

# National BeActive Day

## Saturday 4th July 2020



Sport Ireland's network of Local Sports Partnerships is passionate about getting Ireland physically active and involved in sport, ensuring everyone in the community has the chance to be included. Despite the COVID-19 Pandemic, Local Sports Partnerships continue to deliver national initiatives and support to keep people active.

Meet your daily activity requirement of 60 minutes for children and 30 minutes for adults by completing the National BeActive Day challenge.



It's easy to take part, just follow these 4 simple steps:

**1** Decide when you are going to do the activities and where

**2** Get the household together and choose what activities you are going to do

**3** Set up the activities and have fun taking part

**4** Share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #NationalBeActiveDay

*All activities in this pack*

- Can be modified to suit all ages and abilities
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or in teams

Contact your Local Sports Partnership for activity adaptations, variations or more ideas.

Local Sports Partnerships will be running a competition for those who take part in National BeActive Day. To find out more, visit your Local Sports Partnership's social media pages.



**Longford Sports Partnership**

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 @longfordsportspartnership

 @LSPLongford

 @longfordsportspartnership

## Catch and Clap

### What do I need?

- 1 round object (ball, rolled up socks, etc.)

### What do I do?

- Throw the object up in the air and clap your hands before you catch it
- The object must go above your head
- See how many times you can clap your hands while the ball is in the air before you catch it
- This activity can be completed standing or sitting if you want an extra challenge

➔ **Easier:** Use two hands to catch

➔ **Harder:** One hand to catch or smaller ball



## Balance Challenge

### What do I need?

- A ball or a book

### What do I do?

- Balance the object in your hand or on your head while standing or walking
- Time yourself and see how long you can keep the object balanced without dropping

➔ **Easier:** Balance the object while sitting

➔ **Harder:** Balance the object on your back or hand while completing a plank



**Remember:**  
If you have an underlying medical condition, don't overexert yourself on the exercises.



## Target Throwing

### What do I need?

- Throwable object (Ball, roll of socks, old shoes, etc.)
- Start line
- 3 targets placed at different distances from start line

### What do I do?

- Each player tosses the object from the start line
- You must try to throw the object on or into the target (try to knock down bottles or throw socks into a saucepan)
- Each player gets 3 throws

➔ **Easier:** Move targets closer to start line

➔ **Harder:** Try different throwing techniques (underarm, overarm, sitting down, or blindfolded)



## Egg and Spoon

### What do I need?

- Spoon
- Egg (or potato)
- Start line and marker to walk around

### What do I do?

- Hold a spoon and place the egg on it
- Walk from the start line, around a marker and back to the start line trying not to drop the egg off the spoon
- If you drop the egg, go back to the start
- See how fast you can do it without dropping the egg

➡ **Easier:** Use a large spoon over a shorter distance

➡ **Harder:** Weave around objects/obstacles



Remember to assist those who may need extra help in taking part.

## Weaving Ball

### What do I need?

- Start line
- Set up 4 markers. These should be set up 4 footsteps apart. Markers can be cones, socks, books - anything you can weave around
- 1 round object (ball, rolled up socks, etc.), anything that can be rolled or pushed along the ground

### What do I do?

- Weave the object around the markers as quick as you can

➡ **Easier:** Use your hand to move the ball around the markers

➡ **Harder:** Use a racket or hurl to balance a ball while going around the markers



## Obstacle Course

### What do I need?

- Different household items of your choice

### What do I do?

- Set up a start and finish line
- Set out a number of obstacles to go around, jump or climb over, crawl under etc.
- Try to include at least 5 different obstacles
- See how fast you can go around the obstacle course

➡ **Easier:** Walk through the course

➡ **Harder:** Add more obstacles

For more ideas on how to adapt games, contact your Local Sports Partnership



## CHECKLIST

Use the table to mark off what activities you have completed.

Input each player's name along the top and the name of each game down along the left side.

Remember it's not about winning, it's about having fun along the way.

NAME:	PLAYER 1:	PLAYER 2:	PLAYER 3:	PLAYER 4:	PLAYER 5:	PLAYER 6:
GAME 1:						
GAME 2:						
GAME 3:						
GAME 4:						
GAME 5:						
GAME 6:						
<b>TOTAL GAMES COMPLETED</b>						



Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use **#NationalBeActiveDay**

Please ensure to follow the governments COVID-19 guidelines while taking part in any activities outdoors.



### Stop

shaking hands or hugging when saying hello or greeting other people.



### Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.



### Wash

your hands well and often to avoid contamination.



### Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.



### Avoid

touching eyes, nose, or mouth with unwashed hands.



### Clean

and disinfect frequently touched objects and surfaces.