

# Essex ACTIVate

## Essex ActivAte activity booklet

This pack belongs to:

★ Suitable for younger children

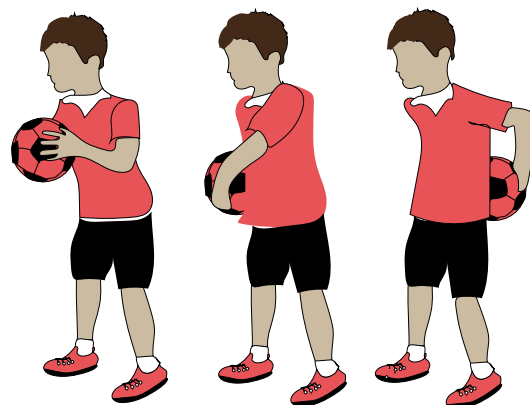
# Around the World



How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.

Do you believe in yourself and keep trying if you drop the ball?



**S**

Use a clear, open and safe space.

**T**

Move the ball around your waist in both directions.

**E**

A large ball.

**P**

Compete against a partner.

**Achieve Gold**

50 times around your waist.



**Achieve Silver**

40 times around your waist.



**Achieve Bronze**

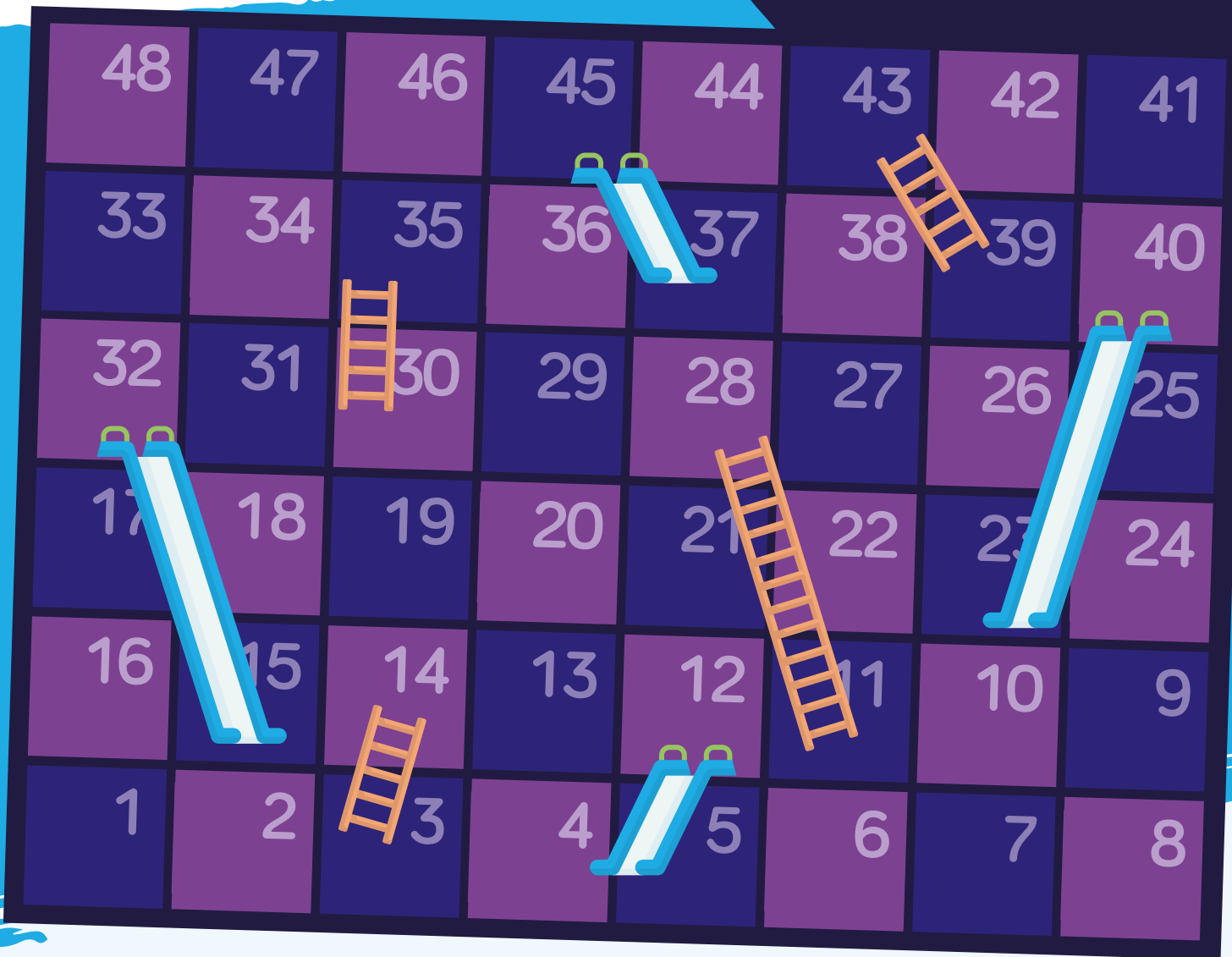
30 times around your waist.



**Complete P.E.**  
INSPIRE LEARN SUCCEED

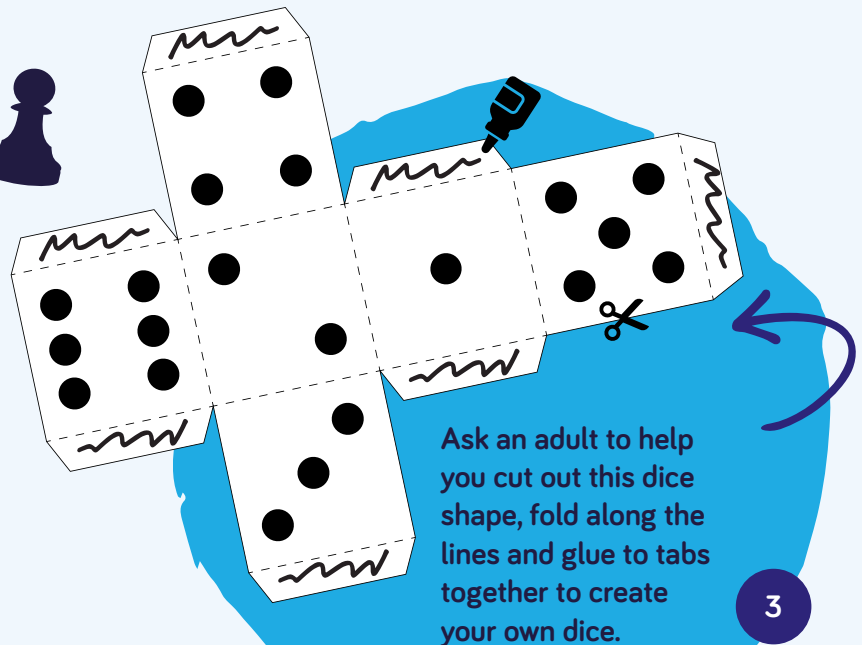
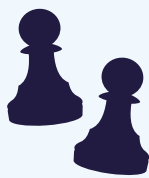
# Slides & Ladders

Gather your family or friends and see who will be the first to make it to the finish line!



## How to play:

1. Each player should find a small item to act as their counter, and place it on the space that says 'START HERE'.
2. Take it in turns to roll the dice. Move your counter forward the number of spaces shown on the dice.
3. If your counter lands at the bottom of a ladder, you can move up to the top of the ladder.
4. If your counter lands at the top of a slide, you must slide down to the bottom of the slide.
5. The first player to get to the space that says 'FINISH LINE' is the winner.





# 5 things to do at the Park

Don't forget to put on sun cream!



Next time you're at the park, try out some of these fun activities!

1

Do a park bench workout!

1. Run around the bench
2. Step ups onto the bench
3. Plank hold on the bench

2

Add a new twist to the game of **Pictionary** by drawing pictures with sticks, and see if your friends and family can guess what it is.

3

Some parks have an **outdoor gym** – see if yours has one and try out some of the equipment. Be sure to ask an adult for help.

4

Run around an area of the park and see **how many trees** you can tag in one minute!

5

Make some nature faces! Gather up

some leaves or twigs from the ground and arrange them in the shape of your face. Then why not see if you can do a nature portrait of one of your friends or family?

FIND

YOUR

ACTIVE

There are so many ways you can get active outdoors and the park is a great place to go and get started. Whether you go for a walk, run or bike ride, or even use an outdoor gym or play area – every bit of movement is great for your mind and body!

# Let's cook!

Don't forget to colour in all the toppings around the edge!



*Pizza Bagels*

**!** Always ask an adult to help you cook or prepare food!



## Ingredients:

- Bagels
- Tomato puree
- Grated cheese
- Toppings of your choice – why not try peppers, sweetcorn, mushrooms, or ham?

## Recipe:

1. Ask an adult to slice a bagel in half and pop it under the grill until toasted. If you don't have any bagels then you can use rolls or sliced bread.
2. Remove from grill and spread a thin layer of tomato puree on the bagel.
3. Sprinkle with cheese.
4. Top with any pizza toppings you fancy – try to include at least one vegetable.
5. Pop your bagel halves back under the grill until cheese has melted.

## Ingredients:

- Nutella
- Banana
- Wraps

## Recipe:

1. Spread the wraps with the Nutella. If you don't have wraps use a rolling pin or round bottle to flatten regular bread, once flattened it will be as thin as a wrap.
2. Peel the banana and lay it on the edge of the wrap.
3. Roll the banana in the wrap.
4. Ask an adult to help you slice into 2cm rounds and arrange on a plate with the cut edge facing up.



*Nutella & Banana Sushi Rolls*

*Enjoy!*



We'd love to see photos of your creations! Ask an adult to share photos with us on Facebook or Twitter – @EssexActivAte.





# Commonwealth Activity Passport

with the Multi Schools Council



Join us this school holiday in travelling around the world and getting active.

As chosen by the Multi School Council pupils, visit the 5 selected Commonwealth destinations and see how many exciting activities you can complete, whilst discovering some fun facts on the way!



AFRICA

ASIA

EUROPE

CARIBBEAN

AUSTRALIA



*Well done!*

Can you successfully return with a fully stamped passport?

If you're attending a Essex ActivAte club, then ask an adult for a sticker once you've completed one of the workouts for each destination. If not, try designing your own stamp in each circle!

As you work your way around the world over the next few pages of this pack, make sure you warm up and stretch before you do the exercises. Try some of these movements...



# Africa

## Maasai Mara National Park

In each destination over the next 5 pages, there are two choices of workouts – one standing and one seated. To earn your first stamp, try completing one of the jungle workouts below!



**Bronze:**  
1 set



**Silver:**  
2 sets



**Gold:**  
3 sets

### Jungle Workout



**Elephant Stomps**  
10 secs



**Monkey Squats**  
3x



**Giraffe Stretch**  
5 secs on each side



**Frog Jumps**  
3x



**Flamingo Balance**  
5 secs on each leg



**Cheetah Sprint**  
10 secs

*Did you know...*

- The Maasai Mara is one of the most **famous and important** wildlife protection areas in Africa
- It has over **450** animal species
- It's made up of **jungles, plains and woodland**



### Did you know that exercise...

- Helps strengthen your bones
- Can make you happier
- Helps to improve fitness and stamina
- Increases concentration levels

### Seated Challenges



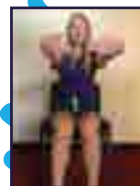
**Elephant Trunks**  
6 raised arm circles  
3 clockwise & 3 anti clockwise



**Monkey Smash**  
Move arms up & down for 10 secs



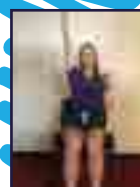
**Giraffe Stretch**  
Reach for 5 secs on each side



**Frog Arms**  
Make your arms into frog legs with 5 wide arm claps



**Flamingo Balance**  
Push yourself up and hold for 5 secs



**Cheetah Arm Sprints**  
One arm at a time, reach up as fast as you can for 10 secs



# Asia Singapore

Go through the life cycle of a tree with these Tree Yoga exercises to earn your next passport stamp. Once you're comfortable in each position, try closing your eyes and see how it feels!



**Bronze:**  
1 set



**Silver:**  
2 sets



**Gold:**  
3 sets

## Tree Yoga



**Seed stretch**  
Hold for 10 secs

**Roots Pose**  
Hold for 10 secs

**Tree Balance**  
Hold for 5 secs on each foot

**Branch Reach**  
Hold for 10 secs on each side

**Flower/Leaf Pose**  
Hold for 10 secs

**Falling leaf**  
Hold for 5 secs on each foot



*Did you know...*

- The Gardens by the Bay, in Singapore, feature giant tree structures the height of **11 double decker buses**
- Singapore is also famous for its **beautiful blossom trees**

## Tree Yoga Seated Exercises



**Seed stretch**  
Hold for 5 secs



**Roots Pose**  
Hold for 10 secs



**Tree Balance**  
Hold for 15 secs



**Branch Reach**  
Hold for 10 secs on each side



**Flower/Leaf Pose**  
Hold for 10 secs



**Falling leaf**  
Hold for 5 secs

## Did you know that yoga...

- Can make you feel calmer and reduce stress levels
- Enhances strength and flexibility
- Improves balance



# Europe

## London, England



This next challenge is inspired by RideLondon – the world's most exciting cycling festival! It took place across London and Essex in May.

For each of the activities below, you can choose to cycle, skate, wheel, scoot, rollerblade, run or walk. Once you've finished, don't forget to collect your stamp!

### Slow Bike Race

Have you ever tried a slow bike race? It's just like it sounds... a race on wheels, but instead of going as fast as you can you go as slow as you can!

Gather your friends or family and mark a start and finish line in the garden, park or another safe outside space – who will be the LAST to cross the line?



Did you know...

- The RideLondon route is over **100 miles** long
- That's equal to over **400 laps** around an athletic sports track!
- Over the last weekend of May, **25,000 cyclists** pedalled through the Essex countryside

### Did you know that exercising outdoors is...

- A great way to get fresh air and explore your local area
- It's also good for your mental wellbeing



Bronze: 10 minute ride



Silver: 20 minute ride



Gold: 30 minute ride

Ask your family and friends to go for a ride, run or walk. Can you spot the following sights...



☐ A post box



☐ A bird



☐ A lamppost



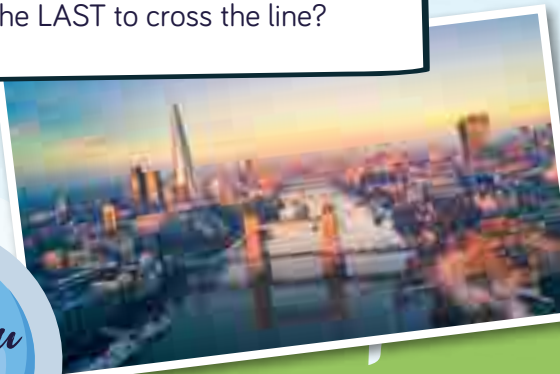
☐ A bench



☐ A dog



☐ A car



# Caribbean & Americas

## Belize

Can you believe that there is a big deep hole in the Earth's surface, in the ocean near Belize? It's known as the 'Great Blue Hole'. For this next activity let's imagine we're jumping and diving into the hole!



**Bronze:**  
1 set



**Silver:**  
2 sets



**Gold:**  
3 sets

*Did you know...*

- The Great Blue Hole is almost **perfectly circular** in shape
- It's the same size as **100 reef sharks**
- And it's visible from **space!**

### Jump into the Great Blue Hole



**Star Jumps**  
x5



**Pencil Jumps**  
x5



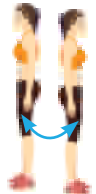
**Hop Jumps**  
x3  
(Each Leg)



**Tuck Jumps**  
x3



**Standing Jumps**  
x3



**Half Turn Jumps**  
x3

### Did you know that...

- Swimming is a great form of exercise that uses all the muscles in the body
- Jumping (either in water or on land) is a great way to use lots of energy

### Different Exercises



**Olympic Seated dive**  
x5



**Breaststroke back to Shore** x5



**Pencil Dives** Stretch and hold for 5 secs



**Front Crawl Back to shore** x5 each arm



**Star Jumps**  
x5



**Backstroke back to shore** x3 clockwise/anti



# Pacific

## Sydney, Australia

The city of Sydney in Australia is famous for its Harbour Bridge! So, to earn your 5th and final passport stamp, we're challenging you to complete the climbing exercises below, just as if you're climbing Sydney Harbour Bridge itself!



**Bronze:**  
1 set



**Silver:**  
2 sets



**Gold:**  
3 sets

*Did you know...*

- The Sydney Harbour Bridge is 134m tall... that's the same as **67 kangaroos**
- It's the world's **largest** steel arch bridge
- It's nearly **100 years** since the bridge was built

### Climb Sydney Harbour Bridge



**Climb Stairs**  
x3



**Chair Climb**  
x3 on each foot



**Mountain Climbers**  
x5 each foot



**Bear Crawl**  
10 secs



**Crab crawl**  
10 secs

### Alternative Exercise

Sydney Harbour Bridge is 1,149m long – so as an alternative to the workout moves above, we're challenging you to travel 1149 meters!

Whether you go out for a walk or ride with your family, or do laps of a room or garden – it's completely up to you!

**1149 meters is equal to...**

A 15 minute walk

A 10 minute bike ride

0.7 of a mile

### Did you know that...

- Doctors recommend that everyone should get at least 60 minutes of exercise a day
- Exercise has been proven to help the brain
- Doing exercise each day has also been shown to help you sleep better

# Ocean Explorer



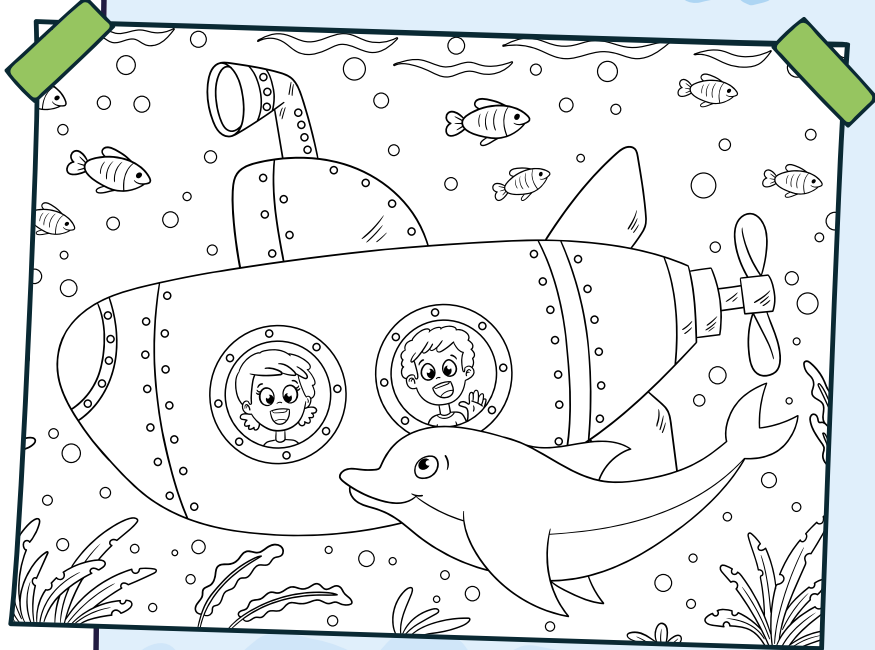
The ocean is home to all kinds of creatures big and small – from tiny plankton all the way through to the world's largest creature, the Blue Whale!

Imagine you could point a torch into the sea, what do you think you would see? Follow the steps below to create your own ocean scene to explore...

## You will need:

- A zip-lock sandwich bag
- Black card (or colour in some other card)
- White paper or card
- Coloured pens
- Scissors

1. Put a piece of paper flat within the sandwich bag to avoid the pen breaking through the plastic
2. On the plastic bag, draw lots of things you might see in the ocean – this could be sea life such as jellyfish, dolphins, whales, fish, shells or crabs, or even a shipwreck, treasure or divers. You might even want to draw some rubbish as sadly lots of rubbish ends up in the ocean.
3. Take the piece of paper out and draw a torch on it. Colour in the torch, then ask an adult to help you cut out it out.
4. Put your sheet of black card into the sandwich bag. Your ocean scene will now look rather dark!
5. All you need to do to explore the scene is poke your torch into the bag, flat against the black card, and move it around – notice how your drawings are suddenly illuminated by the torch?!



Once you've had a look around, invite your friends and family to come and have a go – we think they'll be very impressed!



# Wheely COOL Activities

Don't worry if you don't have a scooter or don't enjoy cycling – you can do both of these activities on foot!

As you may have read within the Commonwealth Activity Passport challenge, a huge cycling festival called RideLondon came to Essex in May!

As such, we've teamed up with British Triathlon to bring you two exciting cycling inspired activities.



## Activity 1: Spell it out

How many letters can you draw whilst on your wheels?

Create the shapes of different letters of the alphabet in your garden or a safe space outside your house using chalk, cones, socks or sticks. Make sure they are really big! Once you have marked out your letter, follow the lines on your bike or scooter (or even walk along it like a tightrope) and make your way round the different letters on your wheels! If you are on your bike, can you make your way round all of the letters without putting your feet on the ground? Why not spell your name out?



## Activity 2: Obstacle Dash

Build your own obstacle course and try and complete it as fast as you can!

Raid your toy box, the garden shed and your bedroom – you can use anything you have for your obstacle course. Here's a few things that would be great to involve – a skipping rope, balls, buckets, cones, hula hoops, twigs and even socks! Set up your course and have a practice, then ask someone to time you all the way to the finish line. Can you complete it running between obstacles? Why not try cycling or scooting between obstacles and practice getting on and off as smoothly as you can.

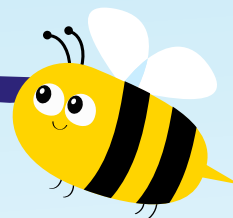
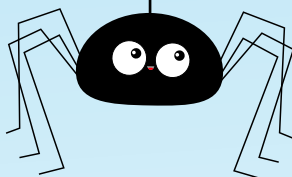
# For the Love of Bugs



Can you name all the bugs on this page?

## Bugs are amazing!

All around us they are going about their business, flying, crawling, pollinating plants, and building nests and hives. There are some great bug related books you can borrow from your local library to get you in the mood to create this beautiful butterfly artwork...



### *You will need:*

- Paper or card A4 size is ideal
- Assorted coloured paints
- Paintbrush
- Scissors
- Pencil

1. Start off by folding your paper in half. Draw a butterfly shape on your folded paper.
2. Open up the butterfly shape and put paint on just one side of the paper
3. Fold the paper back up and squeeze the two sides of the butterfly together.
4. Open and once the paint is dry cut out the butterfly's shape.



Ask a family member to share a photo of your design on social media (@EssexActivAte) and we will share some of our favourites!





# Happy Crafts



## Happiness is a great feeling!

It's wonderful to feel happy yourself and to make other people feel the same. Have a go at the activities below to boost your happiness and bring a smile to other people's faces too!



## ActivAte Rox

Spread happiness around Essex by leaving little happy rocks that you have decorated. You'll be surprised how many smiles they will get! Follow these steps to spread some joy...

Don't forget to ask an adult to take a photo and share it on social media with the hashtag #ActivAteRox!

1. Find a medium sized stone or rock and give it a wash to remove any mud and dirt.
2. Dry the stone with some tissue and set yourself up on a table or out in the garden with your paints and paint brushes.
3. Paint your stone in lots of bright colours, write a positive message such as 'Be Happy'.
4. Once your stone is dry paint or write on the bottom #ActivAteRox and leave it in a place for someone to find to brighten their day. Alternatively keep it in your own garden or your bedroom to make you smile.



Music often brings happy thoughts, try adding some songs to a memory stick and add then to your box!

## Happiness Box

A Happiness Box is something you can create and decorate, then add items that make you happy if you are having a sad or angry moment.

You could use an old shoe box or a jar, as long as it is big enough to hold a small number of 'happy' items that you want to store in it.

1. Decorate your box or jar with beads, or pictures, paint or ribbons.
2. Once it is decorated think of some personal items that make you smile. A colouring book, a joke

book, a fidget tool, a photo, a bottle of bubbles, a teddy. Anything that makes you happy and calm.

3. Put the 'happy' things in your box or jar and keep it somewhere safe, maybe in a cupboard or under your bed.

Next time you feel sad or worried, open up your Happiness Box and look through the items you put in there, do some colouring and read some jokes. **This will help your happy thoughts come back to you.**



Be sure to cover the table or surface and ask an adult before making crafts

Thank you to our partners who contributed to this activity pack...



## Notice the Nutrition



Take a look at the two scenes. There are 10 differences between them, can you find them all?

Head to [www.activeessex.org/children-young-people/essex-activate/support/](http://www.activeessex.org/children-young-people/essex-activate/support/) to find out the answers and access even more fun activities!

Don't forget to share your thoughts, stories, photos and videos with us on Facebook or Twitter - [@EssexActivAte](https://www.facebook.com/EssexActivAte).

