger.

## task

Introduce more markers to increase the range of instructions.  
You may find it easier to balance without the Swiss ball and use a mat to protect your elbows.  
Try balancing on your hands and knees and, in turn, reach forward towards each marker.  
Move around clockwise and anti-clockwise.

## equipment

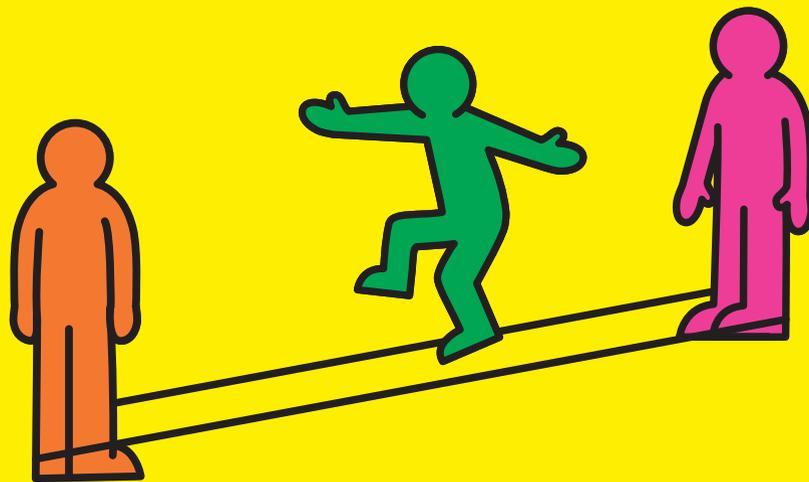
If you are seated, use taller, coloured cones and reach out to touch them with your hands.  
Use a beanbag or light book to balance on your back while playing. This will help keep your back flat and core muscles (tummy) tight.

## people

If you use a walking frame, stretch one leg backwards to touch a marker. Return to a standing position, and then turn to the next marker.  
Try playing alongside another player and see who can complete the instruction first.

# skip to it

So much fun to be had  
with a piece of rope



## how to play



**French skipping** – Two players stand about a metre apart, with French skipping elastic around their ankles forming a loop shape. The third player then jumps inside the elastic, on it and over it. Mix the moves up and swap places.

**Group skipping** – Each group has five to eight players and a long skipping rope. Two people start as rope turners, the rest as skippers. The skipper stands beside a turner. When the rope turns away, the skipper runs in and starts skipping as it touches the floor. Or one person jumps in, then another and another, until you're all skipping. Try clapping, turning and hopping together!

**With a shorter rope** – Try skipping on your own with shorter ropes.

**Safety:** Make sure there is enough space for the ropes to turn, without colliding with other players. Skippers should keep their heads up and knees slightly bent on landing.

## equipment

Short skipping ropes, long ropes, French skipping elastics and lots and lots of space!

## sporting connection



This is great for agility, flexibility, balance and co-ordination. All key skills you'll need for boxing, taekwondo, judo, fencing and wrestling.

## did you know?

The two boxers in an Olympic fight are allocated a red or blue corner and must wear the same colour clothing, depending on their corner.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 11  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

## wider club activities

## skip to it

### Skills

### Example

#### Thinking me

This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week, in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.

#### Social me

For next week's session can you find out about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.

#### Healthy me

For next week, all bring a water bottle to fill up and drink from, during and after the session - any clean plastic bottle will be fine.

#### Physical me

During the week, make a note of the activity that makes your heart beat the fastest.

#### Creative me

Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

## space

Encourage players to travel while skipping in a particular direction (e.g. clockwise around a circle), or while playing follow the leader.

Skip high and low.

During French skipping gradually raise the elastic height from the ankles to knees, or even thighs if you're feeling brave!

If that's too difficult, leave the elastic on the floor so they can step over it.

## task

Move at different speeds.

Make sure everyone has a go at each role.

French skipping: try stepping over the ropes instead of jumping.

Rope skipping: lay the rope on the floor and step or roll over in a zig-zag along from one end to the other.

## equipment

French skipping elastics.

Double Dutch ropes.

Use instruments for a beat to jump to: drums, tambourine, triangle - even a bin!

Use chalk markings or tape to make a line on the floor, and then jump over it.

## people

Skip in pairs.

Play individually.

Skip in groups.

You can turn the rope or hold the elastic from a seated position.

You can take part with a guide or buddy, hold hands and start with a single rope or elastic on the ground.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 12  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# range finder

## Listen and lunge



## how to play



**Dynamic lunge** – Players stand behind a line marked out on the ground, opposite a row of up to five coloured markers. The leader calls out a colour and the players have to side step along the line facing forwards, until facing the correct coloured marker. Then the player must lunge forwards and step back behind the line. This is repeated each time a colour is called. The leader can call out more than one colour at a time, or incorporate moves that are linked to any of the combat sports.

**Mirror me** – The layout is the same as ‘dynamic lunge’, but there’s an extra marked line on the other side of the markers - so the markers lie in the middle. One player leads and the other mirrors. The aim is to try to out-manoeuvre your partner. Each player has three lives and at any time the leader can call “stop.” If the player mirroring is not keeping up with the other player, a life is lost. So stay with them!

Keep swapping roles.

**Safety:** Only use flat markers or chalk for the lines. And make sure there is enough space between players.

## equipment

Throw-down markers.



## sporting connection



Sideways movement and dodging an opponent are important skills to have when competing in boxing, fencing and taekwondo.

## did you know?

In Olympic taekwondo, you have to be really flexible, as kicks above the opponents’ shoulders score the most points.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 13  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

## wider club activities

## range finder

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sportsperson which we can share next week. (The club leader can then generate discussion about how these idols became successful).
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

### space

Move cones wider apart or closer together.  
 Introduce lunges and step backwards at different lengths.  
 Set the cones closer to the start line (easier) or further away from it (harder).

### task

Introduce different ways of travelling along the line.  
 Instead of lunging, crouch down into a push up position, kicking your legs out behind you.  
 Go one at a time along the line to get the idea of lunging.

### equipment

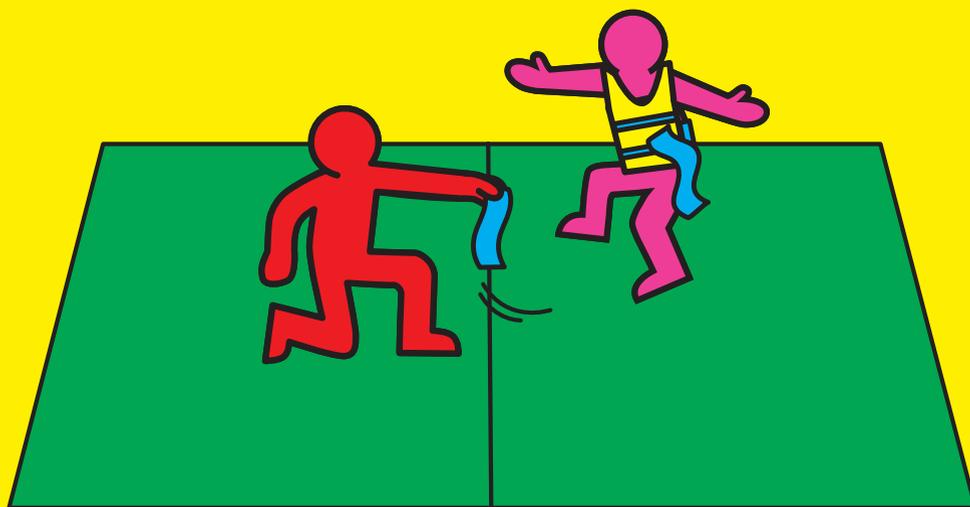
Increase or decrease the number of markers. Stick markers on the wall to lunge towards.  
 If you are a wheelchair user, use taller cones and move forwards along the line. At each cone, reach sideways to touch it; turn and come back.

### people

Mirror me: you lead slowly and a partner follows your movements.  
 Play individually.  
 Play as a pair.

# reaction tag

Who has the quickest reactions?



## how to play



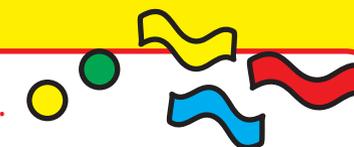
**Watch your back** - Get in pairs and stand on a combat mat. One player wears a vel-tag vest with blue vel-tags attached to the blue stripes, and red vel-tag balls attached to the red stripes. The other player has to remove the vel-tags/balls from the opponents' vest as quickly as possible. The player wearing the vest must dodge their opponent, keeping their arms by their sides.

Or, why not start with a player wearing a vel-tag vest and nothing attached to it? When the leader shouts out a body part, the other player has to attach a vel-tag ball to that part on the vel-tag vest. Whoever manages to attach their vel-tag ball in the right place, wins.

**Safety:** Make sure the vel-tag vests are on the right way round (large patch on the back) and the floor is not slippery.

## equipment

Vel-tag vests, vel-tags/balls and shapes, dynamic mat.



## sporting connection



Agility and footwork is needed for reaction tag. If you're good at this, you'll also be good at combat sports such as fencing, taekwondo, boxing, judo and wrestling.

## did you know?

The Olympic sport of Judo means 'the way of gentlemen', yet it is one of the more physical combat sports.

S36 23492

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 15  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

S36

# wider club activities

# reaction tag

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club. Maybe we could do a school assembly?
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	Use the blank sheet in your logbook to help you create a new game - be creative, but be safe!

## space

Alter the size of the playing space by removing the dynamic mat, this will make it easier.  
 Attach vel-tags at various heights to encourage different tactics.

## task

Introduce different ways of moving - side stepping, hopping and jumping.  
 Introduce a time challenge.

## equipment

Use larger/smaller vel-tags to make activities easier/harder.  
 Alter position of vel-tag vest from front/back.

## people

Play in pairs.  
 Play as a team.  
 Make it 3 Vs 1.

# lunge for it

Lean and reach while you pull, pull, pull!



## how to play



Players stand side by side with one foot forwards and one behind in a lunge position. Give everyone a long piece of string/rope with a beanbag tied to one end. Place the beanbag as far as it will go. Players race to pull their beanbag towards them by pulling the string. First to grab it is the winner!

Now let's mix things up. Play and shout a command. Players must vary their stance to match. Commands like: "Left foot forward, lunge", "Right foot forward, lunge", "Stand sideways to the left" and "Sideways to the right". This will change the head position and the way you pull.

**Safety:** Make sure the object tied to the rope isn't too heavy and other children don't run across the play space.

## equipment



Long lengths of string/rope, beanbags or similar.

## sporting connection



This activity helps practise lunging skills and balance. Maintaining balance and a steady head position at all times is crucial to combat sports like judo or boxing.

## did you know?

Fencing takes place on a narrow 14m x 2m 'piste' and was developed from the castle hallways where fencing duels were fought.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 17  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# lunge for it

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week, in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from, during and after the session - any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

## space

## task

## equipment

## people

Make the play space bigger.  
 Make the play space smaller.  
 You can change the length of string to increase or decrease the distance you need to pull the beanbag.

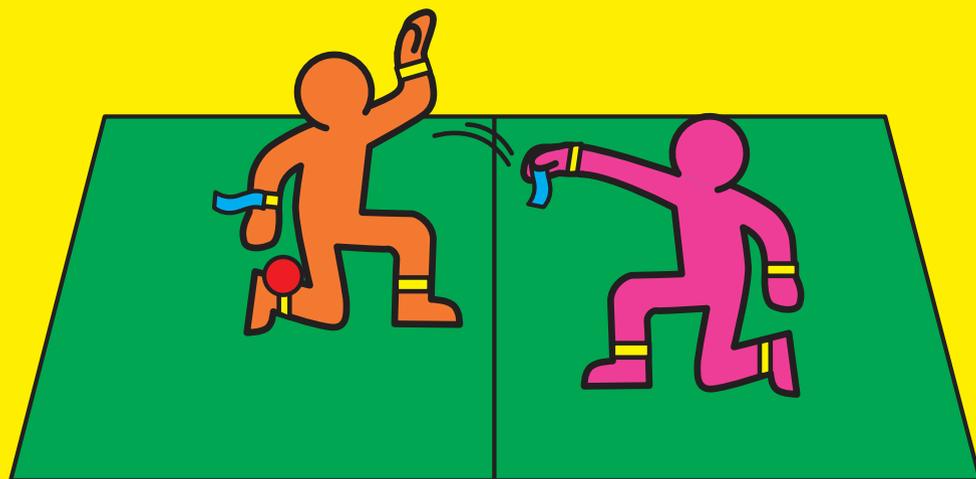
Attempt to pull the beanbag in fewer pulls each time to encourage larger pull actions.  
 Once the player has caught their beanbag, race to put it back to where it started. Seated players can change position or lead with alternate hands instead of 'lunging'.  
 Players using mobility aids, like crutches or wheelchairs can move forward and back over a line instead of lunging.  
 Players time themselves and try to beat their previous time.  
 Try different ways of pulling the string. For example, one-handed or winding.

Tie larger/heavier equipment to the end of the string (make sure it's not too heavy for players to pull).  
 Change beanbags for bigger/smaller equipment.

Play as an individual.  
 Play in teams.  
 Play in pairs. (If one player has a mobility impairment, he/she can pull in the bean bag while the other player runs it back to the start point).

# dip and dive

Grab the tags before someone grabs yours!



## how to play



Players should bow to each other before starting the game!

In pairs, put vel-tag bands on your ankles with tags/balls attached. Each player has to grab the bands/balls/vel-tags off the other, before they lose their own. Dodge and move your feet to try and stop them. The grabber must move and reach down low to get the ankle tags.

Swap the game around. Players must aim to stick the vel-tags onto the others ankles, while defending their own. You could even try playing these games with the vel-tags bands around your arms.

**Safety:** Make sure the floor is not slippery and the vel-tag vests are on the right way round (large patch on the back).

## equipment

Vel-tag vests/bands/balls/tags and dynamic mats.



## sporting connection



Wrestling and judo both use movements where you have to keep low, and then spring into action.

## did you know?

Before point scoring was introduced, wrestling matches lasted until one wrestler was finally forced to the ground.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 19  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# dip and dive

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practising it at home. Have you got better? Have you beaten your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think what it is about our club that makes us feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

## space

Increase/decrease the playing area.  
Use tags at different heights - on ankles, calves or above knees.

## task

Try sticking tags on, rather than taking them off.  
Take it in turns to be the dodger or the sticker.

## equipment

Vel-tag kit.  
Travel-tags of different lengths and shapes to make it easier or harder.

## people

Play as a team.  
Play in pairs.  
Swap roles.

# hunt 'n' grab

Grab the tag or stamp the tail!



## how to play



**Grab the tag** – Up to 10 players wear a vel-tag vest each, with the short blue tag attached to their side or lower back. Up to 10 chasers need to grab the tags as quickly as possible. To grab the tags, use a push and pull action. The winner of the game is the last one to lose their tag.

**Stamp the tail** – Get into teams. A couple of players wear the vel-tag vest and have the long vel-tag attached as a tail touching the floor. The players must move around the play area while the other players try to stamp on the tail and remove it. Swap who wears the tail. As an alternative, the tail can be attached at the side, so you have to use sideways movements to dodge, swerve and stop someone getting the tail.

**Safety:** Make sure the flooring is suitable and the space is big enough.

## equipment

Vel-tag vests set and plenty of space.



## sporting connection



This activity will help to develop your spatial awareness, as well as the push and pull actions associated with fencing and boxing.

## did you know?

Fencing is one of only four sports that have been included in every modern Olympic Games since it started in 1896.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 21  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# hunt 'n' grab

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sportsperson which we can share next week. (The club leader can then generate discussion about how these idols became successful).
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

## space

## task

## equipment

## people

Make the play space larger/ smaller.  
 Change the shape of the play space to a circle, square or long/ thin area.  
 You can make 'safe zones' for some players where their tails can't be grabbed; only for a few seconds though!

Introduce a time challenge to make it harder for the chasers.  
 Try stamping with the left leg only and then the right leg only.  
 Make some players chase with their preferred hand behind their back.  
 You can give some players more tails (lives).

Vel-tag vests.  
 Use tails of different lengths.  
 Tie ribbons or scarves loosely or tuck into waistbands if you have no vel-tags.

Play as individuals.  
 Play in pairs.  
 Play as a team.  
 For those in a wheelchair, the tail can be loosely attached to the back of their chair. But it must come away easily if pulled.

# animal mania

Which animal will you most like to be?



## how to play



Get into pairs and face each other, arm distance apart. Jog on the spot and when the leader calls out an action, step to it. Then jog on the spot and wait for the next one.

The actions are:

**Sleeping ant** - lie on your back and wriggle your arms and legs in the air.

**Good dog** - kneel on your hands and knees and be completely still.

**Cunning fox** - one of you stands feet apart whilst the other crawls through your legs.

**Batty bat** - stand back to back and hold hands with your partner through each other's legs.

**Safety:** Allow plenty of space.

## equipment

Just a loud voice.

## sporting connection



Being able to go from a standing position, to a low crouching position and back again, are skills you need for judo and wrestling.

## did you know?

Taekwondo - which means 'the way of foot and fist' - made its debut as a medal sport at the 2000 Olympics.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 23  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# animal mania

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club. Maybe we could do a school assembly?
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	Use the blank sheet in your logbook to help you to create a new game - be creative, but be safe!

## space

Stand closer together/further apart.  
 Jog on the spot stretching up high, or crouching down low.  
 Set up the animal actions like a circuit that everyone moves round.

## task

Introduce other animal actions.  
 Change the speed in which the leader calls the actions.  
 Link two actions together so it's more challenging.  
 Try using 'Simon says' to make it harder.

## equipment

Use music for atmosphere.  
 Try using music to start and stop the activity.  
 Make cards with animal pictures on them that you can hold up. This also helps hearing impaired and deaf players see what's going on.

## people

Play individually until you know the actions.  
 Play in pairs.  
 Take turns to be the leader calling the actions.  
 It's ok for some people to play from a seated or supported position; just move any parts of your body you can.

# beat the chain

If you're last, you win!

## how to play



Decide who's the 'chaser'. Move around the play area and tag someone, who then holds hands with you to make a chain. Both players try and tag another player to join the chain at either end. Once the chain has four links, it splits into two pairs. The pairs must then try to tag new players and form links. Again, once there are four links the chain must split into pairs, and so on. The last player who's not in a chain wins.

**Safety:** Make sure there is plenty of space and nothing to knock into.

## equipment

Quick feet and a strong grip.

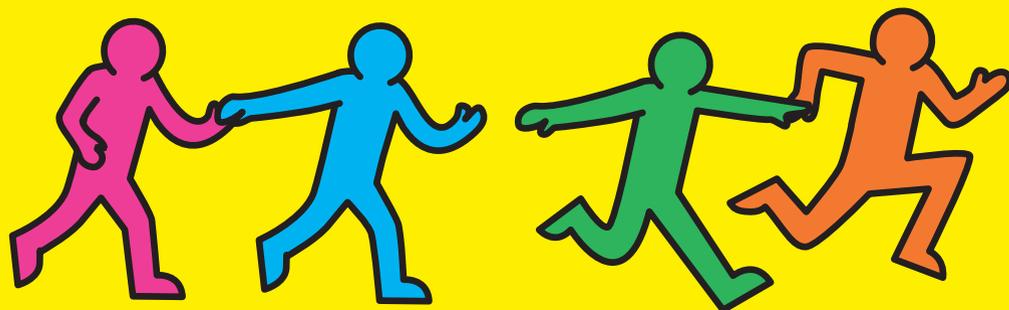
## sporting connection



Even though all combat sports are individual sports, your success will largely depend on the team you have around you.

## did you know?

Olympic boxers score one point for every punch they land with the marked part of their glove, either on their opponents' head or upper body.



**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 25  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

## wider club activities

## beat the chain

### Skills

### Example

#### Thinking me

Think about a new skill or game you have learnt today and try practising it at home. Have you got better? Have you beaten your score?

#### Social me

This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting).

#### Healthy me

For next week, let's think what it is about our club that makes us feel good and happy.

#### Physical me

At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.

#### Creative me

Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

## space

Make the play space larger/smaller.  
Change the shape of the play space.  
Make it long and thin, square or circular.  
Create safe zones where some players cannot be caught.  
When the chain goes past, they move out again.  
Gradually reduce the space for the runners.

## task

Make the chain walk to give the players more chance to escape.  
Instead of tagging, the chain must make a circle around a player to catch them.  
Travel in different ways  
- walking, crouching or hopping.

## equipment

Add some music for atmosphere.  
Want to make it harder? Place small mats around, which you're not allowed to step onto.  
Use cones or marker discs.  
If a player touches one, they cannot be caught.

## people

Change who's 'it' each time.  
Play in smaller/larger groups.  
Increase/decrease the number of players in the chain before the last player must let go.  
Vision impaired players can have a buddy to guide them to safety.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

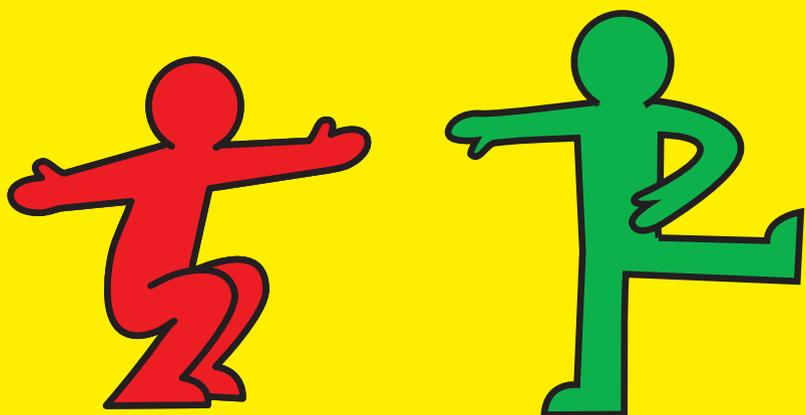
Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 26  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# martial moves

Show us what you've got!



## how to play



The aim is to link martial art moves to create slow fluid movements from one action to another. Like the Brazilian 'fight dance' - capoeira.

In pairs, have a go at the moves below. Respond to each other's actions and remember to do them in slow motion.

**Side kick** - feet apart, lift and push one leg out to the side.

**Press up** - crouch down quickly into a press up position, thrusting your feet out behind you.

**Jab** - punch straight out in front and alternate arms.

**Body swerve** - bend low, turn sharply right or left and stand up.

**Duck** - swoop down like a bird.

**Safety:** Make sure there's lots of space. Arms and legs will be going everywhere!

## equipment

Pictures or a video of capoeira are useful to show as inspiration, and lots of space.

## sporting connection



You'll need lots of control to master this activity! It will help you get strong muscle control for good balance and slow controlled movements - skills needed in taekwondo, wrestling, judo and boxing.

## did you know?

Judo rules require judoka to bow when entering and leaving the mat, and at the start and end of a contest.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 27  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

## wider club activities

## martial moves

### Skills

### Example

#### Thinking me

This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week, in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.

#### Social me

For next week's session can you find out about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do

#### Healthy me

For next week, all bring a water bottle to fill up and drink from, during and after the session - any clean plastic bottle will be fine.

#### Physical me

During the week, make a note of the activity that makes your heart beat the fastest.

#### Creative me

Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

## space

Encourage use of the space and travel around when doing a routine.

Develop routines in smaller, limited spaces to change movements and control the body.

All the moves can be practised from a still position, or whilst moving.

## task

Create routines with more martial arts moves.

Introduce a mixture of balances between martial arts moves to slow the movement down even more.

You can create a 'martial moves' circuit with different movements at each station.

## equipment

Add some music for atmosphere.

Use equipment to help develop the moves. For example, ducking back and forth under a low rope. Or, using a sponge ball suspended from above as motivation.

## people

Develop moves individually, then progress to moves with a partner.

Work in pairs to make up routines.

**S36 23492**

Client **Change4Life**  
Campaign **Activity Pack**  
Date **29.11.12 11:25**  
Proof **10**  
Agency **XXX 00 XX0000**

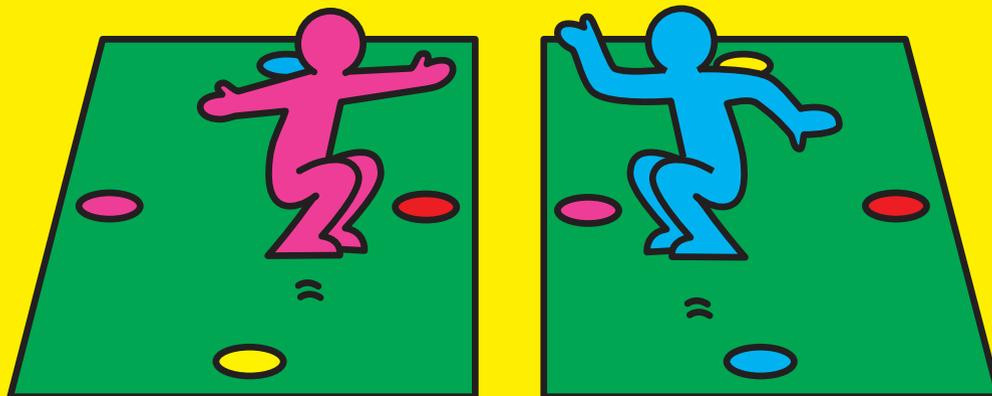
Title **Target**  
File **S36 23492 C4L Activity Pack**  
Colour **CMYK** Spots **-**

Ins date **00/00**  
Operator **GS** Page **28**  
Trim **297x210mm**  
TA/SA **-**  
Bleed **3mm**

**S36**

# footloose

How many moves can you remember?



## how to play



Make a diamond shape with four flat markers and stand in the centre. Think of a routine using dynamic movements like:

two-footed jumps

hops on left foot and right foot

bunny hops

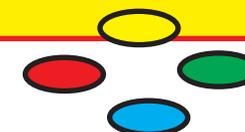
Move in different directions - forwards, backwards, left or right onto each of the flat markers.

Start with a simple routine, and teach it to another player/s.

**Safety:** Ensure there is enough space between mats.

## equipment

Dynamic mats, drum/tambourine for rhythm.



## sporting connection

Footwork patterns and quick feet are important skills to have when taking part in any combat sport like fencing, boxing, taekwondo, judo and wrestling.

## did you know?

The aim in wrestling is to force the opponent's shoulders back onto the ground for two seconds in 'a pin', or to score points by executing throws and take-down moves on an opponent.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 29  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# footloose

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sportsperson which we can share next week. (The club leader can then generate discussion about how these idols became successful).
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

## space

Move the markers closer/ further apart to decrease/increase the size of movements.

Introduce additional markers to the diamond to make it harder.

Use movements that make the most of the space above and around you.

## task

Choose a leader to make up a routine for the group to follow.

Introduce some actions from the statues game to vary the dynamic and static moves.

Wheelchair users can adapt jumps by pushing for distance. Try doing different kinds of steps instead of jumps. For example, step over a line or low hurdle, or move in between two lines, taking as few steps as possible.

## equipment

Markers.

Add music for a beat.

Introduce small equipment – beanbags, balls or even pom-poms to hold whilst moving.

Lay ropes on the ground or use tape to jump over.

## people

Play as an individual.

Play in pairs.

Play in small groups and try each other's routines.

Work with others to improve your skills.

Build jumps into a ball game.

## Warm-up activity

# statues

Strike a pose.  
Then another. And another!



## how to play

Players dance, jump and move around. When the command is called or music is stopped, players have to pose and hold very still. Repeat as many times as you like.

Vary the length of time the pose is held for. And give points for the quality of movement, poise and body control.

Here are some poses to start you off:

**fencing pose** - stand side on with your front foot pointing forward and your back foot pointing sideways. Crouch down with your back arm by your side and your front arm out ready to fence.

**taekwondo pose** - balance on one leg and have the other positioned out to the side.

**boxing** - feet shoulder-width apart, with one slightly in front of the other and both pointing in the same direction. Make sure your body is also facing sideways on, with your arms bent up in front of the body.

**Safety:** Ensure there is enough space and that poses have been practised before the game is played to ensure correct posture.

## equipment

Just a loud voice and some music!



## sporting connection



Body control and concentration are important skills to have in fencing, boxing, taekwondo, wrestling and judo.

## did you know?

At the Antwerp 1920 Games, Italy's Nedo Nadi became the only fencer ever to win a gold medal with every weapon at a single Olympic Games.

S36 23492

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 31  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

S36

# wider club activities

# statues

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club. Maybe we could do a school assembly?
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	Use the blank sheet in your logbook to help you to create a new game - be creative, but be safe!

## space

## task

## equipment

## people

Introduce poses at different heights to increase the challenge of balances.  
 Make sure there's enough space to play.  
 Increase the space that you need to travel between poses.

Introduce new poses linked to different sports.  
 Travel around the play space in different ways - march, use giant strides, go backwards.  
 Move around at different speeds and heights.  
 To make it trickier, call out two poses and players must act out the first, then transition smoothly into the second.  
 You can use support, like a wall, to help you balance if you need to.

Introduce different equipment.  
 Use a ball or beanbag to integrate into a pose.  
 Add music to encourage different speeds or movement.  
 Use 'traffic lights' (coloured cards or marker discs) - a different colour means a different pose.

Travel in pairs.  
 Perform poses with a partner so you can support and balance with each other.  
 Play 'follow the leader'; taking turns to decide the poses.

Warm-up activity

# bumping balance

Try to force your partner  
on to two feet using the ball



## how to play

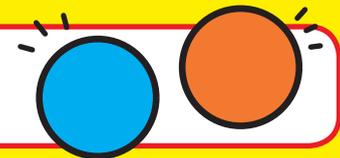
In pairs, each player has a large ball (make sure the balls are all the same size). Players stand on one leg opposite each other and push each other, ball against ball. The aim is to force your opponent on to two feet. How good are your skills at making them lose balance? Try different techniques. Maybe a long slow push or short, sharp pushes work better? Or you could even try making them laugh!

When you've succeeded, or not, try your skills against a different partner.

**Safety:** Make sure there is enough space between each pair.

## equipment

Swiss balls, e.g. basketballs that are soft and springy.



## sporting connection



This activity helps improve focus, strength and stamina. These are skills used in combat sports like fencing, boxing, judo, wrestling and taekwondo-where core balance is very important.

## did you know?

In Olympic taekwondo, competitors wear protective 'doboks.' The blue competitors are called 'clung' and the red competitors are called 'hong'.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 33  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# bumping balance

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practising it at home. Have you got better? Have you beaten your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting).
Healthy me	For next week, let's think what it is about our club that makes us feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

## space

Make the play space larger/smaller.  
 Ask players to play on their knees, using the space below.  
 Play in a circle or a square and try pushing your opponent out of the area.

## task

Play on two feet, instead of one, and try to move your opponent from the spot.  
 Play in different positions, like squatting or sitting.

## equipment

Use a variety of different shaped and sized balls.  
 Use a loop of rope or a hoop to pull each other off balance.

## people

Ask players to swap partners.  
 Enjoy new challenges and try new techniques.  
 Play in a group - last man standing!

## Warm-up activity

# journey round the body

Get your heart pumping  
and muscles moving



## how to play

Mark out a safe play area. Then stick six cards numbered one to six, in different places around the area. Write an activity on each that targets a different part of the body. How about 'lungs' – jump ten times and shout as you count? Or 'muscles' – do five star jumps?

Divide the group between the numbered areas. Then everyone has to find their pulse (at the wrist or neck) and count it for ten seconds. Write down your number, or make sure you remember it. Then jog, hop or jump round the circuit with a partner and do the activity at each spot. After each activity, take your pulse again for ten seconds – watch how it rises!

**Safety:** Make sure there is enough space between the areas for everyone to do the activity.

## equipment

Cones, skipping ropes, balls or other equipment, depending on the activities you choose.

## sporting connection



This activity helps you warm up, get your muscles moving and your heart pumping. That's the ideal way to start training for just about any Olympic or Paralympics sport, from wrestling to fencing.

## did you know?

The modern day Olympic motto in Latin is "Citius, altius, fortius" which means "faster, higher, stronger". Olympian Nicola Adams lives out this motto – she's the first woman in Olympic history to win boxing gold.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 35  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# wider club activities

# journey round the body

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week, in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from, during and after the session - any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

## space

Space out the cards to encourage more movement between activities.  
You can also do the exercises 'on the spot' - just change the cards.

## task

Change the activities to provide variety.  
Make sure you have options for different abilities at each station. For example, you can do seated star jumps (stretch your arms and legs out, and back in), or push ups (put your hands against a wall and push back).

## equipment

Ask players to use equipment during the activity, e.g. bounce a ball or catch a beanbag.  
Ropes or stretchy bands can be incorporated into the activities.

## people

Play in pairs.  
Play in small groups.  
Play as a whole group.  
In teams, do a relay version where each player does a different exercise.

## Warm-up activity

# call out

Listen carefully to the 'calls' and react quickly



## how to play



Ask players to form teams of two lines, one team facing one direction, the other team facing in the other direction.

Each player in the team stands back to back with their partner from the other team, stepping forwards with their right foot. Left heels must stay touching.

Name one team 'rats' and the other team 'rabbits'. Then call out either "rats" or "rabbits". Whichever team is called has to run away – fast! Their partner from the opposite team tries to catch them by quickly turning to tag them on the shoulder. Players need to listen very carefully in order to react correctly. Return to the centre and play again.

**Safety:** Make sure there is sufficient space for the game to be played safely.

## equipment

A loud voice!

## sporting connection



Being able to listen to instructions from a coach or mentor is very important in Olympic and Paralympics sports. In judo and boxing, the athlete depends on clear instructions from their coach.

## did you know?

Striking was banned as a judo technique in the mid-20th century, due to the sport's original background as a method of self-defence.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 37  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

## wider club activities

## call out

### Skills

### Example

#### Thinking me

Try and find out two interesting facts about your favourite famous sportsperson which we can share next week. (The club leader can then generate discussion about how these idols became successful).

#### Social me

During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.

#### Healthy me

Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.

#### Physical me

Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.

#### Creative me

For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

## space

Make the play space larger/smaller.

Reduce/increase the distance to the finish line. This distance can be different if partners have different abilities.

## task

Change the team names, e.g. 'chalk' and 'cheese'.

Challenge players by getting them to move in different ways, like hopping or moving backwards.

## equipment

Players can carry equipment while travelling, beanbags, balls.

A slower-moving player can beat their opponent by moving a short distance and knocking a ball off a cone.

## people

Swap partners around, for more variety.

Match players by ability.

**S36 23492**

Date 29.11.12 11:25  
Proof 10  
Agency XXX 00 XX0000

Client Change4Life  
Campaign Activity Pack  
Title Target  
File S36 23492 C4L Activity Pack  
Colour CMYK Spots -

Ins date 00/00  
Operator GS Page 38  
Trim 297x210mm  
TA/SA -  
Bleed 3mm

**S36**

# sports skills matrix - combat

Activity Cards	Sports skills identified by National Governing Bodies													
	Sports referenced	Individual / Pair / Group Challenges	Teamwork/ cohesion	Action-reaction	Movement forwards and backwards	Weight transfer	Movement side to side	Spatial awareness	Dodging and weaving	Posture and head position	Change of pace	Balance / stability Core stability	Body control-high and low	Body dynamic movement
Slalom relay	judo, boxing	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Pressure point	wrestling, judo	✓					✓	✓		✓		✓	✓	
Skip to it	all	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
Range finder	boxing, taekwondo, fencing, judo	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
Reaction tag	all	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dip and dive	wrestling, judo	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lunge for it	fencing, boxing	✓		✓		✓	✓	✓		✓		✓	✓	
Hunt'n' grab	fencing, boxing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Animal mania	judo, wrestling, taekwondo	✓			✓	✓	✓	✓		✓	✓	✓	✓	
Beat the chain	all	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Martial moves	taekwondo, judo, wrestling	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Footloose	all	✓	✓		✓	✓		✓		✓	✓	✓	✓	✓

You should use this matrix to:

1. Help you to plan your session either to focus on specific skills or to ensure children use a wide range of skills each session i.e. use all the activities that use pulling and pushing motions.

2. Ask children before they play to identify the skills they think each activity will help to develop. After playing, ask the children which skills they've experienced and compare them to their previous answer.

3. Highlight to the children the Sports and National Governing Bodies of sports that are involved in each activity.

4. Draw attention to the parts of the body being used during the activities, or those activities that will raise their pulse.

**S36 23492**

Date 29.11.12 11:25  
 Proof 10  
 Agency XXX 00 XX0000

Client Change4Life  
 Campaign Activity Pack  
 Title Target  
 File S36 23492 C4L Activity Pack  
 Colour CMYK Spots -

Ins date 00/00  
 Operator GS Page 39  
 Trim 297x210mm  
 TA/SA -  
 Bleed 3mm





nhs.uk/c4lsportsclubs



**S36 23492**

Date 29.11.12 11:25  
 Proof 10  
 Agency XXX 00 XX0000

Client **Change4Life**  
 Campaign **Activity Pack**  
 Title **Target**  
 File **S36 23492 C4L Activity Pack**  
 Colour **CMYK** Spots -

Ins date **00/00**  
 Operator **GS** Page **40**  
 Trim **297x210mm**  
 TA/SA -  
 Bleed **3mm**

