

# StreetGames Activity Pack



**Due to current circumstances, unfortunately we cannot provide your StreetGames activities, but we can provide some activities for you to do at home.**



**Wiltshire Council**

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## Introduction

Due to current circumstances unfortunately, we cannot provide your StreetGames activities, but we can provide some activities for you to do at home!

This 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](mailto:sportsdevelopment@wiltshire.gov.uk).

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

## Get active

Keep active with these fun exercises that you can do at home, on your own or with a family member, so that you are ready for your StreetGames sessions when they return. This is a great opportunity to concentrate on mastering ball skills and taking on some exciting exercise challenges. Keep moving and start testing yourself!

Have a go at these games and why not take a photo or video and share it on our [Wiltshire StreetGames Facebook](#) page or [Active Wiltshire Facebook](#) page

### 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:

- FA's Free Superkicks App [www.thefa.com/get-involved/the-fa-superkicks](http://www.thefa.com/get-involved/the-fa-superkicks)  
Daily football challenges for you to try at home!
- Joe Wicks goes live at 9 am every weekday morning for fun, energetic, at home P.E lessons. You can watch live or on catch up here. <https://www.youtube.com/user/thebodycoach1/videos>  
Try and get everyone in your house involved - These workouts are not just for kids!
- Sport England: <https://www.sportengland.org/news/how-stay-active-while-youre-home>  
Sport England have a dedicated page of activities suitable for all ages. Activities can be performed at home or outside whilst adhering to the Governments safe social distancing guidelines.

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

**Obstacle course** – this is a fun way to exercise and you can use objects in your house or garden to jump over, run around and crawl through. Our south Doorstep Sports Club coach Ben gives you some ideas below! Add challenges to the course, such as a puzzle to be solved or a big area of ground to cross without touching the ground.



**Races** – set up some fun races at home over a certain distance. These can include running, skipping, hopping or a crab walk. Time yourself and contact your friends to do the same so that you can compare your times.

**Solo balloon volleyball** - Volleyball is usually a team sport, but it is a lot of fun for one as well. All you need is a balloon and, with a few boundaries set, it can be an indoor game. Set up a ribbon or an alternative to act as a net and blow up a balloon for a ball. The challenge is to play volleyball on both sides of the net! Hit the balloon up and over the ribbon, then scoot under to hit it from the other side, and so on until the balloon falls to the ground. How many can you get in a row?



**Sports** - Tennis and Badminton can be games to play alone! Try to volley a tennis ball against the wall, bounce them on the ground with the racket, or bounce balls from a racquet held horizontally. If you don't have a racket, use a football or netball instead and see how many keep ups you can get in a row? Can you top your personal best?

**Number game** – ask a family member to call out a number below and continue this action until the next number is called (a maximum of 10-12 of each exercise)

- 1) Star jump
- 2) High knees
- 3) Skipping
- 4) Lunges
- 5) Squat
- 6) Participants choice

### What's your name?

Have fun and keep active whilst spelling out your full name and do the activities for each letter – get creative and spell out your friends or family members names too!

<b>A</b>	Ten star jumps	<b>J</b>	Crawl like a crab for ten seconds	<b>S</b>	Tip-toe walk for ten seconds
<b>B</b>	Five squats	<b>K</b>	Three sit ups	<b>T</b>	15 arm circles
<b>C</b>	20 arm circles	<b>L</b>	Bend down and touch toes 15 times	<b>U</b>	Three push ups
<b>D</b>	Ten high knees	<b>M</b>	Five lunges	<b>V</b>	Jog for 15 seconds
<b>E</b>	Five push ups	<b>N</b>	15 star jumps	<b>W</b>	Balance on left foot for ten seconds
<b>F</b>	Five frog hops	<b>O</b>	Five heel flicks	<b>X</b>	Jump as high as you can five times
<b>G</b>	Ten bunny hops	<b>P</b>	Balance on right foot for 15 seconds	<b>Y</b>	Walk sideways for 20 steps
<b>H</b>	20 second run on the spot	<b>Q</b>	Ten high knees	<b>Z</b>	Five sit ups
<b>I</b>	Hop five times on one foot	<b>R</b>	Ten frog hops		

Example:

**B**



**E**



**N**



## Get cooking

Why not have a go at preparing and cooking food for your family? Give it a try and let us know how you get on!



### Golden Syrup Flapjacks

#### Ingredients

250g jumbo porridge oats

125g butter

125g light brown sugar

2-3 tbsp golden syrup (depending on how gooey you want it)

#### Method

- 1) Heat oven to 200C/180C fan/gas 6.
- 2) Put 250g jumbo porridge oats, 125g butter, 125g light brown sugar and 2-3 tbsp golden syrup in a food processor and pulse until mixed but be careful not to overmix otherwise the oats may lose their texture.
- 3) Lightly grease a 20x20cm baking tin with butter and spoon in the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares.
- 4) Bake for around 15 minutes until golden brown.

### Chicken Fajitas

#### Ingredients

6 flour tortillas

2 chicken breasts, cut into strips

2 garlic cloves, finely chopped

½ tsp ground cumin

1 tsp chilli powder

1 lime, juice only

2 tbsp olive oil

1 red onion, thinly sliced

2 peppers, thinly sliced

Salt and freshly ground black pepper



#### Method

1. Heat the oven to 120C/100C Fan/Gas ½. Wrap the tortillas in kitchen foil, place on a baking tray and warm in the oven until ready to use.
2. Put the chicken in a bowl with the garlic, cumin, chilli powder and lime juice. Season with salt and pepper and toss, rubbing the seasoning into the chicken. Set aside to marinate for 5 minutes.
3. Heat 1 tablespoon of the oil in a frying pan over a high heat. Add the chicken strips and cook for 5 minutes, until cooked through, golden-brown and slightly catching on the edges.
4. Add the remaining 1 tablespoon of oil to the pan, add the onion and peppers and fry for 5 minutes, or until almost soft. Increase the heat until the vegetables char slightly on the edges.
5. To assemble the fajitas, top the warmed tortillas with the chicken and vegetable mix. Top with your chosen toppings (cheese, salsa, lettuce, guacamole or soured cream)

## Become a content creator

Create your own Football or Basketball freestyle video and upload to TikTok using the hashtags below.

#StreetGames #SGWiltshire #Skillschallenge

You can also share them on the [Wiltshire StreetGames Facebook](#) page



## Design your own StreetGames event

We want you to imagine and describe or draw us what your favourite StreetGames event would look like.

Let your imagination run wild! Think about the types of sports and activities you want to do, the venue you where you want it to run, the music, sponsors, prizes and the people who you want to see there.

Post your event ideas onto our [WiltshireStreetGames Facebook](#) page



## Build a community

### Write a short story

Why don't you think about the best StreetGames session you have been to and write a short story about why you enjoyed it so much. Or you might want to write about the first time you tried a new sport, your favourite sports coach or StreetGames trip you attended and why you liked it?

Or if you do not want to write a short story, what about a poem?

When you have finished why not post it on our [WiltshireStreetGames Facebook](#) page.



**Free StreetGames  
goodie bag!**

Send us your best photo or video of any of the challenges, exercises, stories or cooking to [sportsdevelopment@wiltshire.gov.uk](mailto:sportsdevelopment@wiltshire.gov.uk) and the winner will be chosen by the Sports Development team to win a fantastic StreetGames goodie bag!

It is important to do things that not only keep you active but also help to keep your mind fit and healthy too. We have included some activities to help you do just that.

**Get artistic**

Why not have a go at picking some new colours for the Street Games logo!



## StreetGames word search

Can you find the 17 words hidden in this word search?

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

StreetGames

Wiltshire

Club One

Fit and Fed

Doorstep

Skate Series

ParkLives

Teamwork

Happy

Volunteer

Encouraging

Positive

Community

Multi sports

Success

Active

Fun

## Get a routine

It is important to maintain a good schedule for your day to help you balance your school work with other activities

**Make a daily plan** - it is important to keep to a regular daily routine, why not use this template to help schedule your day?

	7-10am	11am-1pm	2pm-4pm	5pm-7pm	8pm-11pm
Monday	Wake up 7:30				
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

**Healthy eating** - stay hydrated and aim to drink 2 litres of water a day, eat fresh nutrient dense foods with high vitamin content [Find out more about healthy eating](#)

**Pick up a new hobby** - reading, keeping a journal, art, crafts, music, helping with gardening or cooking.

**Set future goals** - this will help to focus your mind so why not set yourself some challenges you can undertake over the long term e.g. run a 5k, learn a new language, volunteer for StreetGames, gain a sports qualification etc.



## 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](mailto:wellbeinghub@wiltshire.gov.uk) or by calling 0300 003 4576. It's available from 8am - 8pm 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 with advice and guidance 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



**Princes Trust** - A team of youth workers and volunteers are still on hand through this challenging time to support young people. The phone lines, live chat and text service are open from 9am-9pm every day and the Coronavirus Support Hub is also available for advice and guidance. Please visit the website for more information and to download the COVID-19 Young People's action plan -

<https://www.princes-trust.org.uk/about-the-trust/coronavirus-response>

We would love to see how you get on with any of the activities or challenges in the pack so please send any video clips or pictures to [sportsdevelopment@wiltshire.gov.uk](mailto:sportsdevelopment@wiltshire.gov.uk)

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

Active Wiltshire   Wiltshire Council  

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.

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](#)

