

GET EVEN COMPETITION



FAMILIES GET ACTIVE

Sports and active hobbies are a great way to get out and get moving. It's easy to think that sports are only for 'sporty people', but the reality is that sport is for everyone, regardless of their age, gender, ethnicity, religion, disability or income.

All sports are adaptable so that they can be enjoyed and played by everyone that wants to try. The most important ingredient is finding something that you and your family find FUN!

Use the suggested activities below to inspire you:

Five Senses Scavenger Hunt!

Take a walk to your local park and set your family a challenge to find, hear, smell or do things. Give children the list, and let them scavenge around to get all the items on the list.

An example:

1. Find 5 different sticks.
2. Collect 3 different coloured leaves.
3. Look out for any wildlife and draw what you find.
4. Touch the bark of 2 different trees and compare their texture.
5. Find a pinecone, a feather, the tallest tree, something blue and something square shaped.
6. Smell a flower!
7. Do a forward roll and 5 star jumps.

To make it competitive, you can add a time limit, or tally who found the most pieces. Either way, scavenger hunts can be an adventure and provide opportunities to explore and learn outside by turning a walk to the park into a fun game.

Make a piece of nature art

Take a walk to your local park, and set everyone the challenge of looking for leaves, sticks, rocks and feathers. Come back together as a family and lay out the things you have found. Decide what you would like to create – for example a tower, a pattern of colours or sizes, a compass on the floor – and set about making it together!

Film a movie

As a family, choose your favourite children's book and pick an outdoor scene from it to act out together. Assign everyone a part, taking it in turns to be the camera operator.

Take your tablet or smartphone outside to film it and watch it back!

Clever counting

For younger children, help them practise their counting skills by simply counting the number of steps you take on a short walk, or draw a hopscotch with chalk on the local playground for everyone to enjoy.

Ball games

Taking a ball on a walk is an easy way to make it more engaging for your children as it promotes running and movement through playing games. A simple kick about or a game of catch on a local field are competitive ways to make being outdoors more fun!

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LEGACY CHARITY

FURTHER SIGNPOSTING FOR FAMILIES:

The Active Wellbeing Society is a benefit society focusing on building healthy, happy communities. They deliver a wide range of free activities and services aimed at improving wellbeing.

Check out their list of initiatives here:

theaws.co.uk/activities

Type in your location to find the nearest activities, which can then be filtered by age group and mapped across Birmingham:

sportbirmingham.org/get-involved/find-local-activities

Check here for a list of sports and games your family can enjoy:

nhs.uk/healthier-families/activities/sports-and-activities

Soccer Coaching 2000: Weekly football, holiday camps and school services:

soccercoaching2000.co.uk

Type in your location to find the nearest activities, which can then be filtered by age group and mapped across The Black Country:

blackcountrymoving.activityfinder.net

Walks, bike rides, cycling and more – check here for opportunities for children and families:

dudley.gov.uk/things-to-do

Find out more about table tennis, swimming, running, cycling, and other Solihull-based initiatives here:

solihullonthemove.co.uk/get-moving

Check here for information on junior fitness, netball, rugby, kids yoga, football and much more!

cid.coventry.gov.uk/kb5/coventry/directory/results.action?familychannel=8_9&sr=40&nh=10

