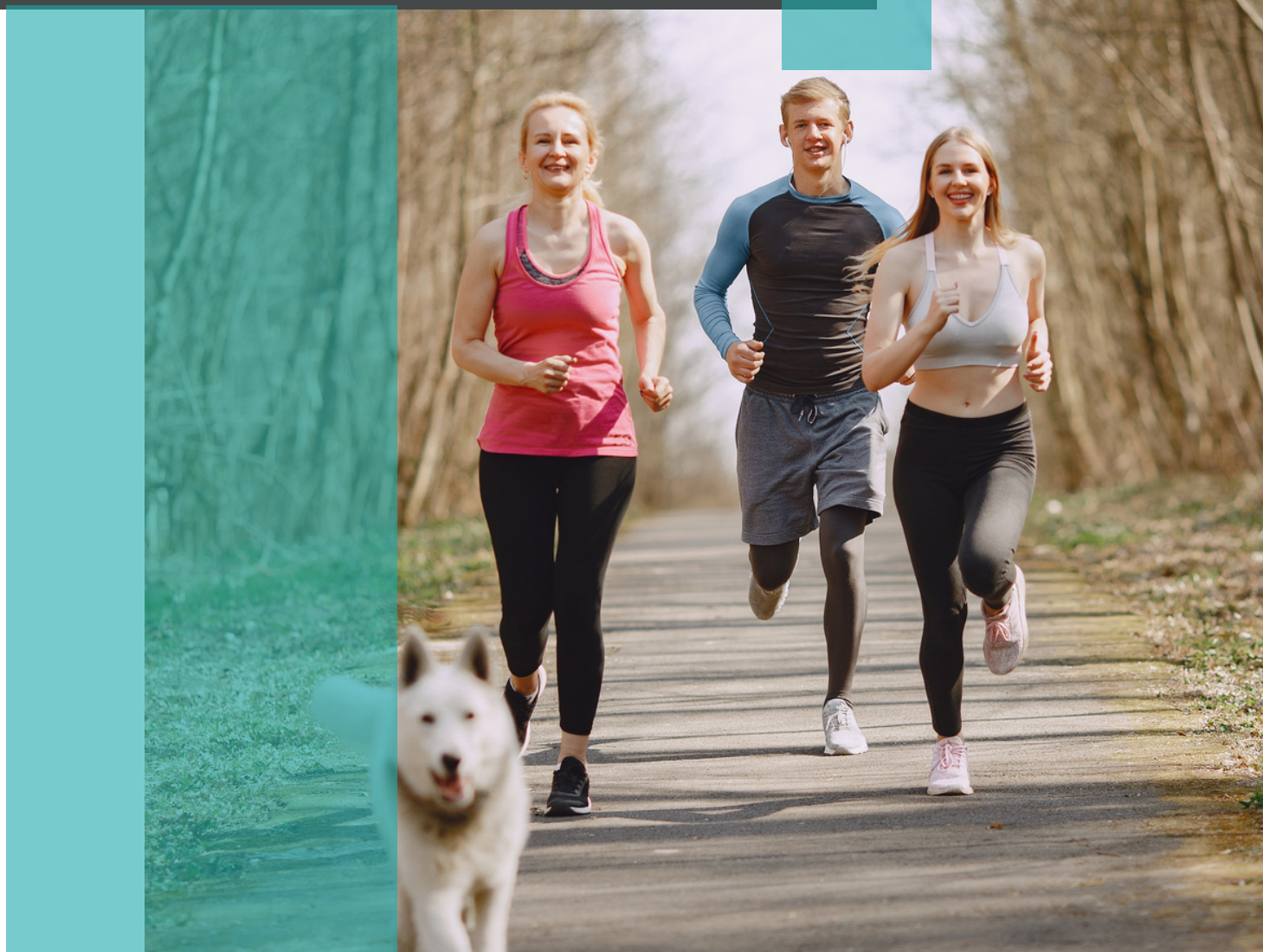


# Guidelines for adapting and modifying sport for families and people affected with disability

MAY 2023



Funded by  
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# About the Project

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# About the project



**Program:** Erasmus2027

**Call:** ERASMUS-SPORT-2022-SSCP

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## Vision

The vision of the project is to integrate physical activity and active life habits as part of the family's daily routine to improve the family's well-being. Active families are the key to a healthy lifestyle. The project is intended for families and families with physically challenged members whom we want to encourage to accept sports activities and include them in their daily lives. By exercising together, all family members can improve their health and well-being.

**Coordinator:** Sojuz na istrazhuvachi na Makedonija – SIM Skopje, Republic of North Macedonia

## Partner organizations:

- Smart Idea, SMART, Slovenia
- Univerzitetna Sportna Zveza Maribor, USAM, Slovenia
- Athletics Federation of North Macedonia, AFM, Republic of North Macedonia

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# INTRODUCTION



These Guidelines have been developed by the partner organizations of the Erasmus plus project “Active Families” to provide guidance to adopt and modify sports for families and people affected with disabilities.

The Guidelines provide:

- information about how to include and challenge everyone while maintaining the integrity of the activity
  - modifying the rules or even the competition structure of a sport to include families
  - modifying sports to include people with disability
- practical guidance for promoting one hour exercise set for families, and families that include people with disabilities. We have developed four sets that involve:
  - **Family dance,**
  - **Family home activities,**
  - **Family outdoor activities,**
  - **Jump, throw, and go - a family Olympics adventure.**



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# INTRODUCTION



## A need for guidance

The importance of sports cannot be underestimated. Sports are an excellent way to keep your body fit and healthy and build friendships with others who share the same interests. Unfortunately, today many people and families do not have time for physical activities because they're too busy working or playing games online. Maybe they may need just a little encouragement from others. We must know that **sports can help improve different aspects of life**, such as academic performance, as shown through research studies.

One of the most important things to get more people to have regular physical activities is adapting sports to suit the needs of the participants. This applies to working with families since they have different ages in the group. Also, this applies to a disability, where adaptations are applied so that participation in activities or the development of sport-based skills can occur effectively. When adapting and modifying any activity or program, the sports trainers or PE teachers must ensure fair participation for all.



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# INTRODUCTION



## The development of the Guidelines

In developing the Guidelines the Partnership consulted with a broad range of research papers, and different types of stakeholders, including representatives from national sporting organizations.

The Guidelines are developed by the following key themes made from the research done:

- The opportunity to participate in sports should be available to everyone in the community, regardless of their abilities.
- It takes a little effort to make the modification, so everyone can be included.
- Competition is an important part of all levels of the sport.

## Inclusion in sport

A common misconception about inclusion is that it is solely about including people with disability in regular sports activities without any modification. Inclusion encompasses many different options in different settings. Inclusion in sports can be viewed in terms of a spectrum. Each section of the spectrum is as important as the next, and ideally, there would be **programs for people with disability available in all sections to choose from.**



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# INTRODUCTION



## Who are the Guidelines for?

The Guidelines are intended to provide guidance to sporting organizations at all levels, from community sports to elite sports across Europe.

These Guidelines have been developed for sporting organizations, their staff, and volunteers. These Guidelines have been developed also for physical education teachers. This includes:

- boards, management committees, and members of a sporting organization
- coaches
- staff and volunteers
- PE teachers

The Guidelines may also be useful to members of the public, including families, parents, and caregivers of people with disabilities, interested in inclusive sports and welcoming to all.



## ADAPTING AND MODIFYING SPORTS FOR FAMILIES



### Join the action!

Do activities as a family. Turn off the TV for active playtime. Involve everyone in deciding what to do. Physical activity is any movement of the body that uses energy. The more they move, the greater the benefit. Families should be regularly physically active, reduce sitting and screen time, and get sufficient sleep for healthy development. The family members with an hour a day activity will help to:

- **develop strong muscles, bones, and joints,**
- **move with balance and flexibility,**
- **develop and maintain a healthy heart and lungs,**
- **maintain a healthy weight,**
- **build self-confidence and social skills,**
- **control their emotions,**
- **be happy.**

Regular physical activity, along with a nutritious diet, is crucial for overall health. It can prevent numerous chronic conditions, such as heart disease, cancer, and stroke, which are the top three leading causes of death. Physical activity helps maintain a healthy weight, builds lean muscle, decreases fat, strengthens bones, and lowers the risk of obesity.

## ADAPTING AND MODIFYING SPORTS FOR FAMILIES



### Do a variety of activities – including some outdoors

- Be active together. Enjoy the outdoors. Don't forget active transport – walking and cycling to school, shops, and hobbies.
- Try new activities. Be supportive and encouraging.
- Moderate activities like swimming, biking, and modern dance will raise the heart rate and get oxygen pumping around the body.
- Vigorous activities such as uphill tramping, mountain biking, and most team sports have even greater benefits.

### Do activities that strengthen muscles and bones at least three days a week

- Skipping, jumping, and using climbing or park equipment will build muscle and bone strength.
- Bending and stretching will keep them flexible.

# ADAPTING AND MODIFYING SPORTS FOR FAMILIES



## Look for ways to encourage activity

- Look for opportunities to move throughout the day, eg, walking or biking to school, taking the stairs not the escalator. Break up sitting time.
- Limit recreational screen time to less than two hours per day – turn off the TV while eating, and remove screens from the bedroom.
- Try new activities or sports to discover which ones are most enjoyable. Parents can support these interests. Give feedback and praise.

## Be active safely

- Wear appropriate clothing and footwear.
- Take a backpack.
- Bring enough water for everyone to stay hydrated.
- Get healthy snacks like apples, bananas, and nuts.
- Have the right safety gear and wear it correctly.
- Know about and practice footpaths and road safety.
- If you have concerns about health or physical activity, talk to your doctor or nurse.

# ADAPTING AND MODIFYING SPORTS FOR FAMILIES



## Let us move outside: Where to go?

Getting outside isn't just a great way to get exercise, it's also a lot of fun! Find affordable physical activities in your area that can help bring the whole family together and start enjoying the great outdoors:

- nature or outdoor events near you,
- forests and parks near you,
- a local playground,
- a trail to hike,
- a place to bike ride,
- outdoor watersports nearby.

## Have fun outside and get exercise!

Getting outside isn't just a great way to get exercise, it's also a lot of fun! Find affordable physical activities that will bring the whole family together and start enjoying the great outdoors.

## ADAPTING AND MODIFYING SPORTS FOR FAMILIES



### Let's move outside: What to do?

- **Walking or hiking** are enjoyable, convenient, and budget-friendly ways to get active and spend time outdoors. There are many opportunities for exploration, from a stroll around the neighborhood to a challenging mountain hike. These activities have been shown to benefit cardiovascular health and increase bone density. Make physical activity a regular part of your family's routine and maintain good health.
- **Bicycling** is a fun, family-oriented activity that can increase endurance and coordination. Not only can it get you from place to place efficiently, but it can also improve your overall health. Take your family on bike rides to discover your community and get everyone moving.
- **Swimming** is an excellent way to stay cool and get fit, especially when the weather is hot. It is one of the most calorie-burning activities per hour, and it can also improve cardiovascular health, increase muscle strength and flexibility, and provide a low-impact workout. It is especially beneficial for people with disabilities or those recovering from injuries.
- **Outdoor physical activity** can enhance coordination, balance, and agility. It is important to prioritize playtime for children's mental and physical well-being.



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## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

The key to ensuring that everyone can fully participate in sports activities is to tailor them to the needs of individual participants. This is especially important for people with disabilities, as adaptations can help them effectively engage in activities and develop their sports skills.

When adapting and modifying any activity or program, it is essential for the instructor, coach, or program leader to ensure that both people with and without disabilities have the opportunity to fairly participate. The goal should be to find a balance between allowing everyone to reach their full potential and maintaining the integrity of the activity.

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### *The balancing act:*

- *Maintain the integrity of the activity*
  - *Maximizing the individual potential*
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04

## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

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### How to maintain the integrity of the activity?

#### Know the goals of the program

To successfully adapt and modify activities or programs, it is important to identify the core skills or aspects of the activity that are essential for everyone and to be flexible in areas where modifications can be made.

#### Keep in mind the goals of the activity

When adapting and modifying activities or programs, it is important to be flexible within the identified boundaries and to consider alternatives for people with disabilities if necessary. However, it is also important to carefully consider the potential impact of any modifications, such as whether changing the type of bat, introducing a zoning rule, or replacing a traditional sport with a new one will affect the integrity of the activity.

#### Challenge all participants

Modifications can often benefit both able-bodied athletes and athletes with disabilities by allowing everyone to fully participate and achieve their potential. To further promote inclusivity, it can be helpful to introduce new activities or find different ways to do the same activity that challenge all participants.



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## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

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### How to maintain the integrity of the activity?

#### Encourage participants to value the difference

To foster an inclusive environment, it is important to encourage all participants to try out different equipment and rules to find what works best for them. Additionally, participants should be encouraged to propose changes to the rules that will facilitate meaningful participation for everyone.

#### Teaching style

The teaching or coaching style used to convey a sport or activity can greatly influence its inclusivity. Some strategies that may be helpful in promoting an inclusive environment include: positioning participants in a way that allows them to see and hear clearly, using language that is appropriate for the group, providing visual aids and demonstrations, using a buddy system, offering appropriate physical assistance when needed, keeping instructions brief and clear, and checking for understanding.

#### Rules

To make sports and activities more inclusive, it may be necessary to simplify or modify the rules and then gradually reintroduce more complexity as skill levels increase.



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## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

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### How to maintain the integrity of the activity?

#### Some strategies that may be helpful

- Allowing for more bounces in games like tennis or table tennis,
- allowing for multiple hits in sports like volleyball,
- increasing the number of players on a team to decrease the amount of activity required by each player,
- decreasing the number of players to allow for greater freedom of movement,
- regularly substituting players,
- allowing substitute runners in sports like softball and cricket or shortening the distance the hitter needs to run to be safe,
- adjusting the time allowed for actions, using alternative point scoring systems, using different passing styles such as bouncing, rolling, or underarm tossing instead of overarm throwing,
- and reducing the competitive elements of the activity.



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## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

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### How to maintain the integrity of the activity?

#### Equipment

Equipment can be modified or customized to suit the needs of any given situation. Some strategies for doing this include:

- using lighter bats or racquets with shorter handles,
- using lighter, larger, or slower bouncing balls or balls with bells inside,
- using equipment that contrasts with the playing surface (e.g. white markers on grass, fluorescent balls), and creating grips and devices to improve stability.

#### Environment

There are several strategies that can be used to modify the environment in which sports and activities are played to make them more inclusive. These strategies may include:

- decreasing the size of the court or playing area,
- using a smooth or indoor surface rather than grass,
- lowering net heights in sports like volleyball or tennis,
- using zones within the playing area, and
- minimizing distractions in the surrounding area.



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## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

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### Things to be considered

1. It is important to remember that changes made to accommodate individuals with disabilities do not have to be permanent and can be phased out as skills and confidence improve.
2. It is also crucial to try to include all members of the group in the activity as much as possible, while also keeping everyone challenged.
3. When appropriate, involve individuals in the process of modifying the activity, as they can provide valuable insights and solutions.
4. In some cases, it may be necessary to make changes for just one person rather than altering the rules or equipment for the entire group.
5. Safety should always be a top priority, and common sense should be used to determine the best course of action.
6. It is also important to maintain the integrity of the game and not make so many changes that it no longer resembles the original activity.



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## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

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### How can sporting organisation be inclusive?

A number of key human rights principles underpin this practical guidance. These are the rights to:

- equality,
- participation in sport,
- freedom from discrimination,
- privacy.

Sporting organizations play an important role in promoting and protecting these rights through their approach to:

- facilities,
- leadership,
- inclusion policies.

### Facilities

People with disabilities may face additional difficulty participating in sports if there are no appropriate facilities. Sporting organizations can make their existing facilities more inclusive by utilizing some principles of universal design.



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## ADAPTING AND MODIFYING SPORTS FOR PEOPLE WITH DISABILITIES

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### How can sporting organisation be inclusive?

#### Leadership

To ensure that sports are inclusive for everyone it is essential that those who lead sporting organizations (the Board, Management Committee, and executive) are committed to the inclusion of people with disabilities.

- Take active steps to educate players, coaches, staff, volunteers, and members about this commitment.
- Sporting organizations should also consider enlisting support from prominent players, parents, and coaches in the form of 'champions'.

#### Inclusion policies

To maximize inclusion, sporting organizations should have a policy that specifically promotes the inclusion of disabled people. This could be a stand-alone policy or included within an existing policy.

The Inclusion policies should be publicly available.

# FAMILY DANCE TOGETHER

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- Activity 1 – Dance Roulette
- Activity 2 – Dance Relay
- Activity 3 – Musical Statues
- Activity 4 – Dance-a-thon
- Activity 5 – Dance Battle



# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 1 – DANCE ROULETTE

### What is this activity about?

Dance Roulette is a game that involves spinning a roulette wheel to select a dance move/style, which the family members then have to perform. It is a fun and interactive way for families to spend time together and get some exercise while learning new dance moves. It is also a great way to get everyone moving and having fun while also promoting teamwork and creativity.

### What we need?

- A roulette wheel with a set of dance moves/styles written on each slot.
- A person responsible for the music while the families play the game.
- A music player/sound system



# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 1 – DANCE ROULETTE

### Warm up: the game “Simon Says”

The families should stand in a circle and choose one person to be "Simon". Simon gives instructions such as "Simon says do the robot dance" or "Simon says do the floss." Everyone should follow the instructions only if Simon says "Simon says" before the instruction. If someone follows an instruction that doesn't begin with "Simon says" they are out. The families should play until there is only one person left. This activity should be repeated if the game lasts shorter than 15 minutes.

The person that is chosen to be "Simon" can choose any simple dance moves which most of the family members will probably know beforehand, for example:

- the cha-cha dance
- the running man
- the moonwalk
- the robot
- the floss
- the macarena...

Overall, the “Simon Says” dance warm-up is a fun and effective way to prepare the families for the main part of this activity. This warm-up will get their blood flowing and increase their heart rate, which can help prepare their body for physical activity.



# FAMILY DANCE TOGETHER

05

## ACTIVITY 1 – DANCE ROULETTE

### The main part

The first player spins the wheel, and when the wheel stops, they must complete the dance move/style that the wheel lands on. Once the dance move has been determined, the family member must complete it within a specified amount of time. If they successfully complete the dance move, they earn points and move on to the next round. If they fail to complete the dance move, they are eliminated from the game. After the first player completes their dance move, the wheel is passed to the next family member, and the game continues in this manner until all players have had a turn. The game can be played for a number of rounds, and the player with the most points at the end of the game is the winner.

**Modification:** “Dance Roulette” is a great game to play with friends or at parties, and it’s a fun way to get everyone up and dancing. The game can be modified in many ways, depending on the players’ preferences, making it a versatile and exciting game for all family members, and adapting it to include people with disabilities.

### Cool down

After the families finish playing “Dance Roulette”, it’s important to cool down and stretch to prevent muscle soreness and reduce the risk of injury.

The families should do the following exercises:

- Slow-paced dance:

After the high-energy game, a slow-paced dance is an excellent way to cool down. The person responsible for the music can turn on some relaxing music and the families should dance at a slower tempo to help their muscles relax and stretch.

- Deep breathing:

For the last minutes of the cool down, all family members should exercise deep breathing. These exercises can help reduce stress and anxiety, improve circulation, and enhance overall relaxation. They should take a few deep breaths in and out, focusing on their breath and releasing tension in their body.

# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 2 – DANCE RELAY

### What is this activity about?

In the game “Dance Relay”, all family members take turns dancing to music in a relay race-style format, passing the dance on to the next player in line. This game encourages family bonding and provides an opportunity for everyone to get up and move, promoting physical fitness and mental well-being.

The family game activity “Dance Relay” is a fun and energetic game that will involve everyone in the family, regardless of age or skill level.

### What we need?

- A hula hoop
- defining the dance routine
- A music player/sound sistem



# FAMILY DANCE TOGETHER

05

## ACTIVITY 2 – DANCE RELAY

### Warm up: the game “Hula hoop”

Hula hoop dance is a form of dance that involves the use of a hula hoop as a prop, this game can be performed to a wide range of music, from electronic dance music to more traditional genres like hip hop and jazz.

Each family member is going to be provided with a hula hoop. They should attempt to do the following basic hula hoop dance moves:

- Waist hooping, where the hoop is spun around the waist, and hand hooping, where the hoop is moved around the hands and arms.
- Leg hooping, where the hoop is spun around one or both legs.
- Shoulder hooping, where the hoop is moved around the shoulders and neck.

Hula hoop dance is meant to be a fun and engaging activity, so families shouldn't take it too seriously. All family members are encouraged to laugh, dance, and enjoy the process of learning and improving together as a family. Overall, hula hoop dance is a great way for all of the families to stay active and bond together through movement and creativity.

### The main part

Each family will need to choose a captain who will be responsible for leading the team in the “Dance Relay”. The dance moves should be chosen beforehand and should be simple enough for everyone to follow. The dance routine can be customized to fit the interests and abilities of the family members. It's important to choose a routine that is simple enough for everyone to follow and doesn't require too much physical exertion. The family members will stand in a row, waiting for their turn. When they have completed their part, they will tag the next person in their team to continue the dance. The first family to complete the dance routine and cross the finish line wins the game. Each family will get penalty points if they make mistakes or forget parts of the routine. This game will be judged based on speed, accuracy, and creativity.

# FAMILY DANCE TOGETHER

05

## ACTIVITY 2 – DANCE RELAY

**Modification:** “Dance Relay” involves families working together as a team, which can help family members learn to communicate and collaborate with each other effectively. This is a great family activity that promotes teamwork, creativity, and physical activity. The game can be modified in many ways, depending on the involved players' possibilities, making it an exciting game for all family members, even for family members with disabilities.

### Cool down

Cooling down with stretches can help reduce the risk of muscle soreness and injury by gradually slowing down the heart rate, breathing rate, and body temperature. Stretching can help increase flexibility and range of motion in the muscles and joints, which can improve overall dance performance.

A post-activity cool-down will help the family members:

- Bring their heart rate down gradually
- Reduce body temperature
- Lower blood pressure to baseline
- Help clear lactic acid from their muscles



Cooling down with the previously listed stretches can promote a sense of relaxation and calmness, which can help reduce stress and tension in the body and mind, which will lift up morale among the families.

# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 3 - MUSICAL STATUES

### What is this activity about?

Musical Statues is an exciting family game that can be played with any type of music and can be enjoyed by all family members, regardless of age. It's a fun and energetic way to get people moving and encourage creativity.

“Musical Statues” is a classic family game that involves dancing, music, and freezing in place, like statues, hence the name. The objective of the game is to be the last person standing when the music stops.

### What we need?

- A music player/sound system



# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 3 - MUSICAL STATUES

### Warm up: the game “Mirror Dance”

“Mirror Dance” requires two people to dance together, so each family member should find someone to be their dance partner. The players should stand facing each other, and one person is going to be the leader and initiate the dance moves, and the other will be the follower and will mirror them.

All family members are free and encouraged to experiment with different dance styles and moves, for example, hip-hop, salsa, or ballroom dancing. After a few turns, the players should switch roles, which will give each person a chance to practice their leadership skills.

“Mirror Dance” requires both the leader and follower to coordinate their movements with each other. This helps improve overall coordination and motor skills. Also, the game “Mirror Dance” requires both partners to work together and communicate effectively, which helps foster teamwork and cooperation. The objective of this warm-up activity is to prepare the family members physically, but most importantly to set up a positive atmosphere for the main activity and put a smile on everyone’s faces.



# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 3 - MUSICAL STATUES

### The main part

The steps each family member should follow while playing this game:

1. All the players should start dancing when the music begins to play. Encourage everyone to dance freely and energetically.
2. When the music stops at a random point, all family members must freeze in their current position and hold it until the music starts again. If anyone moves or even wobbles, they are out of the game. (Players who are eliminated from the game can either sit out and watch, or they can become the judges and decide who is out of the game each round.)
3. Continue to play and stop the music at random intervals. The last person standing when the music stops is the winner.

Depending on the pace of the game, “Musical Statues” can be played multiple rounds to give everyone a chance to win.

**Modification:** A modification to this game can be an introduction of new rules such as players having to freeze in a specific pose, making it more convenient for them if they face disabilities. The person responsible for the music can also switch up the music or change the tempo to keep things interesting.

### Cool down

In order for families to avoid muscle pain or damage after playing a high-intensity game like “Musical Statues”, it's important to cool down and stretch.

All family members should do the following stretches:

- Gentle Walking: All family members should take a few minutes to walk slowly around the room, focusing on taking deep breaths and relaxing their muscles.
- Standing Hamstring Stretch: All family members should stand with their feet hip-width apart, and reach down towards their toes, stretching their hamstrings.
- Quad Stretch: All family members should stand on one leg and bend the opposite leg at the knee, bringing their heel towards their buttocks. Hold on to their ankle with their hand and gently pull it towards their buttocks, feeling the stretch in your quadriceps.
- Shoulder Stretch: All family members should stand with their feet hip-width apart, and reach one arm across their chest, pulling it towards their body with their other arm.

# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 4 - DANCE-A-THON

### What is this activity about?

The game “Dance-a-thon” is a family dance game where players take turns dancing to music for as long as they can without stopping. The goal is to keep dancing for as long as possible, and the winner is the person who lasts the longest. It's a fun way to stay active, promote physical health, and spend quality time with family and friends.

### What we need?

- For this activity we need to set up the limbo bar
- A music player/sound sistem



# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 4 - DANCE-A-THON

### Warm up: the game “Limbo”

The game “Limbo” is a fun and popular dance that originated in the Caribbean. It involves dancing under a horizontal bar (often a stick or a broomstick) without touching it while bending backward and lowering your body as much as possible.

All the family members should line up behind the limbo bar, facing it, and each person will take turns going under the bar until everyone has had a chance. The goal is to bend backward as far as possible while moving under the bar without touching it. Once a family member goes under the bar and stands up straight, they should celebrate! If they touch the bar with any part of their body, they are out of the game. After everyone has had a turn, we lower the limbo bar and continue playing.

All family members should remember to always limbo safely and be mindful of their body's limitations. They should avoid bending back too far or pushing themselves beyond their comfort level.



# FAMILY DANCE TOGETHER

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## ACTIVITY 4 - DANCE-A-THON

### The main part

The game “Dance-a-thon” will follow the following steps:

The music should be upbeat and energetic, encouraging the families to dance and move their bodies.

The game will be played with different rounds, each featuring a different music genre.

Once the music is selected, the families take turns dancing to the beat.

Each turn lasts a predetermined amount of time, typically between 1-3 minutes, depending on the number of members in the families and the age range. During the turn, the families must keep moving and dancing without stopping or slowing down.

If a family stops moving or dancing before the time is up, they are eliminated from the game. The game continues until only one family is left standing, making them the winner of the “Dance-a-thon”.

**Modification:** The overall benefits to this game is that dancing requires concentration and focus, which can improve cognitive function and mental stimulation. It is clear that modification depends on the players involved.

### Cool down

As the families finish the main part of this activity, they are encouraged to walk, mainly because it is a great cool-down activity after exercise as it helps the body to gradually decrease its heart rate and blood pressure, and it promotes the return of blood flow from the muscles to the heart.

During the cool-down walk, it is essential for all family members to walk at a slower pace and avoid abrupt stopping, which can cause blood to pool in the legs and lead to dizziness or fainting. Instead, the family members should aim to maintain a consistent pace and gradually decrease the intensity of the walk over a period of 15 minutes. This will allow the body to cool down gradually and safely.

In addition to its physical benefits, a cool-down walk can also have mental health benefits. It provides a chance to unwind and calm the mind.

# FAMILY DANCE TOGETHER

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## ACTIVITY 5 - DANCE BATTLE

### What is this activity about?

The game “Dance Battle” is a dance challenge where each family creates their own dance routine and performs it in front of the rest of the family.

It is also a great way to get each family involved in a fun and creative activity. It's a chance to bond and share in each other's talents and creativity, while also having fun and enjoying each other's company.

### What we need?

- A music player/sound sistem



# FAMILY DANCE TOGETHER

# 05

## ACTIVITY 5 - DANCE BATTLE

### Warm up: the game “Body Rhythm”

“Body Rhythm” is a fun and interactive dance activity that involves using different parts of the body to create movement. It's a great way to improve body awareness and coordination while also fostering creativity and imagination.

The game “Body Rhythm” follows these two steps:

- A person selected randomly should choose a body part (e.g., elbow, knee, foot), and everyone must incorporate that body part into their dance moves. (If the chosen body part is the elbow, all family members can start by doing arm circles.)
- After a few turns, choose a new body part and repeat the process.



**Modification:** The game “Body Rhythm” is all about having fun and being creative, so the families are encouraged to come up with their own unique dance moves and let their imaginations run wild. The benefit of this activity is that it allows for creativity and improvisation, and modification in movement. Each person can bring their own unique style and creativity to the dance. Also, it is a physical activity that will prepare the players for the main part of this activity. The body part selected should be inline with the abilities/disabilities of the players.

# FAMILY DANCE TOGETHER

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## ACTIVITY 5 - DANCE BATTLE

### The main part

At the beginning of this activity, each family is tasked with creating their own dance routine/choreography and they are expected to perform it in front of the rest of the families. The game “Dance Challenge” is a great way to encourage creativity, self-expression, and healthy competition among all the participants.

The following rules should be respected by the players:

- Each dance routine should be about 5 minutes long
- Each family has about 15 minutes to prepare
- Each family will have only one chance of performing their routine
- The winner will be chosen on the strength of creativity, self-expression, and confidence
- The families are free to choose any song they like

Once all the dance routines have been created, it's time to perform them in front of the rest of the families. And after all the dance routines have been performed, the judges vote on who is the winner.

### Cool down

After the intensive competitive atmosphere motivated by the previous activity, the families are guided to take a moment to reflect on their emotions. The families are given a handout, on which they have to answer a couple of questions.

For example:

- How did you feel before, during, and after the competition?
- What obstacles did you and your family come across while making the routine?
- How can you overcome some of the challenges you came across?
- Did you meet your own expectations at the end of the routine?

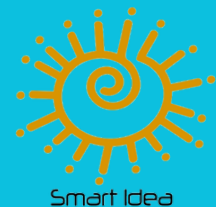
By having the players reflect on their emotions, they become more mindful of themselves. This serves the purpose of a mental cool-down. At the end of the cool down, the families are encouraged to drink water, because staying hydrated is important for their overall health and can help them perform better during physical activities like the previous game.

# FAMILY HOME ACTIVITIES

06



- Activity 1 – Indoor mini golf
- Activity 2 – Balloon volleyball
- Activity 3 – Obstacle course
- Activity 4 – Family Olympics at home
- Activity 5 – Miniature bowling



# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 1 – INDOOR MINI GOLF

### What is this activity about?

Indoor mini-golf is a fun way to enjoy golf at home. Use everyday items like cups, books, and cardboard tubes to create the course obstacles. Use soft, light putters and golf balls, or make balls with paper for indoor play. Customize the game with different levels of difficulty. It's low-impact and great for developing skills like hand-eye coordination and problem-solving. Enjoy the game of golf with the whole family from the comfort of home.

### What we need?

- Golf balls or paper balls
- Miniature golf putters
- Obstacles
- Mini-golf hole cups



# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 1 – INDOOR MINI GOLF

### Warm up

Warming up before playing indoor mini golf is important to help prevent injury and improve your performance.

- **Dynamic Stretching:** Start with gentle dynamic stretching exercises to warm up your muscles and increase your range of motion. Focus on stretching your shoulders, arms, back, and legs.
- **Cardiovascular exercise:** Do some light cardiovascular exercise, such as jogging in place or jumping jacks, to increase your heart rate and get your blood flowing.

Remember to start slowly and gradually increase the intensity of your warm-up exercises. If you experience any pain or discomfort, stop and rest. By warming up properly, you can help prevent injury and get the most out of your indoor mini golf game.

### The main part

**Set up the course:** Create an indoor mini-golf course using household items as obstacles and placing cups at different locations as holes.

**Choose a player to start:** The player who goes first can be determined by flipping a coin or using any other agreed-upon method.

**Take turns:** Each player takes turns attempting to putt the golf ball into the hole. The player with the lowest number of strokes to complete the course wins.

**Determine the winner:** Keep track of each player's score and determine the winner based on who completed the course in the fewest number of strokes.

**Have fun:** Remember to have fun and be creative with your obstacles and course design.

**Modification:** Indoor mini golf can be adapted for people with physical disabilities. Here are some ideas:

- Use adaptive equipment such as putters with adaptive grips or longer putters for different heights.
- Ensure comprehensive and accessible pathways to the holes and remove obstacles or barriers.
- Have seating available at each hole for players to rest.
- Modify the game's rules, allowing extra shots or a larger area to hit the ball from.
- These adjustments can make indoor mini-golf inclusive and enjoyable for everyone, regardless of physical ability.

# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 1 – INDOOR MINI GOLF

### Cool down

Stretching after indoor mini-golf is essential to help your body recover and prevent injuries. Here are some stretches you can do:

- Arm stretch: Hold one arm straight out, and pull towards the chest with the other hand. Switch arms.
- Shoulder stretch: Bring one arm across the chest, and hold it in place with the other arm. Switch arms.
- Upper back stretch: Sit with legs crossed, place right hand on left knee. Twist the torso to the left and hold. Switch sides.
- Lower back stretch: Lie on your back with knees bent, bring your knees towards your chest, and hold.
- Hamstring stretch: Sit with legs straight out in front, reach towards toes, and hold.
- Quad stretch: Stand and hold onto the wall/chair for balance, bend one knee, and bring the heel towards the buttock. Hold your ankle with your hand and hold. Switch sides.



# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 2- BALLOON VOLLEYBALL

### What is this activity about?

Inflate a balloon and use a sofa or a rope as a net to play a game of indoor volleyball. This is a fun and safe way to enjoy a classic game without the risk of breaking anything in the house.

### What we need?

- Balloon
- String or rope
- Furniture or markers



# FAMILY HOME ACTIVITIES

06

## ACTIVITY 2– BALOON VOLLEYBALL

### Warm up

- **Arm circles:** Stand with your feet shoulder-width apart and your arms straight out to the sides. Make small circles with your arms, gradually increasing the size of the circles. Reverse direction and do 10-20 circles in the opposite direction.
- **Lunges:** Step forward with one foot and bend your knee to lower your body down into a lunge. Keep your back straight and your front knee over your ankle. Push back up to a standing position and switch legs. Do 10-20 lunges on each leg.
- **High knees:** Stand with your feet shoulder-width apart and your arms at your sides. Run in place, lifting your knees up towards your chest as high as you can. Do this for 30-60 seconds.

### The main part

**Set up a net or boundary:** You can use a rope, string, or even a piece of tape to mark the border of the playing area. You can also use a low-hanging net or line to create a traditional volleyball court.

**Inflate a balloon:** Use a lightweight balloon that is easy to hit and won't cause damage to any objects in the room.

**Divide into teams:** Divide the family into two groups, with equal players on each side.

**Start playing:** The game begins with one team serving the balloon to the other side of the net/boundary. The other team must hit the balloon back over the net/boundary without letting it touch the ground. Points are scored when a team fails to return the balloon to the other side.

**Set rules:** You can set additional rules, such as not allowing players to hold the balloon, allowing a certain number of hits before sending the balloon over the net, or only allowing players to use certain body parts to hit the balloon.

**End the game:** The game can end when a predetermined number of points are scored or when a certain amount of time has elapsed.

**Modification:** People with physical disabilities can play indoor balloon volleyball with some adjustments to the game and equipment:

To make the game more accessible, consider using adaptive equipment like a giant or lighter balloons and adapted paddles. Ensure the playing area is wide enough for wheelchairs or walkers and remove obstacles. Lower the net to accommodate players' reach, and modify the rules as needed, such as allowing players to hit the balloon with any part of their body or take extra hits to get it over the net. These adjustments make the game enjoyable for everyone.

# FAMILY HOME ACTIVITIES

06

## ACTIVITY 2- BALOON VOLLEYBALL

### Cool down

- Slow walking: Take a slow walk around the room or terrace to gradually lower your heart rate and cool down your body.
- Arm stretch: Hold one arm straight out, and pull towards the chest with the other hand.
- Shoulder stretch: Bring one arm across the chest, and hold it in place with the other arm. Switch arms.
- Upper back stretch: Sit with legs crossed, place right hand on left knee. Twist the torso to the left and hold. Switch sides.
- Lower back stretch: Lie on your back with knees bent, bring your knees towards your chest, and hold.
- Hamstring stretch: Sit with legs straight out in front, reach towards toes, and hold.
- Quad stretch: Stand and hold onto the wall/chair for balance, bend one knee, and bring the heel towards the buttock. Hold ankle with hand and hold. Switch sides
- Hydration: Drinking plenty of water after physical activity is essential to replenish the fluids lost during the game.



# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 3 – OBSTACLE COURSE

### What is this activity about?

Create an indoor obstacle course using pillows, cushions, chairs, and blankets. The course can include crawling under chairs, jumping over pillows, and navigating through a maze of cushions. Time each family member and see who can complete the course the fastest.

### What we need?

- Pillows and cushions
- Chairs
- Blankets
- Cones or markers
- Any other household items that can be used as obstacles



# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 3 – OBSTACLE COURSE

### Warm up

- Squats: Stand with your feet shoulder-width apart, and your toes pointed slightly outward. Slowly bend your knees and lower your hips towards the ground as if you are sitting in a chair.
- Arm Circles: Stand with your arms straight out to the sides. Slowly rotate your arms in small circles, gradually increasing the size of the rings.
- Lunges: Take a big step forward with one leg, bending both knees to create a lunge position. Push back to starting position and repeat with the other leg.

### The main part

Choose an open space in your home, such as a living room or basement, where you can set up the course.

Decide on the obstacles you want to include in the course, such as crawling under chairs, jumping over pillows, or climbing over boxes.

Use the items you've collected to create the obstacles. For example, you can stack pillows and cushions to make a wall that must be climbed over or use chairs to create a tunnel that must be crawled through.

Be sure to place the obstacles in a logical sequence so that they flow well and create a challenging but achievable course.

Once you have set up the course, test it to ensure it is safe and fun.

Time each family member and see who can complete the course the fastest.

**Modification:** Obstacle courses can be adapted for people with disabilities with adaptive equipment, accessible pathways, modified obstacles, and adjusted rules. This may include modified climbing or grasping equipment, wider pathways, lower obstacles, and individualized rules.

By making these adjustments, people with disabilities can participate in obstacle courses and enjoy the challenge and physical activity just like anyone else.

# FAMILY HOME ACTIVITIES

06

## ACTIVITY 3 – OBSTACLE COURSE

### Cool down

- Slow walking: Walk slowly around the room or terrace to help your heart rate gradually return to normal.
- Deep breathing: Take a few deep breaths through your nose and out through your mouth. This can help lower your heart rate and reduce stress.
- Hydration: Drink plenty of water to replace fluids lost during exercise and help prevent dehydration.



# FAMILY HOME ACTIVITIES

# 06

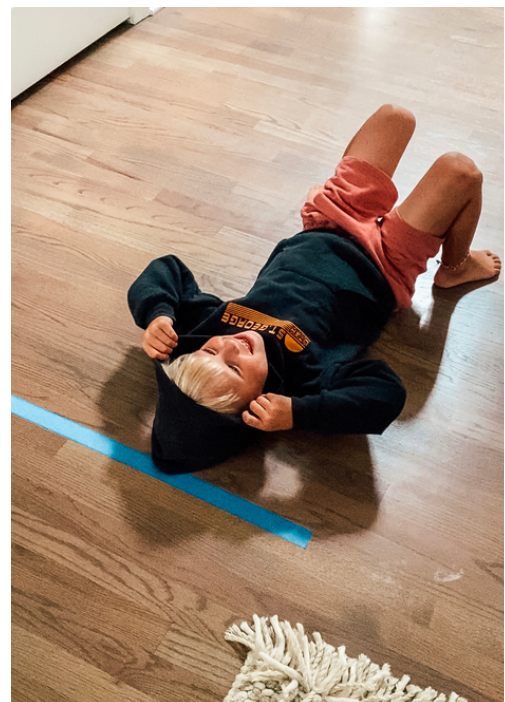
## ACTIVITY 4– FAMILY OLYMPICS AT HOME

### What is this activity about?

Organize a mini Olympics in your living room or terrace with events such as long jump, a mini shot put or discus throw, beanbag toss, a timed agility course. Assign points for each event, and see who can accumulate the most points.

### What we need?

- **Long jump:** You can use a tape measure or markers to indicate the starting point and the distance each participant jumps.
- **Beanbag toss:** You will need beanbags or similar objects to toss, and a target such as a cardboard box or a hoop to aim for.
- **A mini shot put or discus throw:** (using soft, lightweight objects like stuffed animals)
- **A timed agility course:** (using objects to jump over, crawl under, and weave around).



# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 4– FAMILY OLYMPICS AT HOME

### Warm up

- Jogging in place: Jog in place for 1-2 minutes to get your heart rate up and warm up your legs.
- Jumping jacks: Do a set of jumping jacks to warm up your entire body.
- High knees: Stand in place and lift your knees up towards your chest as high as you can for 30-60 seconds.
- Lunges: Do a set of lunges to warm up your legs and hips.
- Arm circles: Stand with your arms out to the sides and do small circles forward and then backward for 30-60 seconds to warm up your shoulders and arms.

### The main part

- **Long jump:** Use a tape measure to mark a starting point and a landing point for the long jump. The starting point should be a few feet behind the landing point. Have each player take jumping as far as they can towards the landing point. Measure the distance of each player's jump from the starting point to the closest point of their landing spot. The player who jumps the farthest distance is the winner.
- **Beanbag toss:** To play beanbag toss, set up a target such as a cardboard box or a hoop at a distance that is appropriate for the age and skill level of the players. Place the target on the ground or elevate it slightly for more of a challenge. Each player takes turns tossing beanbags or similar objects towards the target, and scores points based on where their beanbag lands.
- **Mini shot put or discus:** You'll need a designated throwing area and soft, lightweight objects like stuffed animals or small balls to play mini shot put or discus. Players stand in the throwing area and throw the thing as far as possible. Distance is measured from where the object lands to the starting point. Keep score by giving points to players who throw the object the farthest. The team with the most points at the end is the winner.
- **Timed agility course:** To set up a timed agility course, you can use a variety of objects, such as cones, chairs, and hula hoops, to create obstacles that players will need to jump over, crawl under, and weave around.

# FAMILY HOME ACTIVITIES

06

## ACTIVITY 4– FAMILY OLYMPICS AT HOME

### The main part

Start by setting up the course in an open area with plenty of space for the players to move around. You can also use tape or markers to indicate the starting point and the finish line. Players must navigate the course as quickly as possible, jumping over objects, crawling under them, and weaving around them. Time each player as they complete the system, and keep track of their times.

To make the game more challenging, you can add more obstacles or increase the difficulty of the course.

At the end of the game, the player with the fastest time is declared the winner. You can also play multiple rounds and add up the times to determine the overall winner.

At the end of the mini Olympics, all the points earned by each team are tallied up. The team with the highest total points is declared the winner. This can be a fun way to encourage friendly competition and teamwork among.

**Modification:** Family Olympic games can be adapted for people with disabilities to participate in. Here are some specific ideas:

Use adaptive equipment: People with physical disabilities may need adaptive equipment to participate in some activities. This could include modified equipment, such as larger or lighter balls, adapted rackets, or adaptive grips.

Create accessible playing areas: Make sure that the playing areas are wide enough to accommodate wheelchairs or walkers. Remove any obstacles or barriers that may be difficult to navigate around.

Modify the games: Depending on the nature of the physical disability, the games may need to be modified. For example, games can be played with modified rules or equipment, or participants can be allowed to modify the game based on their abilities.

By making these adjustments, people with disabilities can participate in family Olympic games and enjoy the fun and friendly competition just like anyone else. It's important to ensure that the activities are safe and appropriate for each individual's abilities and limitations.

# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 4– FAMILY OLYMPICS AT HOME

### Cool down

After playing mini Olympics, cooling down properly is essential to help reduce muscle soreness and prevent injury. You can cool down by stretching gently to help your body relax and recover. Some good stretching activities to do after a mini Olympics include:

- Hamstring stretches - sit on the floor with your legs extended before you and reach for your toes, holding for 10-15 seconds.
- Quad stretches - stand up straight and bend one leg behind you, bringing your heel towards your buttocks, holding for 10-15 seconds before switching legs.
- Shoulder stretches - reach one arm across your chest and use your other arm to gently pull your elbow towards your chest, holding for 10-15 seconds before switching components.
- Cool-down walk - take a 5-10 minute walk at a slower pace to gradually decrease your heart rate and cool down your body.



# FAMILY HOME ACTIVITIES

# 06

## ACTIVITY 5 – MINIATURE BOWLING

### What is this activity about?

Create a small bowling alley using water bottles or toilet paper rolls as pins and a ball. You can set up the gallery on a long table or terrace and play multiple rounds.

Miniature bowling is a fun indoor or outdoor activity that can be played by people of all ages.

### What we need?

To set up a game of miniature bowling, gather water bottles or toilet paper rolls as pins and select a small ball like a tennis ball. Find a flat surface with enough space for the ball to roll and pins to be knocked over. Use tape or markers to indicate the starting point and pin placement



# FAMILY HOME ACTIVITIES

06

## ACTIVITY 5 – MINIATURE BOWLING

### Warm up

- Wrist circles: hold your arms in front of you, palms facing down. Slowly turn your wrists, first one way, then the other.
- Arm swings: Stand with your feet shoulder-width apart and swing your arms back and forth across your body. Gradually increase the speed and range of movement.
- Leg swings: Stand on one leg and swing the other back and forth in front of you. Switch legs and repeat. This will warm up your legs and improve your balance.

Do 10-20 repetitions of each exercise.

### The main part

Set up the bowling alley: Find a long table or flat surface and set up the water bottles or toilet paper rolls in a triangle shape at one end. Ensure enough space for the ball to roll and for the pins to be knocked over.

Determine the order: Decide on the order of players. Each player will have two turns per round.

Roll the ball: The first player rolls the ball toward the pins, aiming to knock down as many as possible. If any pins are still standing after the first roll, the player gets another roll to knock them down.

Keep score: Record the number of pins knocked down on a piece of paper. The next player then takes their turn, and the game continues in this way until all players have completed their two turns.

Determine the winner: At the end of the game, the player with the highest score is the winner.

**Modification:** To make miniature bowling accessible to people with disabilities, consider these adjustments:

Use adapted equipment, such as a bowling ramp, lightweight balls, or adapted finger holes.

Ensure the playing area is wide and obstacle-free for wheelchairs and walkers.

Modify rules, such as allowing two-handed rolls, extra turns, or larger hitting areas.

Provide seating for players to rest.

These adjustments can make miniature bowling enjoyable and inclusive for people with disabilities.

# FAMILY HOME ACTIVITIES

06

## ACTIVITY 5 – MINIATURE BOWLING

### Cool down

- Deep breathing: Take some slow, deep breaths to help calm the body and mind. Inhale deeply through the nose, and exhale slowly through the mouth.
- Hydrate: Drink plenty of water to help rehydrate the body and flush out any toxins that may have built up during the activity.
- Gentle stretching: Stretching can help release muscle tension and improve flexibility. Focus on stretches for the legs, arms, shoulders, and neck.



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# FAMILY OUTDOOR ACTIVITIES

07



- Activity 1 – Rolling Fun**
- Activity 2 – Target Trek**
- Activity 3 – Balancing Act**
- Activity 4 – Jumpstart**
- Activity 5 – Balloon Sports**



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# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 1 – ROLLING FUN

### What is this activity about?

Rolling Fun is a dynamic and engaging family activity that includes a variety of games designed to improve ball-handling skills, footwork, accuracy, reflexes, agility, and flexibility.

These activities also promote teamwork, communication, healthy competition, and strengthen family bonds.

Rolling Fun offers physical, social, and emotional benefits, making it a versatile and adaptable activity suitable for all skill levels and abilities.

### What we need?

- balls
- big stones
- sticks
- we can play this activity on outdoor cement playground or meadow



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# FAMILY OUTDOOR ACTIVITIES

07

## ACTIVITY 1 – ROLLING FUN

### Warm up: “Catch, Freeze, and Dodge the Ball”

#### The game (10 min)

All family members stand in a circle. One person stands in the middle of the circle and throws a ball high into the air. As the ball is in the air, the person in the middle shouts the name of a family member. The chosen family member must catch the ball while the others scatter away. Once the family member catches the ball, they shout "stop", and everyone who is running must freeze and stay put. The family member in the middle then tries to hit one of the frozen family members with the ball. Whoever gets hit earns penalty points. The game is repeated several times, and the family member with the least penalty points wins.

#### Dynamic stretching with the ball (5min)

The exercises are performed actively. Repeat each exercise 10 times on each side:

- circling the ball around the head
- circling the ball around the hips
- torso deflection with the ball to the left/right
- forward bends of the torso with the ball with legs together and apart
- guiding the ball with hands around the legs in figure eight\*

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 1 – ROLLING FUN

### The main part: “Obstacle Course Ball Roll Relay”

Set the course like in the picture.

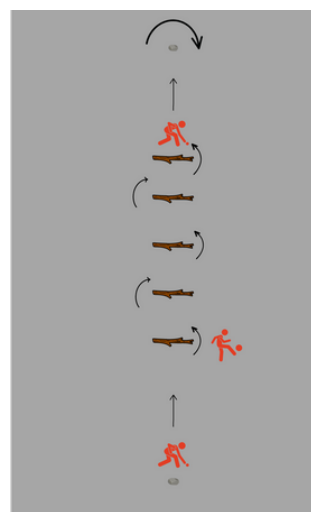
Starting and ending point: Two large stones placed 15 m apart.

Obstacle course: Five sticks placed at one-meter intervals, beginning 5 m from the starting point and ending 5 m before the ending point.

#### How to play:

Divide the family into two teams and have them stand in a column at the starting line of a marked course. Each team must take turns completing the course one by one. Once players reach the end of the obstacle course, they must return along the same route, tag the next person in line, and continue until all team members have completed the course. The first team to complete the relay wins.

Begin at the starting point and roll the ball with your hand through the first 5 m. Use your foot to guide the ball through the obstacle course, moving between the stones or sticks. In the last 5 m of the course, use your hands again to roll the ball to the finish line.



#### Different versions of the game:

- first, we guide the ball with our foot and then roll the ball with our hand
- repeat the mentioned exercises in reverse motion
- repeat the mentioned exercises in a lateral movement

#### **Modification:**

- \*If someone is in a wheelchair, they can guide the ball once around the head and once around the hips, thus creating the figure eight.
- Activities can be adjusted to fit different skill levels by changing the distance between the stones and sticks.

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 1 – ROLLING FUN

### Cool down: “Circle Toss”

#### The game (10 min)

Collect sticks of various lengths and form three different-sized circles on the ground. The smallest circle should have the most points (3), the medium-sized circle should have fewer points (2), and the largest circle should have the least points (1). Divide the players into two teams of equal size. Each team member gets five attempts to throw a stick into one of the circles. Players must throw from a designated spot a fixed distance from the circles. If a player successfully throws a stick into a circle, they earn certain points for that circle. If a player misses or their stick lands outside the circles, they do not earn any points. After all, players have taken their turns adding up each team's total points. The team with the most points wins the game.

#### Static stretching exercises with a ball in pairs (5 min)

Hold the positions for at least 30 seconds:

- We stand back to back:
  - forward bends of the torso with the ball with legs apart - the ball is held between the legs (also bend to each leg),
  - forward bends of the torso with the ball - the ball is between legs,
  - backward bends with the ball held overhead,
  - torso deflection with the ball held overhead to the left/right;

After the exercises talk about the task, what was fun, what we should do in the next task, how we can improve the task ect.



# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 2 – TARGET TREK

### What is this activity about?

Target Trek is a dynamic and engaging family activity that includes a variety of games designed to improve hand-eye coordination, agility, speed and flexibility. These activities also promote teamwork, communication, problem-solving skills, decision-making skills, healthy competition, and strengthen family bonds. Target Trek offers physical, social, and emotional benefits, making it a versatile and adaptable activity suitable for all skill levels and abilities.

### What we need?

- tennis balls (each family member)
- one big ball
- big and small stones (or sticks)
- large bucket
- we can play this activity on outdoor cement playground or meadow



# FAMILY OUTDOOR ACTIVITIES

07

## ACTIVITY 2 – TARGET TREK

### Warm up: “Bucket Target”

#### **The game (10 min)**

Create a playing area of 10m x 10m using sticks and stones to mark the boundary. Place a bucket in the center of the playing area. Choose one family member to lead and have them stand outside the playing area. Each family member has a tennis ball and runs freely around the playing area, avoiding the prohibited area marked by sticks and stones around the bucket (radius of 3 m). When the leader calls out "STOP," all players freeze. The leader then calls out the names of family members at random, and they must try to throw their tennis balls into the bucket. The first person to hit the bucket becomes the new leader, and the game is repeated. Keep playing until everyone has had a turn to be the leader or set a predetermined number of rounds. The player with the most successful throws into the bucket at the end of the game wins.

#### **Dynamic stretching (5min)**

The exercises are performed actively. Repeat each exercise 10 times on each side:

- head tilts to the left and right
- head movement forwards and backwards
- shoulder circles forwards and backwards
- arm circles forwards and backwards, alternating one forwards and the other backwards
- hip circles
- torso deflection to the left and right
- forward bends of the torso
- forward bends of the torso with crossed legs
- knee circles
- ankle circles

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 2 – TARGET TREK

### The main part: “A Group Relay Race”

Set the course like in the picture.

The course has a clear start and end line, which can be between 12 to 18 meters apart.

#### How to play:

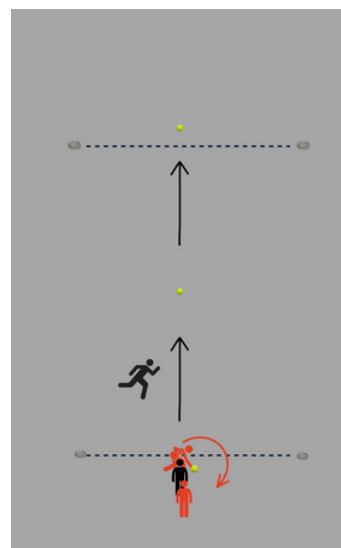
Divide family members into two or more groups and have them stand in a column at the starting line of a marked course. Mark it with sticks or stones. Each group is given one tennis ball.

The first player of each group rolls the ball towards the end line and quickly retreats to the end of their group's line. The next player in the line must catch the ball and bring it back to the next person in their group's line as fast as possible. A player can only start chasing the ball after it has crossed the finish line.

The game is finished when each player in the group has the chance to roll, catch, and return the ball. The winner is the group that completes the relay race first.

#### Different versions of the game:

- we can lengthen or shorten the finish line
- instead of running, we can jump, jump apart/together, jump on one leg, run backwards, run sideways, etc.



#### **Modification:**

- Activities can be adjusted to fit different skill levels by changing the distance between the stones.

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 2 – TARGET TREK

### Cool down: “Ball Battle”

#### **The game (10 min)**

In this game, family members are divided into two groups, standing facing each other at a distance of 10 meters. A big ball is placed in the middle of the field, and each team has a small ball. The objective is to hit the big ball with the small ball and get it to the opposing team's side as quickly as possible. The first team to successfully move the big ball to the other side wins. The game is repeated from the beginning, providing opportunities for both teams to win.

#### **Static stretching exercises (5 min)**

Hold the positions for at least 30 seconds:

- place one hand on your back, hold your elbow with the other hand and push it back
- trunk deflection to the right and left
- forward bend of the trunk
- forward bend of the trunk with crossed legs
- lunge step

After the exercises talk about the task, what was fun, what we should do in the next task, how we can improve the task ect.



# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 3– BALANCING ACT

### What is this activity about?

Balancing Act is a dynamic and engaging family activity that includes a variety of games designed to improve hand-eye coordination, speed, balance, coordination and flexibility.

These activities also promote teamwork, communication, problem-solving skills, decision-making skills, healthy competition, and strengthen family bonds. Balancing Act offers physical, social, and emotional benefits, making it a versatile and adaptable activity suitable for all skill levels and abilities.

### What we need?

- longer sticks
- a long rope
- stones
- we can play this activity on outdoor cement playground or meadow



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# FAMILY OUTDOOR ACTIVITIES

07

## ACTIVITY 3– BALANCING ACT

### Warm up: “Tail chase”

#### **The game (10 min)**

Cut a long rope into smaller pieces, and have each family member attach one piece to the back of their pants to represent their "tail". Use sticks or stones to create the playing surface (10 x 10 meters in size). Choose one family member to start as the "tail chaser" and try to grab the tails of other family members. When a person's tail is grabbed, they are out of the game. The last person with a tail remaining is the winner. Repeat the game from the beginning with a new tail chaser.

#### **Dynamic stretching (5min)**

The exercises are performed actively. Repeat each exercise 10 times on each side:

- head tilts to the left and right
- head movement forwards and backwards
- shoulder circles forwards and backwards
- arm circles forwards and backwards, alternating one forwards and the other backwards
- hip circles
- torso deflection to the left and right
- forward bends of the torso
- forward bends of the torso with crossed legs
- knee circles
- ankle circles

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 3– BALANCING ACT

### The main part: “A Group Relay Race”

Set the course like in the picture.

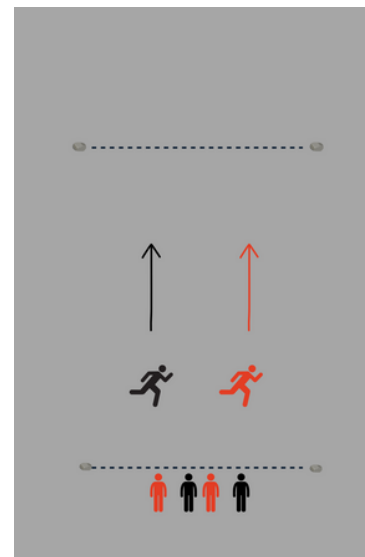
The course has a clear start and end line, which is 10 meters apart.

#### How to play:

Family members line up in a row behind the starting line. One person is chosen to be the starter, and family members start every race from a different position. When the starter shouts "hop," everyone runs as fast as possible to reach the finish line. The last person to cross the finish line becomes the starter for the next round.

Different positions for the game:

- Standing on one leg and turning the stick around the body.
- Standing on one leg and turning the stick under the other leg.
- Standing in the swallow pose and turning the stick around the standing leg.
- Standing on one leg and performing trunk deflections to left and right with the stick extended forward.
- Performing backward lunges with the stick extended overhead.



We also can do all these exercises with eyes closed.

#### **Modification:**

- Activities can be adjusted to fit different skill levels by changing the distance between the stones.

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 3– BALANCING ACT

### Cool down: “Word Chain”

#### **The game (10 min)**

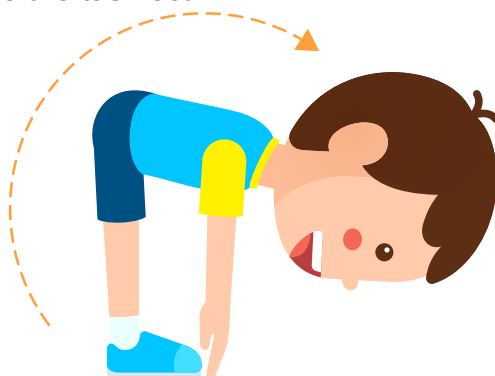
In this activity, all members arrange themselves in a single column, with the first person holding the ball and serving as the leader. To start the game, one family member selects a topic, such as animals, and announces the first letter of their chosen word, such as "E" for "elephant." The ball is then passed to the next person in the column, who must try to guess the word based on the topic and the given letter. If they cannot guess correctly, they pass the ball to the next person, and so on, until someone guesses the correct word. The person who correctly guesses becomes the new leader, and the previous leader moves to the end of the column. This game continues with each new leader choosing a new topic and letter, providing an entertaining way for family members to develop their knowledge, communication, and teamwork skills.

#### **Static stretching exercises (5 min)**

Hold the positions for at least 30 seconds:

- place one hand on your back, hold your elbow with the other hand and push it back
- trunk deflection to the right and left
- forward bend of the trunk
- forward bend of the trunk with crossed legs
- lunge step

After the exercises talk about the task, what was fun, what we should do in the next task, how we can improve the task ect.



# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 4– JUMPSTART

### What is this activity about?

Jumpstart is a dynamic and engaging family activity that includes a variety of games designed to improve coordination, reaction time, agility, balance and flexibility.

These activities also promote teamwork, communication, problem-solving skills, decision-making skills, healthy competition, and strengthen family bonds. Jumpstart offers physical, social, and emotional benefits, making it a versatile and adaptable activity suitable for all skill levels and abilities.

### What we need?

- sticks
- stones
- chalk
- a scarf
- we can play this activity on outdoor cement playground



# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 4– JUMPSTART

**Warm up: “Head, Shoulders, Knees, Toes and cone warm up”**

### **The game (10 min)**

In this game, family members are divided into two groups, facing each other at a distance of 4-5 m, with each pair having a stick or stone placed in the middle. The game leader stands beside them, ready to call out the actions. To start the game, everyone runs in place while waiting for the leader to call out an action. The leader can call out words like "head," "shoulders," "knees," "toes," "jump," or "cone," and everyone has to perform the corresponding action. For example, if the leader calls out "knees," everyone must quickly grab their knees. However, if the leader calls out "cone," everyone must run towards the designated cone (stick or stone) and try to catch it before another one reaches it. The game continues, with each round having a different leader.

### **Dynamic stretching (5min)**

The exercises are performed actively. Repeat each exercise 10 times on each side:

- head tilts to the left and right
- head movement forwards and backwards
- shoulder circles forwards and backwards
- arm circles forwards and backwards, alternating one forwards and the other backwards
- hip circles
- torso deflection to the left and right
- forward bends of the torso
- forward bends of the torso with crossed legs
- knee circles
- ankle circles



# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 4– JUMPSTART

### The main part: “Hopscotch Relay”

Set the course like in the picture.

Starting and ending point: Two large stones placed 15 m apart.

Obstacle course: Draw a straight line 2 meters from the starting point using chalk, which is 3 meters long. At a distance of 5 meters two stones are placed in a zig-zag pattern about 5 meters to the left and right from the middle. After 1 meter from the second obstacle, three sticks are placed in a row at a distance of 1 meter.

#### How to play:

Divide the family into two teams and have them stand in a column at the starting line of a marked course. Begin by running towards the marked line and then jump over it to the left and right. Next, sprint toward the first of two

stones and touch it with your hand before dashing towards the second stone and doing the same. After that, jump over the sticks and sprint to the end of the course.

Each team must take turns completing the course one by one. Once players reach the end of the obstacle course, they must return along the same route, tag the next person in column, and continue until all team members have completed the course. The first team to complete the relay wins.

Different versions of the game:

- jumping on one leg
- jumping with knees low/high

#### **Modification:**

- Activities can be adjusted to fit different skill levels by changing the distance between the stones and sticks.
- For someone in a wheelchair, we can place stones at a height accessible for the player to reach without leaving the wheelchair.



# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 4– JUMPSTART

Cool down: “Who's Walking Around the House?”

### The game (10 min)

All family members sit in a circle, with one of them blindfolded (we use a scarf) in the middle. Complete silence is required. One family member is selected to approach the blindfolded family member in the middle quietly. The blindfolded family member listens and points in the direction of any noise they hear. If they point in the right direction, the approaching player must return to their spot, and if not, they can continue. The player who successfully touches the blindfolded family member takes their place.

### Static stretching exercises (5 min)

Hold the positions for at least 30 seconds:

- place one hand on your back, hold your elbow with the other hand and push it back
- trunk deflection to the right and left
- forward bend of the trunk
- forward bend of the trunk with crossed legs
- lunge step

After the exercises talk about the task, what was fun, what we should do in the next task, how we can improve the task ect.



# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 5– BALOON SPORTS

### What is this activity about?

Balloon Sports is a dynamic and engaging family activity that includes a variety of games designed to improve coordination, agility, balance, spatial awareness and flexibility.

These activities also promote teamwork, communication, problem-solving skills, decision-making skills, healthy competition, and strengthen family bonds. Balloon Sports offers physical, social, and emotional benefits, making it a versatile and adaptable activity suitable for all skill levels and abilities.

### What we need?

- balloons
- cardboard boxes
- old blankets
- sticks
- stones
- we can play this activity on outdoor cement playground, backyard or meadow



# FAMILY OUTDOOR ACTIVITIES

07

## ACTIVITY 5– BALOON SPORTS

### Warm up: “Baloon Hockey”

#### **The game (10 min)**

Divide the family into two teams. Use stones and sticks to create the playing surface (10 m x 10 m in size). Place two stones on either end of the playing surface to serve as goals. Blow up a balloon to a size that is easy to hit and use as a puck. Each team takes turns trying to score by hitting the balloon into the opposing team's goal using their hands, feet or any other body part, except for their mouth. You can also use longer sticks. The opposing team tries to prevent the balloon from going into their goal by blocking it with their body or wheelchair. The game continues until a predetermined score or time limit is reached. The team with the most goals at the end of the game wins.

If needed, you can adapt the game by making the playing surface shorter and narrower.

#### **Dynamic stretching (5min)**

The exercises are performed actively. Repeat each exercise 10 times on each side:

- head tilts to the left and right
- head movement forwards and backwards
- shoulder circles forwards and backwards
- arm circles forwards and backwards, alternating one forwards and the other backwards
- hip circles
- torso deflection to the left and right
- forward bends of the torso
- forward bends of the torso with crossed legs
- knee circles
- ankle circles

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 5– BALOON SPORTS

### The main part: “Balloon Agility Course”

Set the course like in the picture.

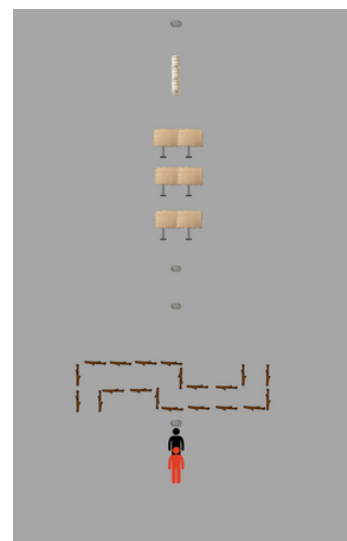
Starting and ending point: Two large stones placed 15 m apart.

Obstacle course: First place the sticks in the arrangement shown in the picture, covering a distance of 4 meters. Then, after one meter, place two large stones, with a distance of two meters between them. After another meter, set up three hurdles made out of cardboard boxes, spaced 1.5 meters apart. Finally, lay out a series of blankets in line on the ground, covering a total length of three meters.

#### How to play:

Divide the family into two teams and have them stand in a column at the starting line of a marked course.

Start by navigating through a maze of sticks on the ground. Next, run around the stones, making one lap around each stone before jumping over the hurdles. Finally, tandem walk across the blankets and run to the end of the obstacle course. Once you reach the end of the obstacle course, return along the same route and tag the next person in column. The game continues until all team members have completed the course. Throughout the course, you have to keep an inflated balloon in the air.



#### **Modification:**

- Individuals using wheelchairs can go around hurdles instead of jumping over them.
- To increase the challenge of the game, you can change the size of the course or add more balloons or obstacles.
- If needed, you can take away some obstacles.

# FAMILY OUTDOOR ACTIVITIES

# 07

## ACTIVITY 5– BALOON SPORTS

### Cool down: “Balloon Relay Race?”

#### **The game (10 min)**

The participants are divided into two teams and each team stands in a column behind a starting line. In front of each team, there is a stone placed 5 meters away. Once the game starts, the first person passes the balloon to the person behind them by placing it between their legs. The balloon then continues to be passed down the column in this manner until it reaches the last person in the column. Once the last person receives the balloon, they pass it over their head and back to the first person in the column.

The first person in the column then puts the balloon between the legs and continues to move towards the stone and back without dropping the balloon until they reach the starting line. Once they cross the line, the next person in the column takes over and repeats the process until all members of the team have had a turn.

#### **Static stretching exercises (5 min)**

Hold the positions for at least 30 seconds:

- place one hand on your back, hold your elbow with the other hand and push it back
- trunk deflection to the right and left
- forward bend of the trunk
- forward bend of the trunk with crossed legs
- lunge step

After the exercises talk about the task, what was fun, what we should do in the next task, how we can improve the task ect.



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

08



**Activity 1 – The Family Flash Dash**

**Activity 2 – The Family Toss Off**

**Activity 3 – Fun RUN 1K Adventure**

**Activity 4 – The Family Neuro Fit**

**Activity 5 – Fitness Monthly Challenge**



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 1 – THE FAMILY FLASH DASH (4X50M RELAY)

### What is this activity about?

A relay is a team race where each member of the team takes turns running a specific distance before passing a baton or object to the next member. The goal is to complete the race in the fastest time possible by working together and maximizing each team member's speed and effort. It's also a great way to get some exercise and improve cardiovascular fitness.

### What we need?

- A baton or any easy to carry object like ball, scarf, rubber ring, stick etc.
- A gym, track, playground or open field.



### Warm up:



Let's warm up with energizing exercises to get our heart rate pumping, increase mobility, and activate our muscles. We'll move to the beat of the music with exercises like jogging in place and jumping jacks to prepare for the sprint relay.



"Hot Potato Relay" is a team activity that promotes teamwork and coordination, passing a small object among 3-4 people in a relay setting using various methods to reach the finish line. It's a fun and exciting warm-up suitable for people of different abilities.

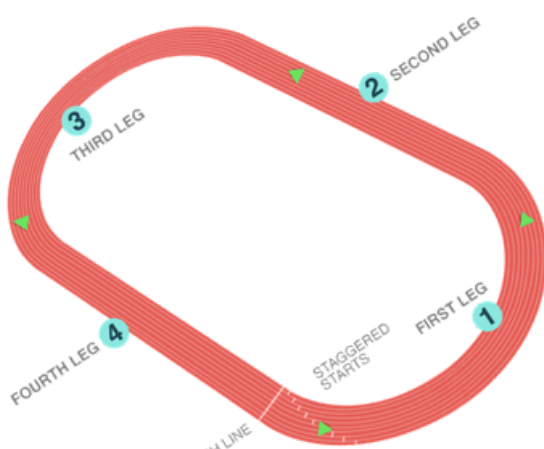


# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 1 – THE FAMILY FLASH DASH (4X50M RELAY)

### The main part



The family members line up at the starting line, with one member designated as the starting runner. When the race begins, the starting runner sprints their 50m stretch as fast as they can, then passes a baton or other designated object to the second runner in line. The second runner then takes off and runs their 50m stretch, passing the baton to the third runner when they complete their leg. The third runner takes off and runs their 50m stretch, passing the baton to the final runner when they complete their leg. The final runner sprints their 50m stretch and crosses the finish line to complete the race. The team's goal is to complete the relay in the fastest time possible, with each runner giving their best effort during their 50m stretch. This relay is a great way for families to have fun together while also promoting teamwork, communication, and healthy competition.

**Modification:** The family Flash Dash Relay is great activity to do with friends and it's a fun way to get everyone up and active. The game can be modified in many ways, depending on the players' preferences, making it a versatile and exciting game for all family members. The game has many ways of adapting it to include people with disabilities. The length of stretches can be increased or decreased, it can be done by wheelchair wheeling (wheelchair ), walking or running, obstacles or hurdles can be added.

# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 1 – THE FAMILY FLASH DASH (4X50M RELAY)

### Cool down

After the relay, it's important to cool down to lower your heart rate and prevent injury. Stretching, yoga, walking, water games, and enjoying a fruit snack are all fun ways to cool down together. Choose activities that you and your family enjoy and make sure to take it easy to let your muscles relax.



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 2 – THE FAMILY TOSS OFF

### What is this activity about?

"Family Toss-Off" is a fun and competitive game that involves throwing objects at targets or for distance. This game can be enjoyed by family members of all ages and skill levels, and it's a great way to improve hand-eye coordination, accuracy, and strength while having fun together as a family.



### What we need?

- Any easy to throw object like tennis ball, sponge javelin, vortex or bean bag.
- plastic rings, cones, hula-hoops or baskets for targets.
- Measuring tape
- A gym, track, playground or open field.



### Warm up:

Here are some exercises to warm up different muscles:

- Medicine ball pass in a circle for arms, shoulders, and core
- Overhead toss with a partner for shoulders and coordination
- Wall throws to improve arm strength and accuracy
- Frisbee toss with a partner for hand-eye coordination and arm warm-up
- Sock throws at a target for accuracy and fun.



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 2 – THE FAMILY TOSS OFF

### The main part

To play a fun throwing game with your family, divide them into two teams and choose a team captain. Set up various targets like hula hoops or cones, or measure the distance of each throw. Each team takes turns throwing their object at the targets or trying to throw the furthest distance. The team with the most points or the furthest distance wins the game. This game can be adjusted to suit the age and skill level of your family members and promotes hand-eye coordination and healthy competition while having fun together. Encourage your family to have fun and cheer each other on. You can even add some friendly banter to make it more exciting!

**Modification:** The family Toss Off is great activity to do with friends and it's a fun way to get everyone up and active. The game can be modified in many ways, depending on the players' preferences, making it a versatile and exciting game for all family members. The game has many ways of adapting it to include people with disabilities. The distance of targets can be increased or decreased, it can be done by variety of throwing objects standing or sitting.

### Cool down

- Take time to relax and breathe
- Reflect on the game and acknowledge everyone's efforts to reinforce positive attitudes and teamwork
- Avoid blaming others and focus on what went well and how to improve in the future
- Congratulate each other on a game well-played regardless of the outcome
- Plan for future games and discuss strategies to build excitement and teamwork.



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 3 – FUN RUN 1K ADVENTURE

### What is this activity about?

The 1K Fun Run Family Adventure is a perfect way to combine endurance, family fun, and stamina for both active families and those with disabilities. Whether you're running, jogging, or walking, this event provides a great opportunity to challenge yourself and create lasting memories with loved ones.

### What we need?

- Comfortable running clothes.
- A gym, track, playground or open field.
- refreshment (water, sports drink etc.)



### Warm up:

To warm up for a 1k run:

- Start with a light jog or brisk walk for 5-10 minutes
- Do dynamic stretching such as high knees, butt kicks, lunges, leg swings, and arm circles
- Improve running form with skipping, grapevine, and running backwards
- Do some strides (short bursts of speed) at a faster pace than your goal pace with short rests in between
- Adjust intensity and duration based on fitness level and listen to your body. Good luck!



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 3 – FUN RUN 1K ADVENTURE

### The main part

A 1K fun run family adventure is a great way for families of all ages and fitness levels to enjoy physical activity together. The run can be on a measured track or in a park and may include obstacles, challenges, and activities like water stations, face painting, or photo opportunities. It's a unique event that combines fitness, fun, and family bonding, creating lasting memories for everyone involved. The emphasis is on having fun and enjoying the experience, rather than on competition or performance. It's a great way to get active, explore new activities, and create lasting memories with your loved ones.

**Modification:** The family FUN RUN is great activity to do with friends and it's a fun way to get everyone up and active. The game can be modified in many ways, depending on the players' preferences, making it a versatile and exciting game for all family members. The game has many ways of adapting it to include people with disabilities. The length of stretches can be increased or decreased, it can be done by walking, wheeling (wheelchair) or running, obstacles or hurdles can be added.

### Cool down

Here are the steps for cooling down after a 1k run, presented in bullet points:

- Slow down your pace and walk for 3-5 minutes.
- Perform some static stretches to prevent muscle soreness.
- Hydrate with water or a sports drink.
- Use a foam roller to massage and release any tight muscles.
- Take a few moments to relax and let your body recover fully.

Remember, cooling down is an essential part of your workout routine that can help reduce the risk of injury, speed up recovery, and prepare your body for the next exercise session.



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

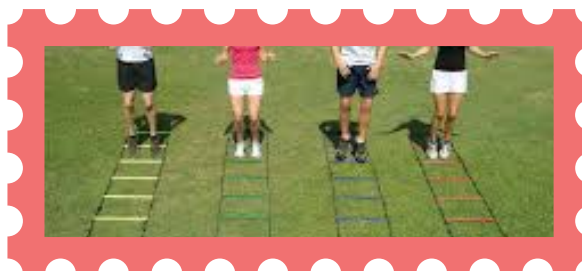
## ACTIVITY 4 – THE FAMILY NEURO FIT

### What is this activity about?

"Neuro Fit" activities are a fun and effective way to promote an active, healthy lifestyle for the whole family. They challenge agility, reaction time, and coordination while also improving strength, flexibility, and body awareness. Participants can benefit from combining these exercises to improve their ability to perform quick, precise movements, react to stimuli faster, and reduce the risk of injury, while people with disabilities can enhance coordination, balance, and overall fitness enabling them to tackle daily tasks and recreational activities with greater ease and independence.

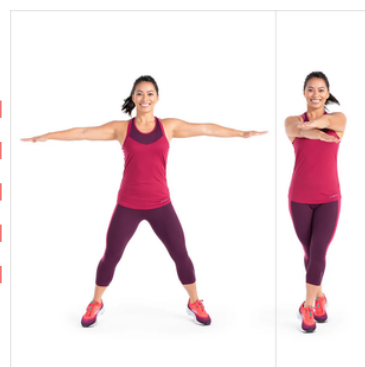
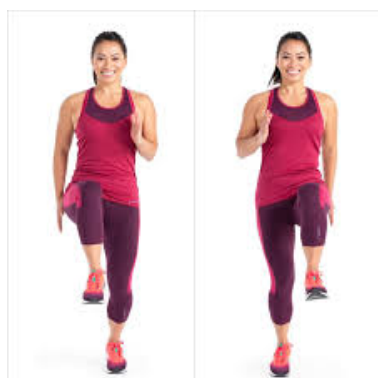
### What we need?

- Comfortable running clothes.
- Agility ladder
- refreshment (water, sports drink etc.)
- whistle for signaling or it can be done by claps
- Gym, track or open field



### Warm up:

A good warm-up for frequency training can include exercises that increase blood flow to the muscles and activate the nervous system, such as light jogging, jumping jacks, high knees, and tapping. It's also important to perform dynamic stretches that target the muscles and joints being used in the workout, such as leg swings, hip circles, and arm rotations.



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 4 – THE FAMILY NEURO FIT

### The main part

The main activity could involve a series of drills that incorporate short sprints from various starting positions, such as lying down, sitting, kneeling, or standing. These drills can also include short sprints with an audio signal that require quick reaction time. They can be done individually or in a relay-style format, which can make the activity both enjoyable and competitive. The drills can be customized to target specific areas such as agility, acceleration, and deceleration to help improve endurance and overall athleticism. Furthermore, with modifications, this activity can be accessible and inclusive for individuals with disabilities, making it an ideal choice for families looking to engage in active and fun activities together.

**Modification:** The family Neuro Fit is great activity to do with friends and it's a fun way to get everyone up and active. The activity can be modified in many ways, depending on the players' preferences, making it a versatile and exciting game for all family members. This activity has many ways of adapting it to include people with disabilities.



### Cool down

- A great way to cool down after a neurofit training session that focuses on speed, frequency, and reaction time is to incorporate a yoga flow sequence. This sequence can help to relax the mind and body, stretch out muscles, and improve flexibility.
- Perform a few minutes of gentle yoga flow movements
- Focus on deep breathing and relaxing the body
- End with a few restorative poses such as Child's Pose or Corpse Pose
- Drink plenty of water to rehydrate the body
- Take a few moments to rest and let the body fully recover

# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 5 – FITNESS MONTHLY CHALLENGE

### What is this activity about?

A Family Fitness Monthly Challenge is a fun way to keep your family members motivated and engaged in physical activity. Here's how it works:

- Set a challenging fitness goal
- Track progress with a chart
- Mix up the workouts for fun
- Celebrate your family's achievements

A Family Fitness Monthly Challenge can help your family members stay motivated, engaged, and committed to physical activity. It's also a great way to bond as a family and create healthy habits that can last a lifetime.

### What we need?

- Monthly schedule for activities
- Record chart for progress
- It can be performed anywhere, outside or inside

**FAMILY** fitness challenge

### Warm up:

To warm up for the family fitness challenge, try exercises like walking, toe touches, arm swings, knee raises, shoulder rolls, and calf raises. Increase the intensity slowly as you go. These exercises will help prevent injury and prepare your muscles and joints for physical activity.



# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 5 – FITNESS MONTHLY CHALLENGE

### The main part

There are different approaches you can take for your monthly fitness challenge, depending on your goals and preferences. Here are a few options:

One approach to a 30-day fitness challenge is the progressive plan, which involves gradually increasing reps or difficulty level over the course of the month. Another option is the daily challenge, where a different exercise is performed each day with a set or maximum number of reps. This can be a fun way to mix up your workouts and target different muscle groups each day.

A hybrid approach can also be used, combining elements of the progressive plan and daily challenge.

Whichever approach you choose, make sure to adjust the difficulty level to your own fitness level and listen to your body to avoid injury. A monthly fitness challenge can be a great way to stay motivated, track your progress, and make fitness a fun family activity!

**Modification:** The family Monthly Fitness Challenge is a great activity to do with family members and it's a fun way to get everyone up and active. The game can be modified in many ways, depending on the players' preferences, making it a versatile and exciting activity for all family members. This activity has many ways of adapting it to include people with disabilities.

FAMILY FITNESS MONTHLY CHALLENGE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 YOGA Stretches + Plank 20sec	2 5 Push-ups Wall sits (20 seconds)	3 10 Crunches 10 Leg raises	4 Cardio day Walk (10min) Run (5min)	5 5 Push-ups Wall sits (20 seconds)	6 10 Crunches 10 Squats	7 Fun outdoor activities
8 YOGA Stretches Plank 25sec	9 8 Push-ups Wall sits (30 seconds)	10 12 Crunches 12 Leg raises	11 Cardio day Jumping Jacks(1min)	12 8 Push-ups Wall sits (30 seconds)	13 12 Crunches 12 Squats	14 Fun outdoor activities
15 YOGA Stretches Plank 30sec	16 12 Push-ups Wall sits (40 seconds)	17 15 Crunches 15 Leg raises	18 Cardio day Jump Rope (1min)	19 5 Push-ups Wall sits (40 seconds)	20 15 Crunches 15 Squats	21 Fun outdoor activities
22 YOGA Stretches Plank (40sec)	23 15 Push-ups Wall sits (50 seconds)	24 18 Crunches 18 Leg raises	25 Cardio day Mountain Climbers (1min)	26 5 Push-ups Wall sits (50 seconds)	27 20 Crunches 20 Squats	28 Fun outdoor activities
29 YOGA Stretches plank (45sec to 1min)	30 20 Push-ups Wall sits (1 min)	31 20 Crunches 20 Leg raises				

# JUMP, THROW, AND GO- A FAMILY OLYMPICS ADVENTURE

# 08

## ACTIVITY 5 – FITNESS MONTHLY CHALLENGE

### The main part

 **FAMILY** fitness challenge 

<b>10 JUMPING JACKS</b>	Frog hop for 20 Seconds	<b>2 SETS OF 10 BICYCLE KICKS</b>	Take a 10 minute jog	<b>15 SQUATS</b>
5 Somersaults	<b>6 BEAR CRAWLS</b>	20 minute family walk	<b>PLANK FOR 5 SECONDS</b>	20 arm circles
<b>WALL SIT FOR 3 MINUTES</b>	Jump rope for 15 Seconds	<b>BALANCE ON ONE FOOT FOR 12 SECONDS</b>	10 pushups	<b>PLAY BASKETBALL FOR 20 MINUTES</b>
3 yoga poses	<b>25 HIGH KICKS</b>	5 lunges	<b>7 CARTWHEELS</b>	jog in place 4 minutes
<b>30 BUNNY HOPS</b>	25 crunches	<b>DANCE FOR 15 MINUTES</b>	20 situps	<b>RUN IN PLACE 3 MINUTES</b>
18 leg lifts	<b>BIKE RIDE 20 MINUTES</b>	crab walk 3 times	<b>DO A HANDSTAND</b>	5 burpees

### Cool down

- Perform a few minutes of gentle yoga flow movements
- Focus on deep breathing and relaxing the body
- End with a few restorative poses such as Child's Pose or Corpse Pose
- Drink plenty of water to rehydrate the body
- Take a few moments to rest and let the body fully recover



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# GUIDELINES FOR ADAPTING AND MODIFYING SPORT FOR FAMILIES AND PEOPLE AFFECTED WITH DISABILITY

## ACTIVE FAMILIES

PROJECT NUMBER: 101089489

### • PARTNER ORGANIZATIONS

**Sojuz na istrazhuvachi na Makedonija.** Republic of North Macedonia. Coordinator

**SMART Idea.** Slovenia. Partner

**Univerzitetna Športna Zveza Maribor.** Slovenia. Partner

**Athletic Federation of North Macedonia.** The Republic of North Macedonia. Partner

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