

# Super 1s

**STAYING ACTIVE  
AT HOME PACK**

**WEEK 1**

 **Berkeley**  
Foundation

Supported by players of



Awarded funds from



**LORD'S TAVERNERS**  
Giving young people a sporting chance

## **Parent/Guardian/Carer/Support Worker notes**

During these uncertain times, we have created a Super 1s cricket survival pack!

We hope these activities will keep our super Super 1s participants busy, active and enthused about cricket during these long days!

We will release a new challenge or task each week for you to enjoy at home and for those of you who complete every challenge, you will receive a certificate congratulating you for all the work you've done during this period.

Once you've completed each challenge please send your entries to [contact@lordstaverners.org](mailto:contact@lordstaverners.org) and feel free to share photos or videos of your tasks on social media while tagging the Lord's Taverners.

If you have any questions about the challenges, get in touch with Mark Bond, Super 1s Programme Manager via email: [mark.bond@lordstaverners.org](mailto:mark.bond@lordstaverners.org)

Good luck!

### **Lord's Taverners Social Media channels**

Facebook – [facebook.com/thelordstaverners](https://facebook.com/thelordstaverners)

Twitter - [twitter.com/lordstaverners](https://twitter.com/lordstaverners) (@LordsTaverners)

Instagram - [instagram.com/lordstaverners](https://instagram.com/lordstaverners) (@lordstaverners)



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# CHALLENGE 1

## ABOUT ME



Tell us what you like about cricket. Take some time to write or draw your three favourite things about cricket:



We would love to hear what you enjoy about Super 1s. Take some to write or draw why you love attending Super 1s:



Of all the Super 1s sessions you have attended, take some time to write or draw your favourite game or skill practice:

# CHALLENGE 1

## ABOUT ME



Has being part of Super 1s helped you feel less isolated?

Circle the face that best describes how you feel.



What do you miss most about Super 1s?

Write a couple of lines below: