



# Summer of Sport Activity Pack



In Partnership With



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Activity 1.

# Scores on the doors!

Great for your own Olympic competition!



## You will need:

- Glue stick Scissors
- Silver glitter glue
- Sponge applicator
- Number outlines



## What you do:

- Using your favourite font for numbers, print out the numbers 0 through 9 so they large enough to see from a distance
- Cut the numbers out, leaving a small border of white paper around each one
- Glue the construction paper sheets to the thin cardboard and trim the edges neatly.
- Glue the numbers to the black construction paper; you should have one for each number
- Pipe silver glitter glue around the edge of each black paper
- Use a sponge applicator to flatten and spread out the glitter
- Let dry completely

## NAPA's Top Tips:

- Glitter glue takes several hours to dry, but by spreading it flat with the sponge applicator it speeds up drying time
- Save the cardboard from the inside of packing boxes, the backs of note pads or anything else you think you could recycle for this project!

Activity 2.

# Olympic Cup Stacking

Cup stacking is a great physical activity – it can support dexterity and hand eye coordination.



## The 3-3-3- Stack:

This physical activity consists of making pyramids out of cups as quickly and neatly as you can whilst being timed.

Some world champion cup stackers have managed to stack some sequences in less than 7 seconds so you never know you might have a record breaker in your midst!

### You will need:

- Flat surface
- Paper/plastic cups in 3 piles of 3
- Stopwatch



## What you do:

- Ask your participant to place their hands face down on the table in front of their 3 piles
- When the clock starts they have to stack up each pile into a pyramid using both hands
- Once they have stacked all 3 pyramids, they must go back to the beginning and down stack the cups into 3 piles of 3 using both hands
- When finished they must place their hands back on the table in front of their cups and stop the clock
- Who managed to up stack and down stack their cups the quickest?
- Whose stacks were the neatest? Who lost all their cups?

## NAPA's Top Tips:

Pierce the bottom of the cups to stop them getting stuck on top of each other

Activity 3.

# Wimbledon Quiz

Engaging individuals in a quiz about Wimbledon is a wonderful way to spark their curiosity, stimulate their memory, and create an enjoyable and interactive experience.

*Answers can be found on the last page*



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## Wimbledon Quiz Questions:

### 1. Which city hosts the Wimbledon tennis tournament?

- a) London
- b) Paris
- c) New York
- d) Melbourne

### 2. Wimbledon is the oldest tennis tournament in the world.

#### In what year was the first Wimbledon tournament held?

- a) 1877
- b) 1901
- c) 1932
- d) 1969

### 3. What is the traditional food associated with Wimbledon?

- a) Fish and chips
- b) Strawberries and cream
- c) Scones with tea
- d) Beef Wellington

### 4. The Wimbledon tournament is known for its strict dress code.

#### What colour must the players wear?

- a) All white
- b) Blue and yellow
- c) Green and purple
- d) Red and black

### 5. Who holds the record for the most Wimbledon singles titles in the women's category?

- a) Serena Williams
- b) Steffi Graf
- c) Martina Navratilova
- d) Venus Williams

### 6. Which British player ended the nation's 77-year wait for a Wimbledon men's singles champion, by winning the title in 2013?

- a) Andy Murray
- b) Tim Henman
- c) Greg Rusedski
- d) Fred Perry

### 7. Which player famously won the "Battle of the Sexes" exhibition match against Bobby Riggs in 1973?

- a) Billie Jean King
- b) Chris Evert
- c) Margaret Court
- d) Evonne Goolagong

### 8. Which surface is used for playing tennis at Wimbledon?

- a) Grass
- b) Clay
- c) Hardcourt
- d) Carpet

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Activity 4.

# Seated Football Match

Seated Football is a modified version of the sport that allows individuals with varying physical abilities to participate and enjoy the game.





## You will need:

- Soft foam footballs balls or beach balls
- Cones or markers to define the playing area.
- Chairs or wheelchairs
- Football shirts or team-coloured bibs.

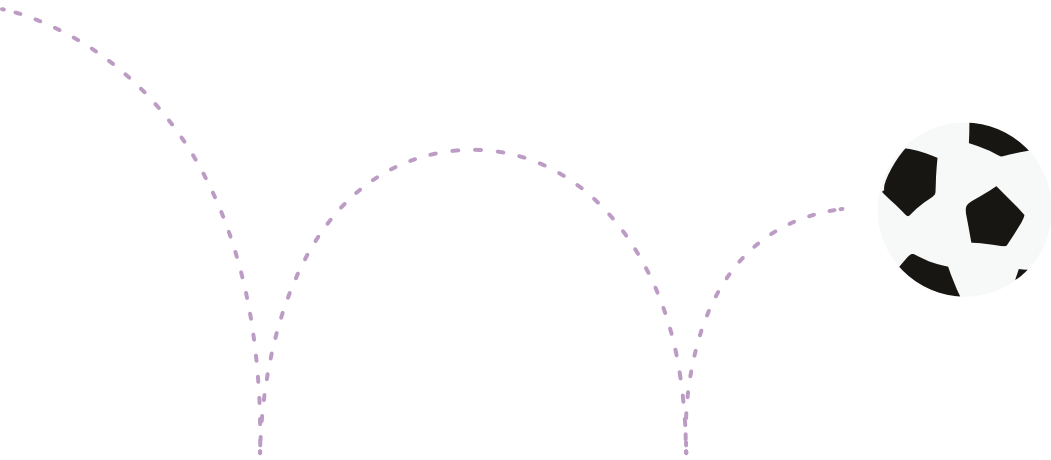


## What you do:

- Start by explaining the rules and objectives of seated football. Emphasise that it's a modified, inclusive version of the sport designed to accommodate individuals with diverse abilities. Highlight the importance of teamwork and having fun.

- Divide the participants into two teams. Ensure that teams are balanced in terms of abilities and consider rotating team members during different rounds or games to maximise inclusion.
- Use cones or markers to define the boundaries of the playing area. The size of the playing area can be adjusted based on the available space and the participants' mobility.
- Some individuals may use wheelchairs, while others may prefer to sit on chairs or on the floor. Accommodate everyone's seating preferences to ensure comfort and accessibility.
- While the rules of seated football may be adapted to suit the abilities of the participants, some common rules include: Players must remain seated during the game.
- The ball can be kicked or passed forward or backward.

- Players can score points by passing the ball across the opposing team's goal line.
- Tackling is typically replaced by tagging, where a defender tags the ball carrier to stop their progress.
- Start the seated football match with each team trying to advance the ball towards the opposing team's goal line. Encourage passing and teamwork to move the ball effectively. Modify the rules as needed to ensure fairness and inclusivity.
- Keep track of points scored by each team. You can use a scoreboard or simply verbally announce the score to maintain excitement and competition.



- Consider rotating team members or adjusting team sizes to provide everyone with an opportunity to participate actively. This can help build camaraderie and ensure everyone feels included.
- Celebrate the end of the seated football match, regardless of the final score. Acknowledge everyone's efforts, teamwork, and sportsmanship.
- After the game, gather feedback and highlight positive moments. Encourage participants to share their thoughts on the activity and any ideas for future adaptations.



Activity 5.

# Olympics Acrostic Poem

An acrostic poem is a poem where certain letters in each line spell out a word or phrase. Give it a try on the next page and see what you can come up with!



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# Answers

## Wimbledon Quiz

1. London
2. 1877
3. Grass
4. Martina Navratilova
5. Andy Murray
6. Strawberries and cream
7. Billie Jean King
8. All white





# Care Home Open Week

16<sup>th</sup> - 22<sup>nd</sup> June 2025

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