

Walking Sports Activity Pack



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



Wiltshire Council

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Introduction

We know this is a challenging time, your sessions are currently suspended and you have to stay at home most of the time. We hope that this activities pack will help fill some time in your day.

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.

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

We have included some exercises you can do at home so that you are ready to get back on the pitch or court when the time comes. Some of these activities are sport specific if you really want a challenge why not try them all!

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:

- Diana Moran (The Green Goddess): low intensity exercise, BBC Breakfast, BBC1. Low intensity exercise for over 70s at 6:55am and 8:55am, three times a week (Mon, Weds and Fri)
- Move It or Lose: It home exercises <https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/> .Downloadable resource available from the website.
- NHS Strength, balance and flexibility workouts: <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/> .The NHS recommend a range of activities/movements that will benefit the over 65's. All exercises can be performed whilst at home.
- 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](#)

Walking netball home drills - sock and pan challenge

Our walking netball hosts have been getting creative coming up with fun drills to practise your walking netball skills indoors. This challenge has been created by our brilliant walking netball host Jan who delivers the Pewsey and Marlborough sessions. Let us know how you get on!

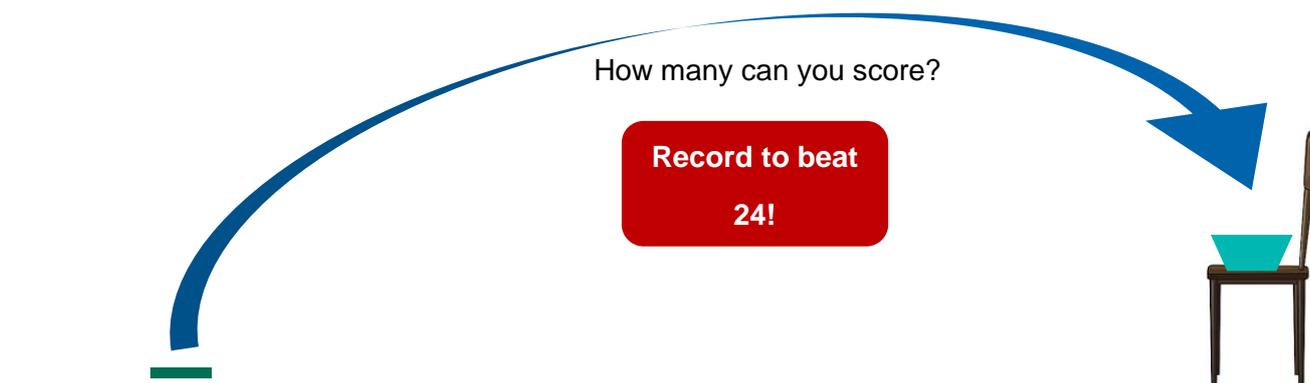
Kit list:

- Saucepan, bowl or basket as a target
- Pairs of rolled up socks
- Dining room chair
- Water to stay hydrated!

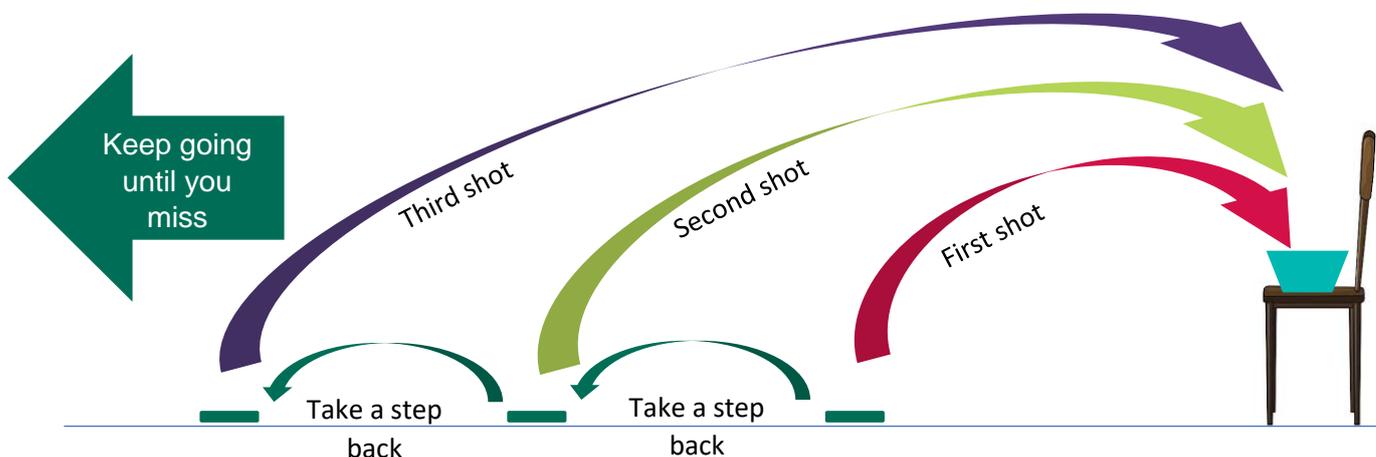
Step 1) Set the dining room chair up in a corridor or room where you can stand at least 5 metres away, place the saucepan on top of the chair.



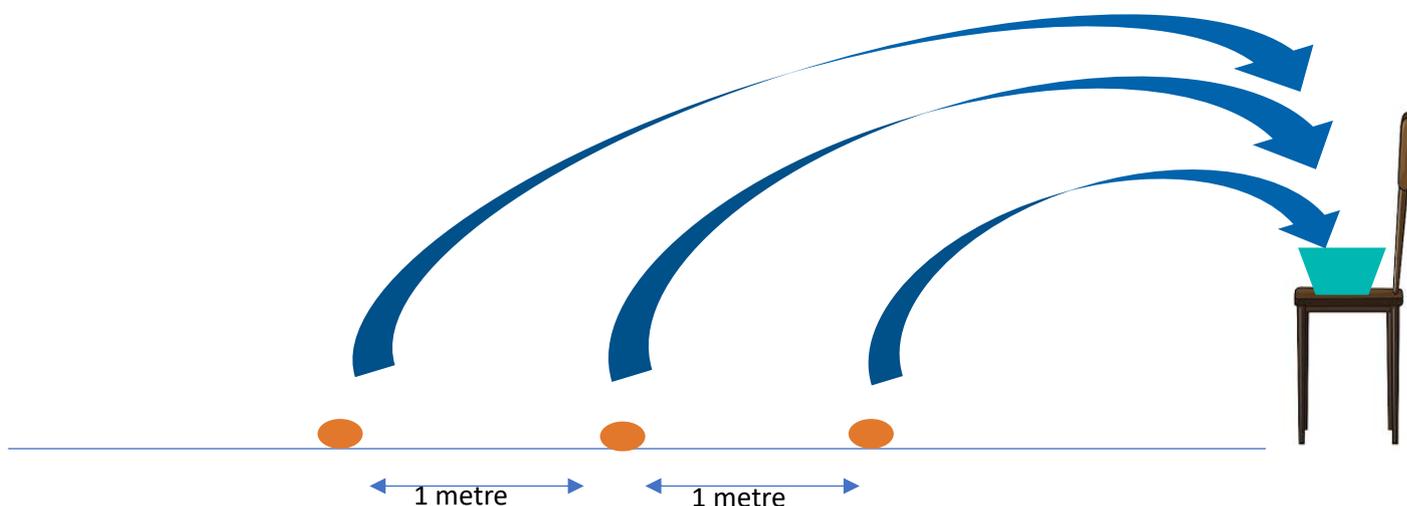
Step 2) Step a good distance away from the chair, with your rolled-up socks try and aim for the saucepan and see how many you can get in a row!



Step 3) Next, take three pairs of rolled up socks, throw in one at a time with the aim of getting all three in. Every time you get a pair into the saucepan take a step back. How far away can you manage to get?



Step 4) Lay out your socks about a metre apart from the chair, try and take a shot from each position. However, if you miss the target you have to set up and start again!



Step 5) Take three pairs of rolled up socks and throw all three at the same time into the target. Can you get all of them in?



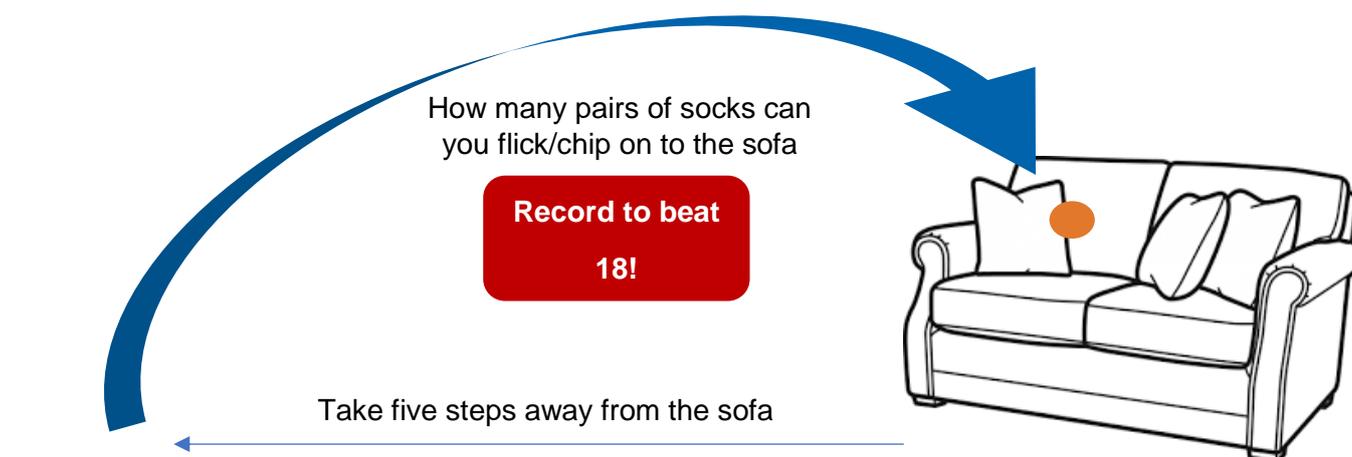
Walking football home drills - Sock and sofa/chair challenge

Kit list

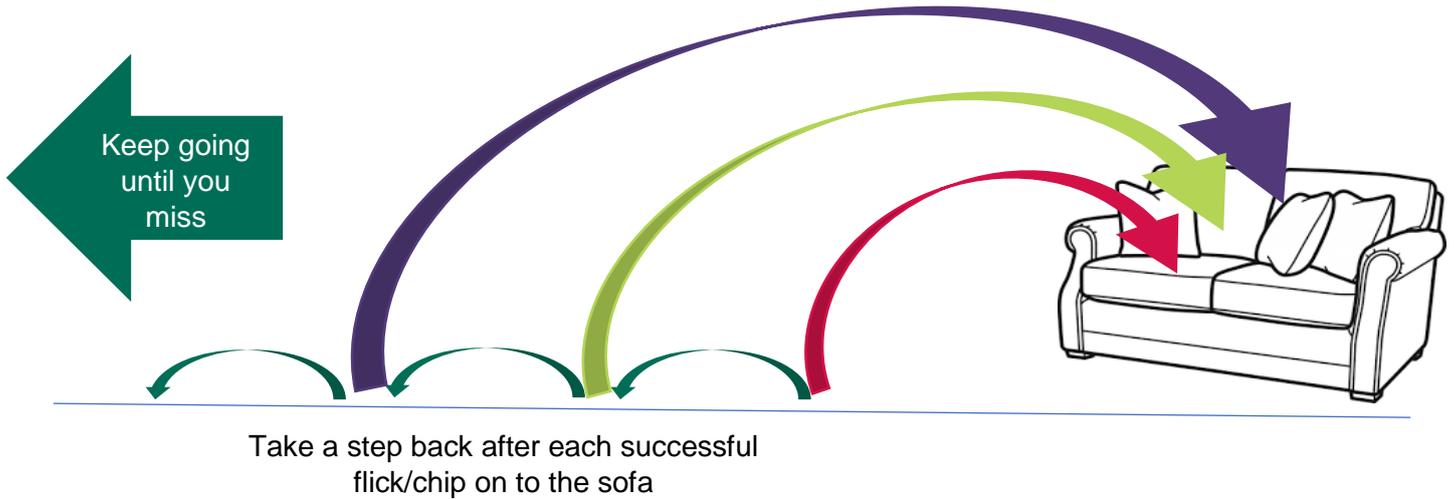
- A sofa or chair (The smaller it is, the harder it is)
- Socks
- Water to stay hydrated!

Step 1) Find a sofa or chair that you can chip on to from a variety of distances.

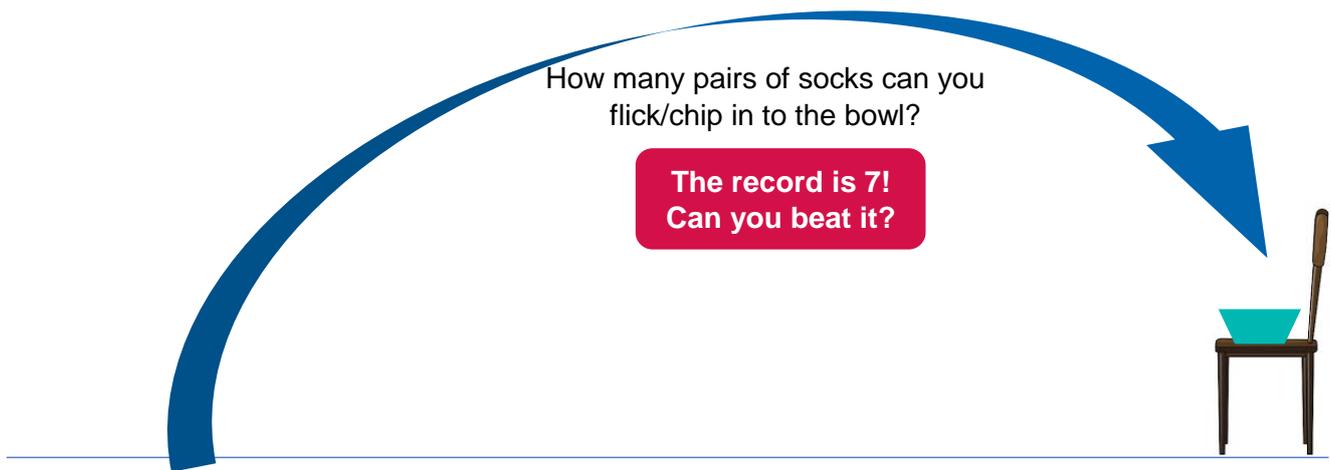
Step 2) Step back 5 big steps from the sofa. With the rolled-up socks how many times can you flick/chip them onto the sofa in a row.



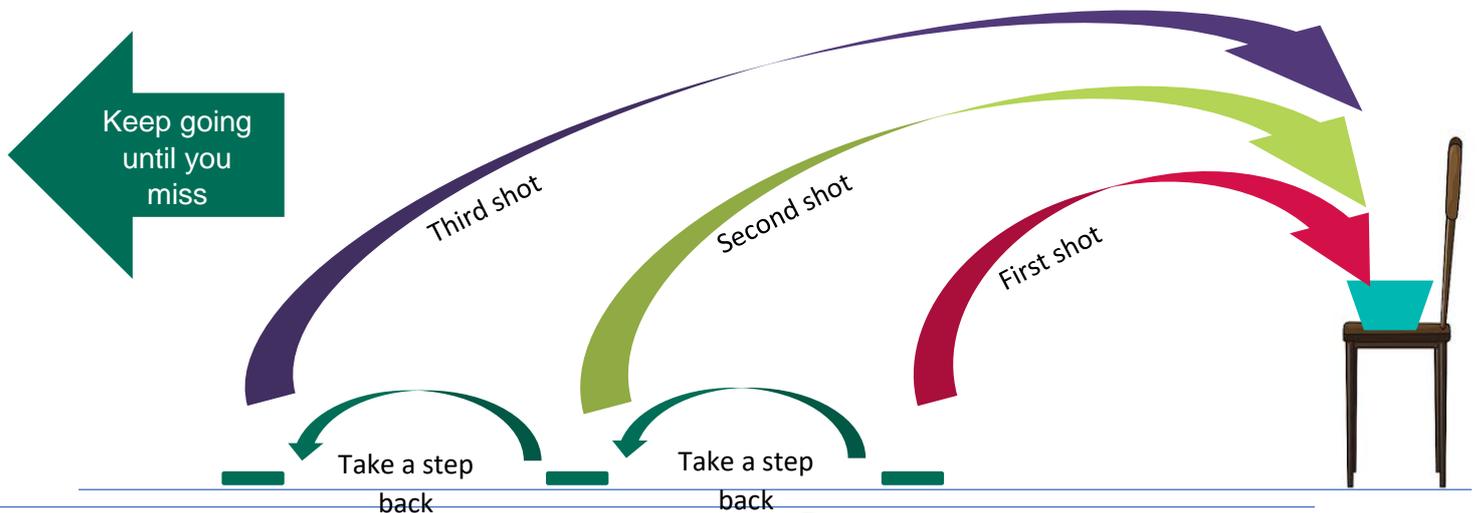
Step 3) The challenge is to increase the distance after each successful chip. How far back can you get from the sofa.



Step 4) Move to a smaller target. Repeat step 2 but with a smaller target, how many times can you flick/chip the socks in to a bowl on the chair? The record is 7.



Step 5) After every successful flick/chip you must take a step back, how far back can you get?



Walking rugby home drills - Sock and bottle challenge

Kit list

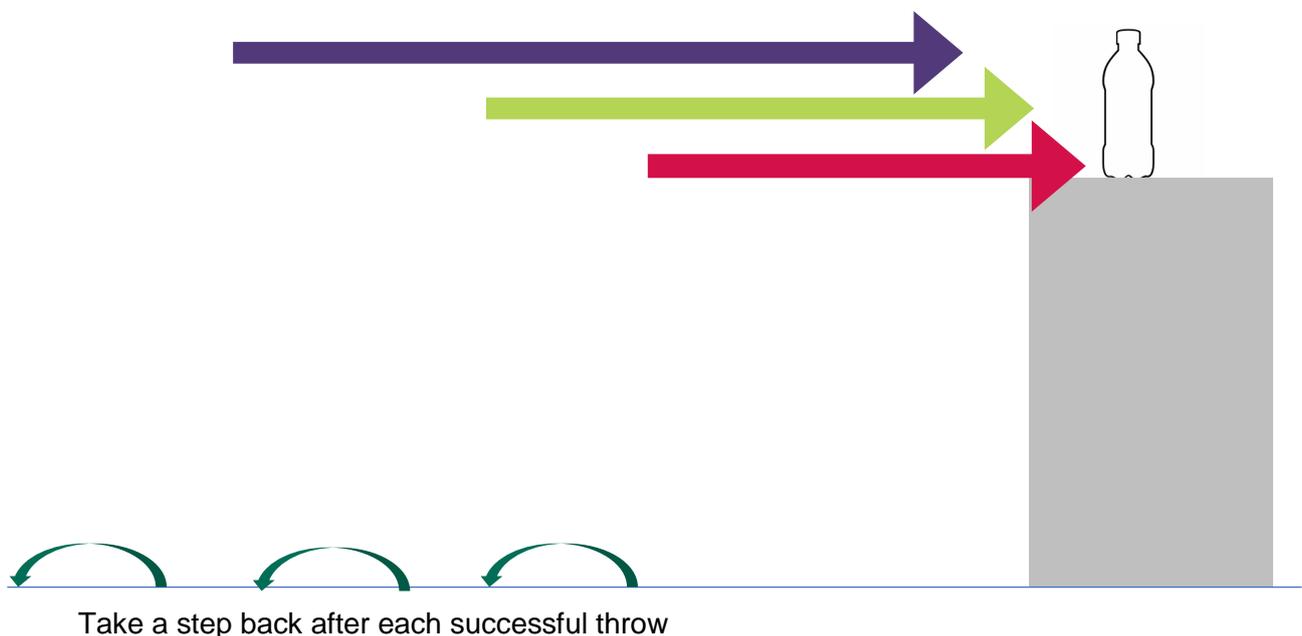
- Empty plastic water bottle (The smaller it is, the harder it is)
- Socks
- Water to stay hydrated!

Step 1) Place a water bottle on a surface where it can stand upright and you are able to move back a variety of distances.

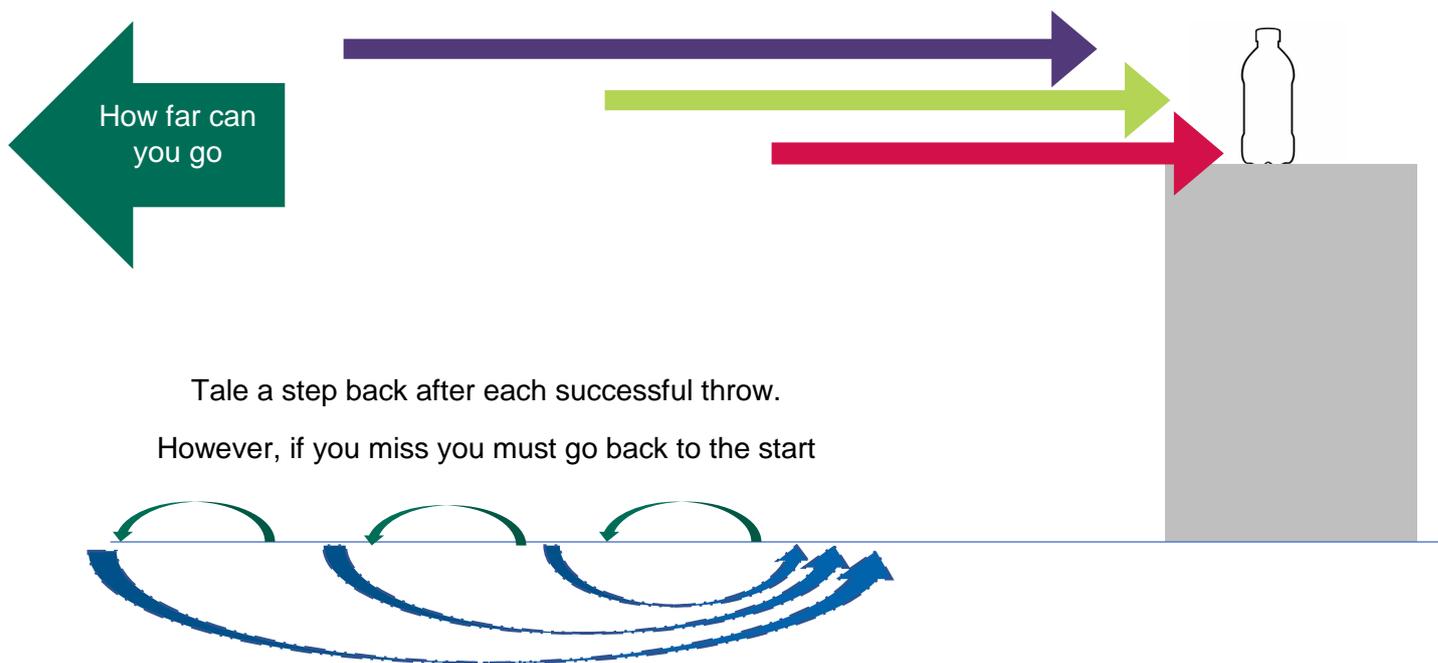
Step 2) Step back 5 big steps from the bottle. With your rolled-up socks how many times can you hit the bottle in a row using a rugby pass.



Step 3) The next challenge is to increase the distance after each hit. After you have hit the bottle (and stood it back up again), you must take another big step back and try again. How far back can you get whilst still hitting the bottle?



Step 4) The final challenge is similar to step 3. After hitting the bottle you must take a step back. However, if you miss the bottle at any point you must go back to the beginning. How far back can you get?



Be creative

Longest pass challenge

We would like to create the longest walking football pass in Wiltshire in video form! Not just for footballers everyone can get involved!

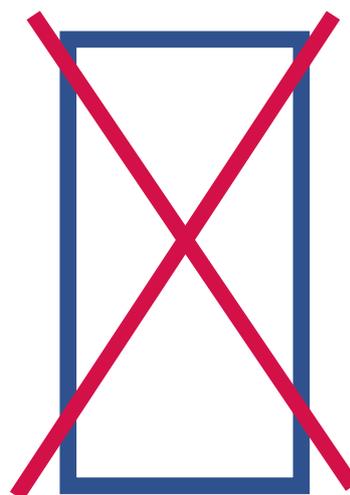
How to join in

1. Set up mobile phone to film mode in landscape

So like this



Not like this



2. Get your self-isolation partner to pass you a football or netball off camera from the left hand side of the screen. If you don't have a football or netball of any kind, get inventive. Rolled up socks will do!
3. Receive the ball in the centre of the screen and then pass the ball off camera to the right hand side of the screen.
4. Send your video clip by text to 07811 880680 or email sportsdevelopment@wiltshire.gov.uk

Once we have enough footage collated we will make a video and post in on our social media pages.

Bake off challenge

Are you the next Paul Hollywood or Pru Leith or are you more of a Noel Fielding? Whoever is your favourite, why not get creative in your kitchen and get baking! We are looking for submissions of cakes and bakes that represent your walking sport session in some way.

For inspiration please see walking netballer Sue Mortimer's brilliant second anniversary walking netball cake that was presented at the last Walking Sport Festival!

[Ideas for what to bake!](#)

Please send a photo of your baking masterpieces (and failures!) to

sportsdevelopment@wiltshire.gov.uk and a selection will be published on our social media pages.



Prose, poems and pictures

Do we have any budding artists, poets or writers out there? We are looking for creative content to lift the walking sports communities' spirit. So why not paint a picture or take a photograph or get writing, a short story or poetry and please send your entries to sportsdevelopment@wiltshire.gov.uk and we will share on our social media

Walking footballer Phil Chamberlain has written this wonderful poem.

'Twas Friday eve at Stanley,
The 3G pitch serene,
The footballers of this fine town
Were nowhere to be seen
The same was true of Beversbrook,
And other places too,
A nasty virus was the cause,
There's little we can do
but stay indoors with those we love,
In lockdown isolation,
Advice was posted on WhatsApp
Of some preferred libation.
Michael chose a San Miguel,
Andy suggests a gin,

Neil a cold dark Guinness,
Kev a scotch? no sin.
Supermarkets plundered
By those we love to hate.
Ballad of the dunny roll,
#Toiletpapergate.
Since all the news is gloomy
Can easily make us glum,
'Tis good us footie players
Retain our sense of fun.
Keep washing well your hands my friends,
Remember to take care.
Look forward to our kick-off
When Andy's whistle blares!

Building a community

We know we cannot replace the usual face to face interaction of your regular weekly session, but we have the next best thing!! Why not stay in touch with your walking sports teammates via one of our weekly 'Walkie Talkie' sessions.

These are group chats you can participate in to stay in touch, chat and have a catch up about anything and everything!

Find your session and then simply call the telephone number and then enter the conference ID number followed by # when requested and you will be on the group call. Nothing could be easier!

Walkie talkie schedule

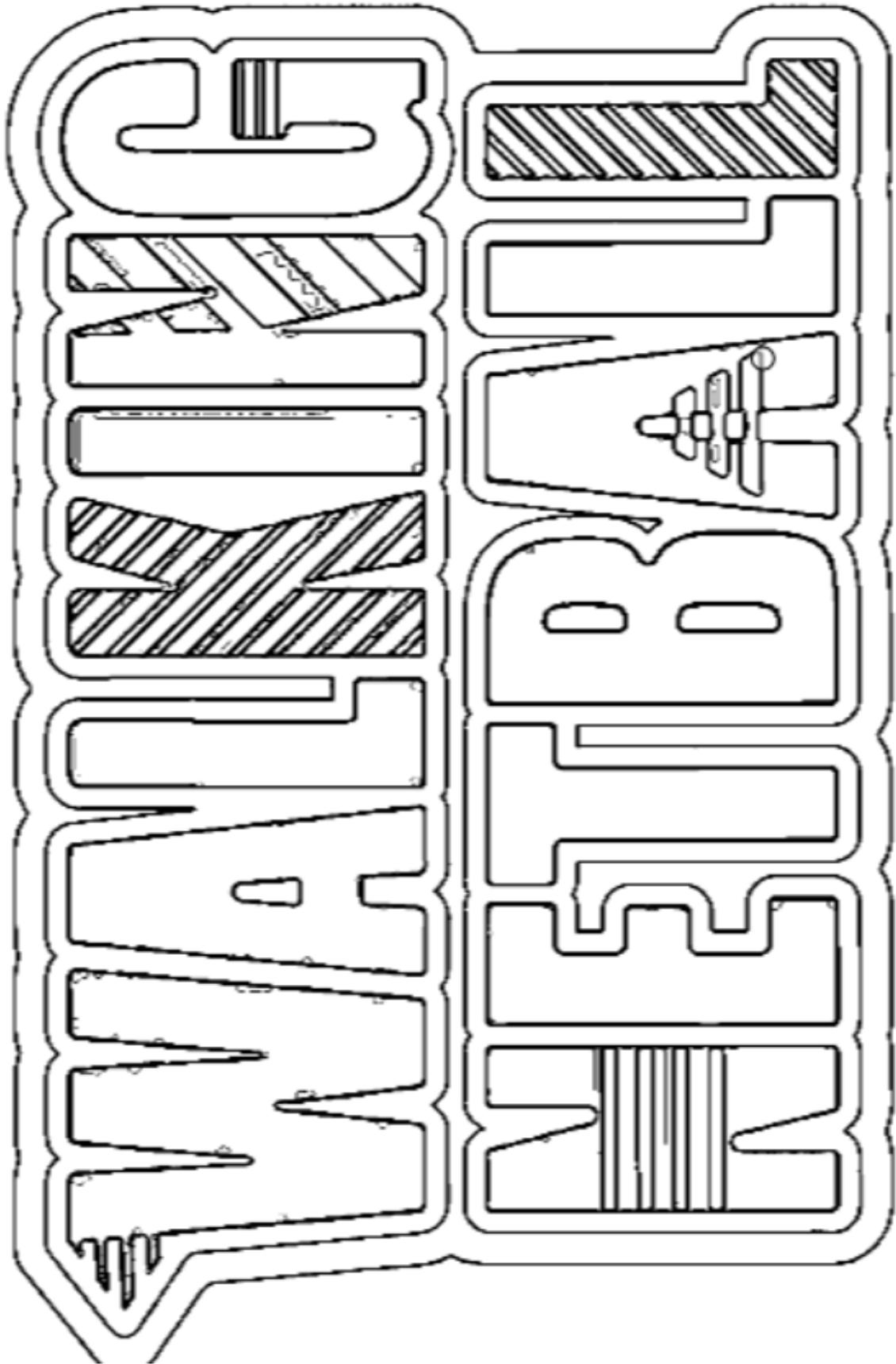
Monday	Tuesday	Wednesday	Thursday	Friday
Walking Football 5pm-6pm Tel: 01225711199 Call ID: 4528161#		Walking Rugby 4pm-5pm Tel: 01225711199 Call ID: 60423344#		Walking Netball 6pm-7pm Tel: 01225711199 Call ID: 2706872#

Stay focussed

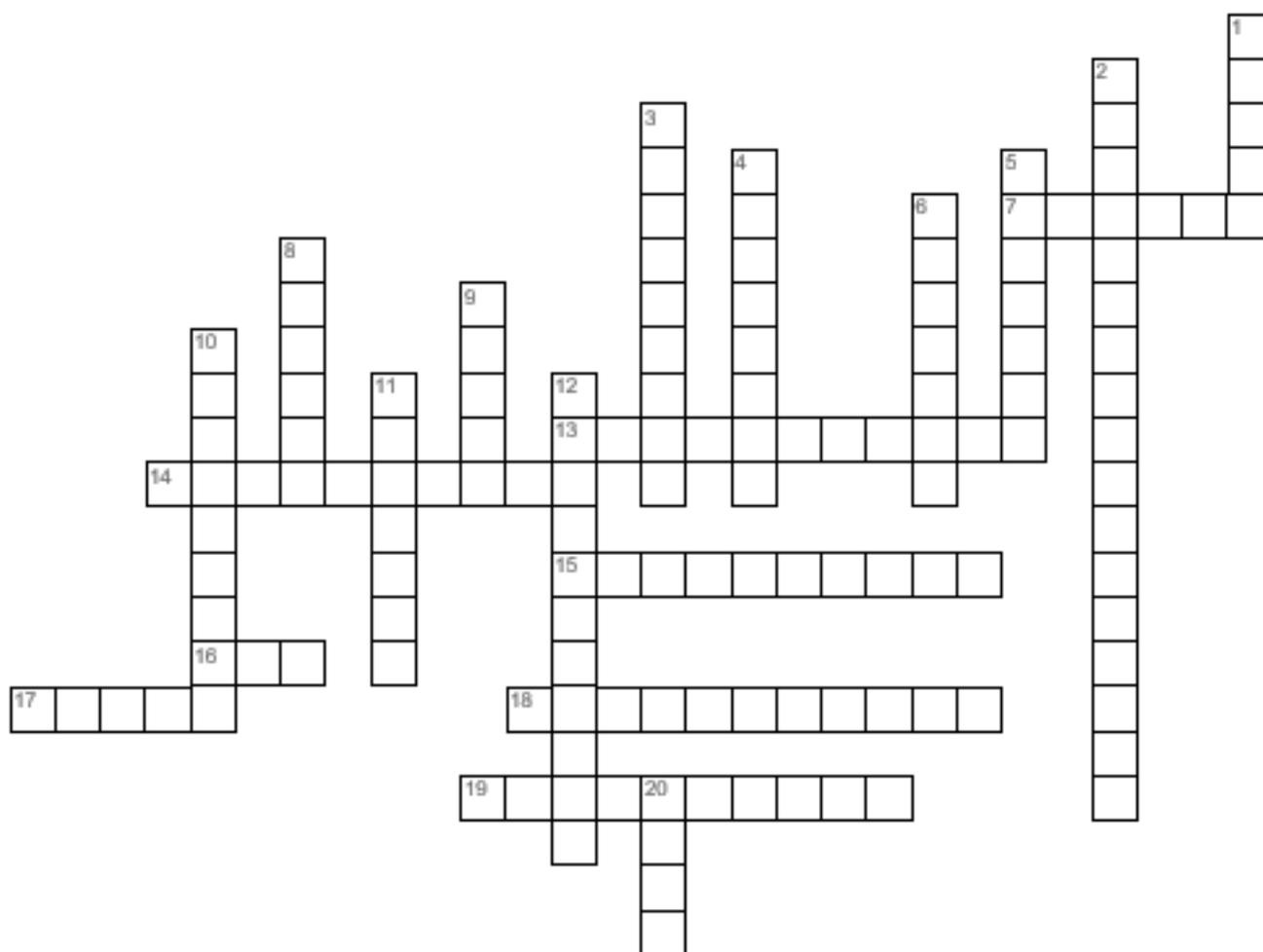
It is important, in times of uncertainty, to try and keep stability to your life to help ease stress and worry. We have included some things that might help you to keep a balance and structure to you day to help you stay positive.

Get artistic You may think this seems a bit childish but there is 'method in our madness'. Sometimes you just need some time out to let you mind drift whilst doing this mindfulness colouring. "What's that?" We hear you ask. Mindfulness colouring allows us to switch off all the thoughts and focus on the moment of colouring. So why not get distracted for a while and take some time to colour in our walking sports logos!





Walking sports crossword



Across

7. What is the surname of our walking football pioneer who won the Wilts FA Volunteer of the Year award in 2016? (6)
13. Where was the 2017 Wiltshire Council Walking Sports Festival held? (11)
14. What is the home of our walking sports session in Salisbury? (4,6)
15. How do you start off a game of netball? (6,4)
16. The fundamental rule that you cannot do in walking sports. (3)
17. What age do you have to be to play walking football in Wiltshire? (5)
18. The first walking football session was launched in October 2014, but at what location? (7,4)
19. Which centre has both walking netball and walking football taking place back to back on Sundays? (10)

Down

1. How many positions are there in netball? (5)
2. If you have a query about any of our walking sports session you email _____@wiltshire.gov.uk (6,11)
3. What is the name of the national award won by the walking netball volunteers in 2018? (4,5)
4. We are nearing this number of walking sports participants in Wiltshire. (8)
5. NGB: Netball (7)
6. Where is the new Wilts FA HQ going to be based? (7)
8. The fruit traditionally eaten as a half-time snack. (6)
9. The main aim of our forwards and goal attacks. (5)
10. Which area in Wiltshire is the home of our walking rugby session? (9)
11. This will get blown if you commit foul play. (7)
12. NGB: Football _____ (11)
20. How to tell the difference between two teams. (4)

Get a routine

Managing sleep quality - planning your day will help you maintain a healthy 8-hour sleep cycle which experts suggest has a major impact on your productivity, mood, health and weight-loss.

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 hobby or an old interest - reading, keeping a journal, DIY, art, crafts, knitting, music, gardening, yoga, cooking.

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					

Set future goals - this will help to focus your mind so why not set yourself some challenges you can undertake over the long terms e.g. run a 5k/10k/half marathon/marathon, complete a triathlon, learn a new language 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 or by calling 0300 003 4576. It's available from 8am-8pm Monday-Friday and 10am-4pm Saturday and Sunday.

The Wiltshire
WELLBEING HUB
For vulnerable people in need of support
0300 003 4576
✉ wellbeinghub@wiltshire.gov.uk
#WiltshireTogether
Wiltshire Council

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.](#)



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

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



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](#)

Appendix 1: Crossword answers

