

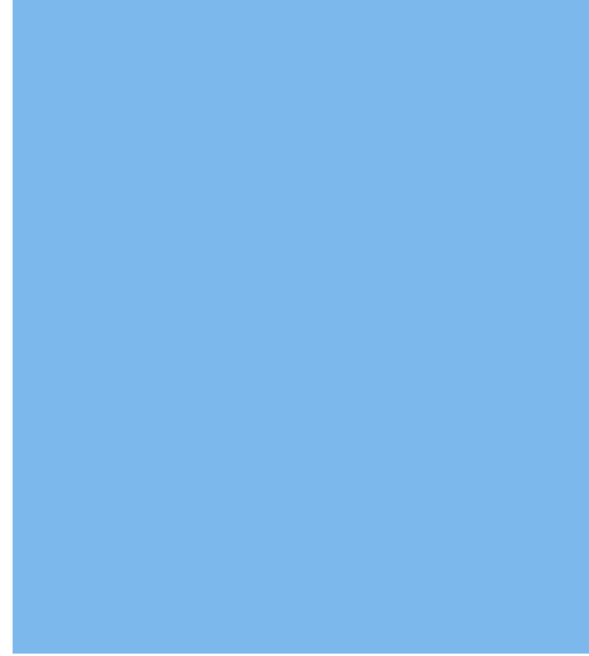


SPORTS FOCUS
SPORT & RECREATION FOR ALL

Activity Cards

Helping you to keep active at home
or in your local community.





SPORTS FOCUS
SPORT & RECREATION FOR ALL

Sports Focus



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Introduction

These Activity Cards have been designed by Sports Focus to be used by people of all abilities to get active at home or in their local communities.

You can use these cards as a booklet to try a range of activities, or they can be used individually if you would like to just try one activity (each activity can be printed double sided).

We have tried to make each activity suitable for people of all abilities. However, some of these activities may not be 100% suitable for everyone.

If you have feedback on how our Activity Cards can be improved, we would love to hear from you. Please see below on how to provide feedback.

You can provide us with feedback by scanning the QR Code ("how-to" on next page) or by emailing admin@sportsfocus.com.au



Icons to look out for:

These icons will appear to the left of each activity.



or



Activities with the 'Wheelchair Friendly' icon can be modified to suit people of varying levels of mobility.



or



Some activities need equipment and some do not. Some equipment can be swapped out for items around your home, e.g. chairs as goal posts.

Disclaimer:

Physical activity comes with its own inherent risks to personal safety. Participants undertake these activities in the knowledge that they do so at their own risk. Sports Focus will not be liable for any personal injury, illness, accident, loss or damage, to the fullest extent permitted by law, as a result of the use of these Activity Cards. Participants should seek medical advice prior to the commencement of a physical activity program.

Last updated: 25/03/2021

QR Codes

These activity cards have been made to let you try a range of different activities. They can be used at home or at many of the places listed in the Places to go in Central Goldfields booklet. You can access the booklet by scanning the QR Code in the blue box below:

Do you need ideas for where to go to do these activities?
Use your phone's camera to scan the QR Code.



Some of the activity cards need sporting equipment. If you have your own equipment, you can use it. If you need to borrow some equipment, scan the QR Code in the green square below to see where you can borrow equipment from:

Do you need equipment?
Use your phone's camera to scan the QR Code.



How to use QR Codes

A QR Code looks like this:



1. To use a QR Code, you need a smartphone.



2. Open your smartphone's camera app.



3. Hold the camera over the QR Code.



4. A box with a website link will come up on your phone's screen.



5. Click the box to open the website link. The website will open.

Warm Up

Do these activities before you play sport to warm up.

Need ideas for where to go to do these activities? Use your phone's camera to scan the QR Code.



Jumping Jacks

1. Jump up and as you jump, raise your arms up over your head.

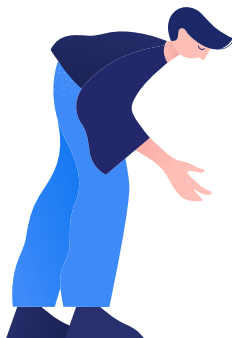
Challenge: do as many jumping jacks as you can for 1 minute.



Running on the spot

1. Run up and down on the spot, making sure you push your knees up high.

Challenge: try to run as fast as you can for 1 minute.



Toe Touches

1. Stand up straight.
2. Bend from the waist, stretching your fingers down towards your toes.

Beginner tip: if you can't reach your toes, put an object (such as a thick book) on the ground at your feet to touch instead.



Sit ups

1. Lay on your back with your feet flat on the floor and your knees bent.
2. With hands on your legs, sit up, sliding your hands up your legs until they touch your knees.

Beginner tip: sit up as far as you can, don't worry if your hands can't touch your knees.

Warm Up

Do these activities before you play sport to warm up.



Arm circles

1. Raise arms out to your sides.
2. Rotate arms in small circles.

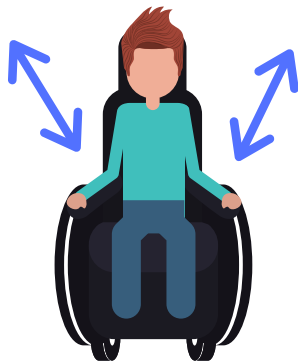
Challenge: rotate arms 10 times clockwise and 10 times anti-clockwise.



Overhead punches

1. Make your hands into fists and hold both arms up next to the sides of your head.
2. With one arm at a time, punch upwards into the air.

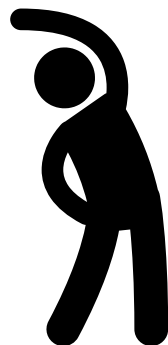
Challenge: do this exercise while holding weights or another object (like water bottles).



Arm raises

1. Hold your arms out to the side.
2. Lift both arms at once upwards above your head and touch your fingers together.
3. Lower both arms slowly to your sides.

Challenge: do your arm raises very slowly to make your muscles work harder.



Dives

1. Put one hand on your hip and the other arm outstretched to your side.
2. Lean sideways towards the hand that is on your hip.
3. Stretch your outstretched arm up and over your head.

Football

What you need: a football and plastic tub/bucket

Optional: tennis ball and string

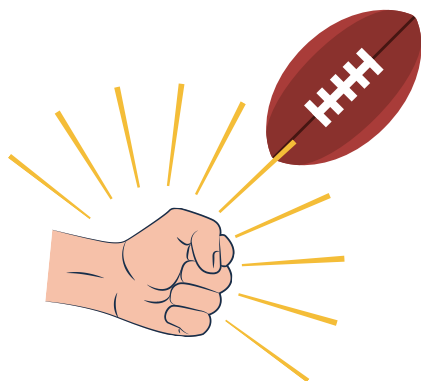
Do you need ideas for where to go to do these activities?

Use your phone's camera to scan the QR Code.



Do you need equipment?

Use your phone's camera to scan the QR Code to find out where to borrow equipment from.



Handballs

1. Hold the football in one hand, with one "end" pointing towards you.
2. Your elbow should be bent, holding the ball close to your body.
3. With your other hand, form a fist.
4. Punch the ball out of your hand.
5. You can choose a target to aim for, such as a bucket.



Kicking on the Run

1. Holding the football in both hands in front of you.
2. Start running (or walking, or jogging),
3. Drop the ball and kick it without stopping.
4. Keep practising until you can kick the ball while running.



Kicking Practice

1. Attach a tennis ball to a piece of string.
2. Hold the string, with the tennis ball dangling towards the ground.
3. Practice kicking the tennis ball on the very top of your foot - getting the tennis ball to swing straight out in front of you.
4. If the tennis ball swings out to the side, it means you haven't hit the right part of your foot.
5. This helps to teach you how to kick a football straight.

Football

What you need: a football

Optional: tennis ball and string



Bounce Practice

1. Hold the football in both hands, with one "end" pointing towards you.
2. Practice bouncing the ball on the ground and catching it.

Challenge: once you can catch the ball after you bounce it, try walking or rolling forward while bouncing to make it harder.



Bucket Shot

1. Get a plastic tub or bucket and place it on the ground.
2. Practice handballing or kicking into the tub or bucket from different distances.



Beach Ball Footy

1. Get a beach ball or a similar lightweight ball.
2. Find some 'goal posts'. You can use anything, such as two chairs, cones, or drink bottles.
3. Throw the ball into the air and hit it with your hand towards your goal posts.
4. Keep moving forward until you score a goal.
5. To make it harder, set up obstacles to weave around to get to the goal posts.

Basketball

What you need: a basketball

Do you need ideas for where to go to do these activities? Use your phone's camera to scan the QR Code.



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Clap-and-Catch

1. Throw your ball up in the air.
2. Clap before you catch it again.

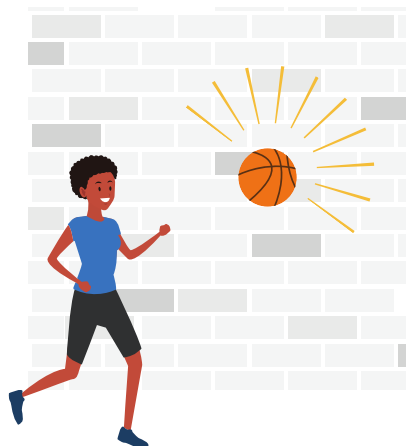
Challenge: see how many times you can clap before you catch the ball.

Tip: you can do this with any type of ball.



Dribbling

1. Practice dribbling the ball along the ground.
2. Start off by standing still, and bouncing the ball next to you.
3. To make it harder, try walking, rolling or running around cones while dribbling the ball.



Along the Wall

1. Stand 1-2 metres away from a wall and start running alongside it.
2. As you are running, throw the ball at the wall with one hand.
3. Catch the ball as you continue to run.
4. Run both ways along the wall to practice catching from both sides.

Basketball

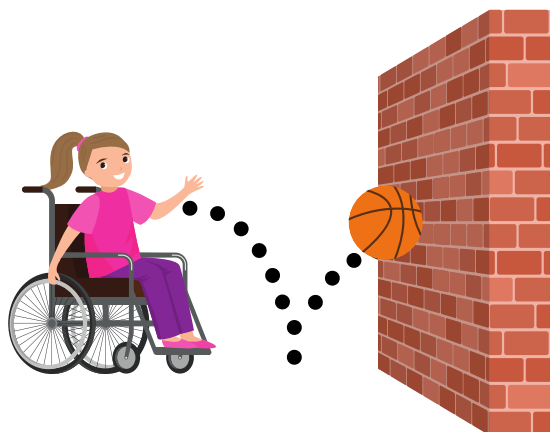
What you need: a basketball



Over Shoulder Throws

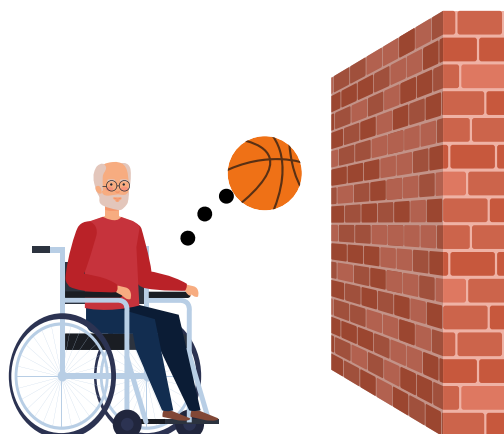
1. Hold the ball at your shoulder.
2. Push the ball forward to throw it.

Tip: throw the ball to a household member, or at a wall if you are by yourself. Swap hands after 10 throws.



Bounce Passes

1. Position yourself in front of a wall.
2. Bounce the ball off the ground in front of you, aiming at the wall.
3. If doing this in pairs, bounce the ball and let the other person catch it.



Catches

1. Position yourself in front of a wall.
2. Bounce the ball off the wall in front of you.
3. Try to catch the ball before it hits the ground.

Tip: This is a good activity if you are by yourself, but if you have someone with you, you can practice throwing the ball to each other.

Soccer

What you need: a soccer ball

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Do you need equipment? Use your phone's camera to scan the QR Code to find out where to borrow equipment from.



Not Wheelchair Friendly



Equipment Needed



Cone Dribbling

1. Find some cones, or another similar object and place them in a row, about 1 metre apart.
2. Practice dribbling the ball around the cones.
3. To make it harder, move the cones closer together. To make it easier, move them further apart.



Not Wheelchair Friendly



Equipment Needed



Toe Taps

1. Place the ball on the ground in front of you.
2. With one foot on the ball, jump and put your other foot on the ball while removing your first foot off the ball and landing on the ground.
3. Continue to jump and alternate tapping your toes on the ball.



Wheelchair Friendly



Equipment Needed



Goalie Practice

1. If you are with someone else, position yourself in front of a wall, or between two cones.
2. Get your friend to kick or throw the ball towards the wall or between the cones.
3. Try to reach out and stop the ball before it hits the wall or goes between the cones.

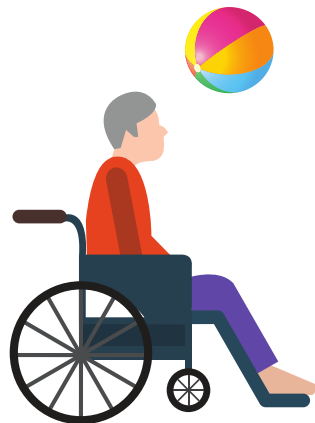
Soccer

What you need: a soccer ball and/or balloon



Headers

1. Tuck your chin towards your chest.
2. Throw the ball in the air and push your head towards it, bouncing the ball off your head.
3. The ball should hit your forehead, between your eyebrows and hairline.
4. If possible, get someone else to throw the ball to you or bounce it off a wall to yourself.



Beach Ball Soccer

1. Get a beach ball or similar lightweight ball.
2. Find yourself some 'goal posts'. You can use anything such as two chairs.
3. Throw the ball into the air and hit it with your hand towards your goal posts.
4. Keep moving forward until you score a goal.
5. To make it harder, set up obstacles to weave around to get to the goal posts.



Fast Feet

1. Place the ball in between your feet, with feet shoulder width apart.
2. Slightly bend your knees.
3. With the inside of your feet, kick the ball between your feet as fast as you can.

Cricket

What you need: a cricket bat and ball.

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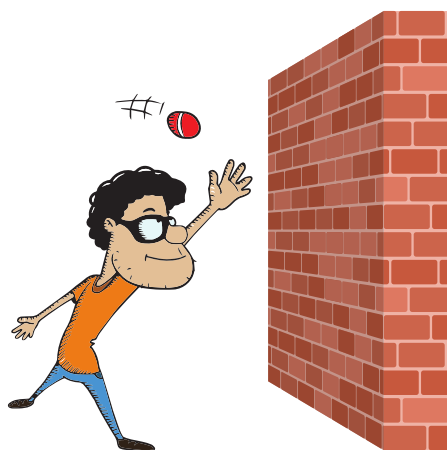


Do you need equipment? Use your phone's camera to scan the QR Code to find out where to borrow equipment from.



Practice Runs

1. Set down two cones or similar objects (e.g drink bottles) about the distance of a cricket pitch (20 metres or less).
2. Set a timer or have someone count for you up to 30 seconds.
3. Run or roll between cones, tapping your cricket bat on the ground next to the cone.
4. See how many 'runs' you can get before the timer runs out.



Fielding Practice

1. Find a wall that you can bounce your ball off.
2. Standing or sitting in front of the wall, throw your ball at the wall.
3. As it bounces back at you, reach out to catch it.

Challenge: throw the ball at different angles and from different distances so it is harder to catch.

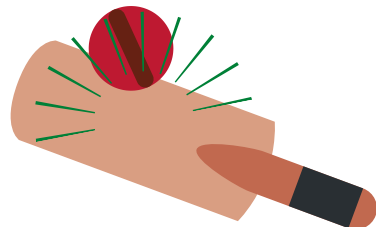


Bowling Practice

1. Practice bowling your cricket ball.
2. You can bowl towards a wall or the person you are with.

Cricket

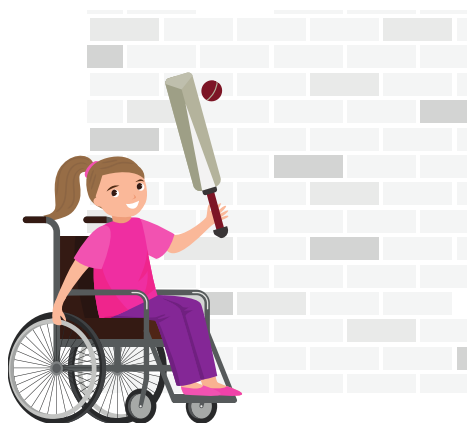
What you need: a cricket bat and ball.



Bat Bounces

1. Hold your bat in one hand.
2. Throw the ball up in the air.
3. Place the hand that you threw the ball with on the bat.
4. When the ball comes down, bounce the ball on the bat.

Challenge: try to see how many bounces you can do in a row, without the ball dropping.



Wall Bounces

1. Find a wall that you can bounce your ball off.
2. Positioned in front of the wall with your bat ready, throw your ball at the wall.
3. As it bounces back at you, use your bat to hit it back towards the wall.

Beginner: let the ball bounce off the ground before you hit it with the bat. This gives you more time to hit it.



Target Practice

1. Find a wall or a target (or draw a target on a wall with chalk) that you can bounce your ball off.
2. Positioned in front of the wall with your bat ready, throw your ball up in the air and hit it with your bat.
3. Try to hit the centre of the target.



Lawn Bowls

What you need: a lawn bowl, or tennis ball

Do you need ideas for where to go to do these activities? Use your phone's camera to scan the QR Code.



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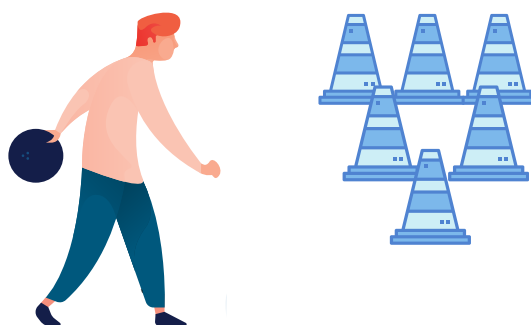
Frisbee Bowls

1. Throw a frisbee and wait for it to land on the ground.
2. With your lawn bowl (or another ball like a tennis ball), bowl towards the frisbee and see how close you can get.
3. If you are by yourself, try to beat yourself each time. If you have someone with you, see who can get the closest.



Bucket Bowls

1. Place a bucket (or similar container) on the ground.
2. With your lawn bowl (or another ball like a tennis ball), bowl towards the bucket or container and try to get the ball inside.
3. If you are by yourself, try to see how many times you can get the ball to go into the bucket or container in a row. If you have someone with you, compete to see who can get the ball in the bucket first.

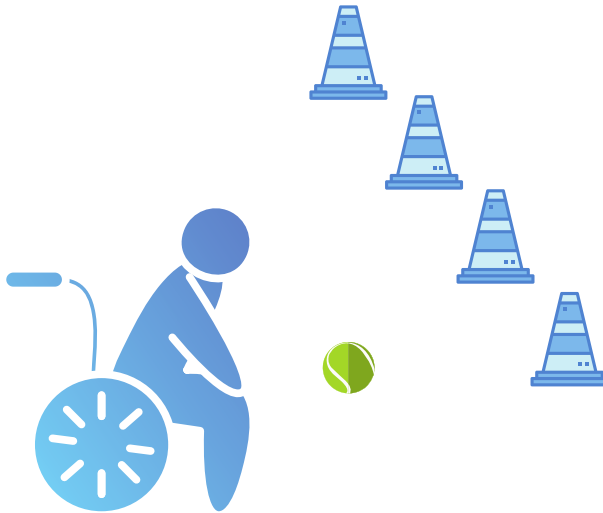


Ten Pin Bowls

1. Place a few cones (or other items such as plastic cups) on the ground in a triangle shape.
2. Roll your ball into the cones and try to knock down as many as you can.
3. If you are by yourself, try to beat your last score. If you are with someone, compete to see who can score a certain amount of points first. e.g. the first to 10 points, wins.

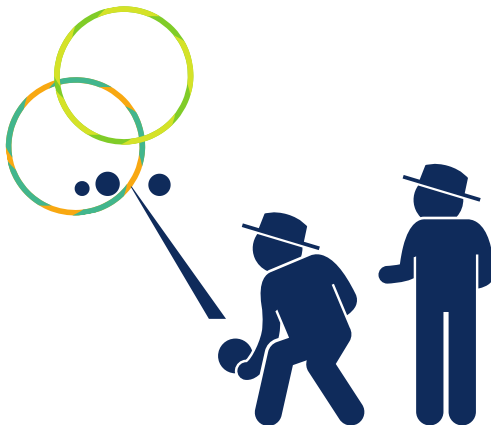
Lawn Bowls

What you need: a lawn bowl, or tennis ball



Footy Bowls

1. Place 4 cones (or other items such as plastic cups) on the ground, 1 metre apart.
2. Roll your ball towards the cones.
3. If you get the ball between the middle two cones, you score 6 points. If you get the ball between the end cones, you get 1 point.
4. If you are by yourself, try to beat your previous scores. If you are with someone else, compete to see who can score a certain amount of points first. e.g. the first to reach 10 points, wins.



Bowls Hoops

1. Place 3-4 Hula Hoops on the ground (or use chalk to draw some circles). Place them at different distances away from where you will stand to roll the balls.
2. Roll each ball towards the hoops or circles and try to get the ball to land inside.
3. For each ball you get inside a hoop, you get a point.
4. If you are by yourself, try to beat your previous scores. If you are with someone else, compete to see who can get all of the balls in the hoops first.

Games

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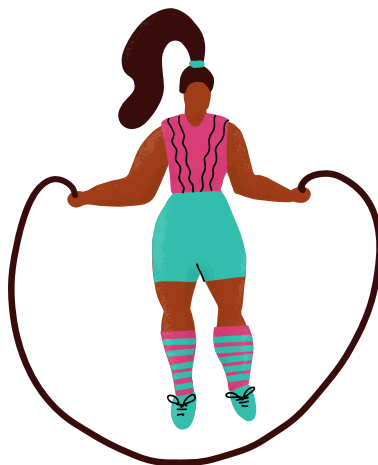


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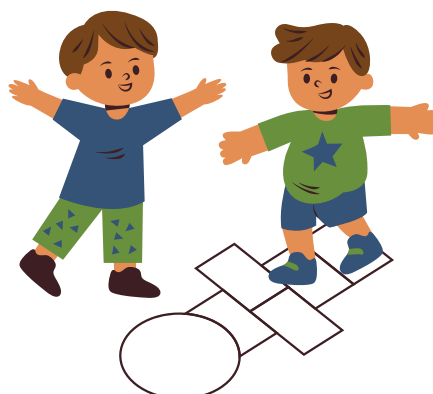
Hula Hoop

1. Step into the Hula Hoop and hold it against your back at your waist.
2. Stand with your feet shoulder-distance apart.
3. Spin the hoop in either direction - whichever feels more comfortable.
4. Move your hips in a circular motion to try to keep the hoop moving in circles.



Skipping Rope

1. Find a skipping rope that reaches nearly to your shoulders when it is folded in half.
2. Hold the skipping rope by both ends and have the rope going behind you.
3. Swing the rope up and towards the front of you, over your head.
4. As the rope gets near your feet, jump over the rope.



Hopscotch

1. Use a hopscotch mat, or draw a hopscotch with some chalk on the ground.
2. A hopscotch is drawn in a line with either one square or two squares next to each other.
3. Follow the hopscotch, jumping with one foot when there is one square, and jumping with two feet when there is two squares.

Games



Bean Bag Toss

1. Get some bean bags and a bucket.
2. From different distances, throw the bean bags and try to get them all into the bucket.
3. If you are with someone else, compete to see how far away you can stand and get the bean bag into the bucket.



Frisbee

1. Hold your frisbee in one hand, with your thumb on top and your fingers underneath.
2. Stand with your feet shoulder-distance apart.
3. Bring the arm holding the frisbee across your body towards the other arm.
4. Move your arm forward quickly. Straighten your arm and, as your arm is almost fully extended, flick your wrist and release the frisbee out towards the target.
5. Throw your frisbee to someone else, a pet, or into a target such as a bucket or hoop.



Thank you!

We hope that you enjoyed using these Activity Cards and had fun trying some new activities.

If there are other activities that you would like to see activity cards for, please contact us.

Stay up to date!

Follow **Places2Go Central Goldfields** on Instagram to keep up to date with local events, activities and more!



Keep up to date with events.
Scan or click the QR Code to visit our Instagram Page

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