

Super 1s

**STAYING ACTIVE
AT HOME PACK**

WEEK 2

 **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 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

Good luck!

Lord's Taverners Social Media channels

Facebook – facebook.com/thelordstaverners

Twitter - twitter.com/lordstaverners (@LordsTaverners)

Instagram - instagram.com/lordstaverners (@lordstaverners)

CHALLENGE 2

HEALTHY LIVING



Find out what types of food sportsmen and women need before a game and write down three types.

- Why are these types of foods important?
- Design a pre-match meal for a cricketer.



Why do we need to warm up before sport/activity? Write down your answer.

- What needs to be included in a warm up? Design your own warm up for a Super 1 cricket session
- Can you deliver your warm up at home to your family? (record your attempt!)



Physical Challenges

(write about or film your best effort)

- How many star jumps can you do in 30 seconds?
- How long can you balance a book on your head whilst standing on one leg? Try left and right legs. Try squatting at the same time. Try closing your eyes as well.

CHALLENGE 2

ABOUT ME



What are you doing to make sure you are living as healthily as you can during this time?

Write a couple of lines below:



Has being part of Super 1s helped you to understand how to eat more healthily?

Circle the face that best describes how you feel.



Has being part of Super 1s helped you understand how to keep fit?

Circle the face that best describes how you feel.

