

disabilitysportscoach.co.uk

Active at home

Inclusive activity
inspiration for
everyone, anywhere



Adam Blaze, Strategic Lead for Disability at Sport England says

“ Sport England is delighted to be supporting Disability Sports Coach’s Active at Home programme. We know that it’s going to be a challenging time for many people this year, and staying active, having fun and maintaining social connections is absolutely key to reducing loneliness and increasing people’s wellbeing. ”

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Introduction

Welcome to Active at Home from Disability Sports Coach.

Our charity empowers disabled people to live more active lives. Since 2013, we have transformed the lives of over 19,000 people.

However, the recent pandemic has had a devastating impact, especially among disabled people. With schools, sports clubs and gyms closed, there is a real risk that members of the disabled community could become even more isolated and lonely.

We know just how powerful community sport can be for improving a disabled person's mental and physical health, so we are determined to keep people engaged, connected and active - both during the pandemic and beyond.

That's why we've created a range of fun and engaging ways for disabled people to keep active. From April to December 2020, we have:

- Delivered over 850 packs of sports equipment to disabled people across London
- Run 4,590 minutes of fun online activities including sports, quizzes and more

- Reached over 2,600 people across London - and even around the world!

We are now proud to launch Active at Home, a vital resource that will help you to keep fit in the safety of your own home while having a great time. You will also find a great monthly planner, as well as links to other useful websites to help support your physical and mental health.

I would like thank Sport England and all our partners for their wonderful support at a time when disabled people need us more than ever.

With over 1.4 million disabled people in London, we have much more to do - and we need your support too. We know times are tough, so any donation will make a huge difference. You can find out how to get involved at the back of this pack.

Thank you again. Please keep safe and keep active!

Peter, CEO

Disability Sports Coach





Equipment:

Small or medium-sized soft ball.

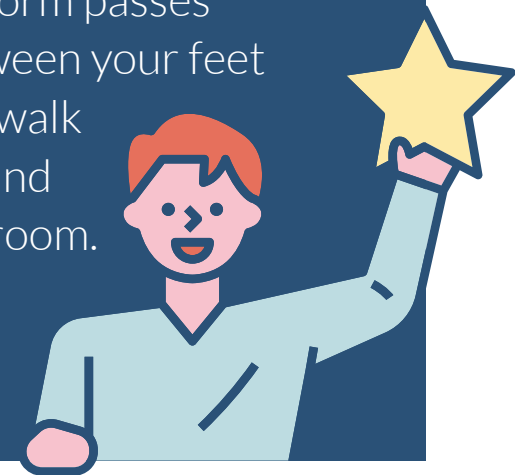
Ball skills

Aim: Improve general coordination, flexibility and balance.

- 1 Hold the ball in the palm of your hand. Squeeze and open 10 times per hand, trying to keep the ball balanced.
- 2 Pass the ball from one hand to the other as quickly as possible. Try 20 passes.
- 3 Hold the ball between your palms and try to squash it for 5 seconds. Do 5 sets of 5 seconds. Rest in between.
- 4 Balance the ball on the top of your palm and try to squat and touch the floor with your other hand. Try 3 times with each hand.
- 5 Hold the ball to your chest with your left hand and roll it around your chest 3 times. Swap hands and repeat.
- 6 Place the ball on the floor and step on it firmly with your foot. Try 4 times with each foot.
- 7 With the ball under your foot, roll it forward and backward and left to right. Repeat 4 times on each foot.

Advanced level:

Perform passes between your feet and walk around the room.



Paper basketball

Aim: Develop hand-eye coordination using throwing and aiming skills. Remember to count your successful throws and collect the balls after each round!

- 1 Get 10 pieces of newspaper and crush them with your hands to make 10 small balls.
- 2 Place the bucket or bin on the floor around 2-3 metres away from you and sit down on a chair.
- 3 Try to throw the paper balls into the bucket/bin. Complete 10 shots.
- 4 Now stand and complete 10 shots.
- 5 Cover one eye with one hand and complete another 10 shots using the other hand.
- 6 Repeat this same action with other eye covered.

Equipment:

Newspaper, small bin/bucket, chair, a partner to assist if available.

Advanced level: You can also try this activity using soft balls or bean bags.





Equipment:

Newspaper crushed into 10 separate balls, wooden or plastic spoon (or any other type of racket), small bin/bucket, chair, a partner to assist if available.

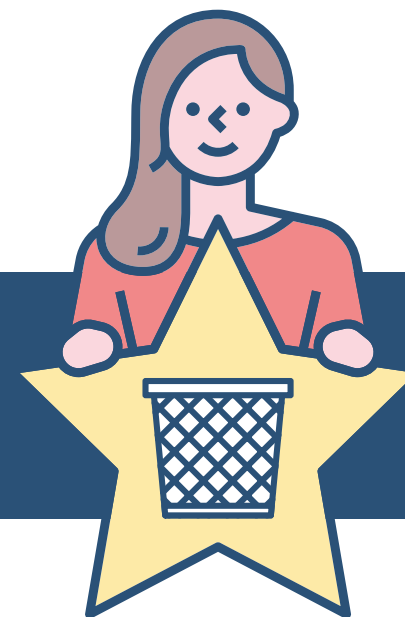
Cricket bonanza

Aim: Develop hand-eye coordination using throwing and aiming skills.

Don't forget to count your successful hits after each round!

- 1 Hold the spoon and try to hit the paper ball thrown by your partner (10 throws). You can either sit or stand whilst hitting.
- 2 Swap roles and throw the balls for your partner to hit.
- 3 Place the bucket/bin between you and your partner. As your partner throws you each ball, try to hit them into the bucket/bin.
- 4 Swap roles.
- 5 Place a bucket around 3 metres away from the chair with 10 balls in it. Starting from the chair, walk to the bin, grab 1 ball and put it on the chair. How fast can you transfer all 10 balls?

Advanced level: Place the ball on the spoon and throw it into the bucket/bin.



Tightrope walker

Aim: Develop the ability to link actions and produce short sequences of coordinated movement.

- 1 Place the rope or ribbon on the floor in a straight line in front of you.
- 2 Walk in a straight line along the rope or ribbon: forwards, backward, sideways, zig zag - spread your hands and pretend you are up high above the ground.
- 3 Wheelchair users can also move along the rope or ribbon with forward, backward and zig zag movements.
- 4 Try going forwards, backwards, sideways walking with a pause, a wobble, outstretched arms and pretend to hold an umbrella!
- 5 Cover one eye with one hand and complete another 10 shots using the other hand.
- 6 Try to perform a squat on both legs and then on 1 leg whilst maintaining your balance.

Advanced level:

Perform the above skills with your eyes closed or cover your eyes with a scarf or blind.



Equipment:

Rope, skipping rope or long ribbon around 2-3 metres long.



Equipment:

4-5 inflated balloons,
juggling scarves.

Balloon juggler

Aim: Develop the ability to link actions and produce short sequences of coordinated movement.

- 1 Bounce a balloon in your left hand and then your right hand (10 bounces on each) without dropping it on the floor.
- 2 Bounce a balloon using both elbows - keep it up in the air for 20 seconds.
- 3 Bounce 2 balloons at the same time using your palms and head. 2 sets of 20 seconds.
- 4 Perform 20 kick ups without dropping it on the floor - 2 sets.
- 5 Headers - keep the balloon up for as long as possible using your head only.
- 6 Juggle all balloons up in the air for as long as possible - continue until only 1 is left in the air.
- 7 You can also try some of these exercises using juggling scarves.

Advanced level:

Using 2 balloons, kick 1 up with your foot and the other using your hands - keep them up for as long as possible.



Pin the football down

Aim: Practise a range of football skills and drills using different body parts.

- 1 Drop your football in front of you and try to place your foot on it as quickly as possible. Try using both feet.
- 2 As above but allow only 2 bounces and then 1 bounce to stop the ball.
- 3 This time try to use your knees to pin the football down.
- 4 Place your football on your knee and let it drop off and then stop it by using your foot.
- 5 Place your football on the top of your head and allow it to drop to the floor - try stopping it with your foot.

Equipment:

Football.

Advanced level: Try to use your bottom to stop the ball once you have dropped it. Be careful to keep your balance and be aware of any nearby objects!



**Equipment:**

Football, chairs.

Football shooting bonanza

Aim: Practise a range of football skills and drills using different body parts.

- 1** Place a chair 2-3 metres away from you and try to shoot the football through the chair's legs. Take 10 attempts, count your score out of 10. Increase the distance if it is too easy.
- 2** Line up 2 chairs 1 behind the other and shoot through their legs from 1-2 metre distance. Increase or decrease the distance to make it harder or easier. Take 10 shots and count your score.
- 3** Place some objects behind a chair. Standing in front of the chair, aim to kick the ball through the chair's legs to knock the objects down.
- 4** Try these exercises sitting down. From a seated position, you can shoot using any part of the body or use a stick or racquet to hit the ball.

On the bounce

Aim: Develop hand-eye coordination and hitting skills.

Don't forget to count your successful hits after each round!

- 1 Place an empty box or basket on a table.
- 2 Position yourself about 10 steps away from the table.
- 3 Get the first ball and start balancing it (or bouncing it if you can) on your bat and move slowly towards the box.
- 4 Get the ball into the box or basket without touching the ball with your hand (only the bat).
- 5 Repeat this 5 times

Equipment:

Table tennis bat, table tennis balls, a box or basket.



Advanced level:

Add some spins as you move towards the table, bouncing the ball on your bat.



Doodle-time

Use the space below to draw a picture! You can draw your favourite sport, game or person - it's your chance to be creative!



Your calendar

Keeping a routine can be a great way to help you meet your goals, so we have created a calendar for you to plan your month. And we have shared a few ideas for inspiration!

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Some ideas

- **Appreciation Day**
Write down 5 things you have felt grateful for this week!
- **Give Compliments** to everyone you see today!
- **Workout Wednesday** Complete a workout from Active at Home!
- **Kitchen Time** Try making or cooking something new.
- **Walk/Run** Head to the park for a stroll!
- **Fresh Friday** Complete 3 chores around the house today.
- **Treat Yourself**
Enjoy a well-earned snack or indulgent activity.
- **Dancing Day** Put on your favourite tunes and dance away!
- **Letter To My Friends**
Write a letter or draw a picture for your friends.

Useful resources

Here are some useful resources to help you take care of your physical and mental health.

Disability Sports Coach

Find your nearest club and opportunities to join online activities:

www.disabilitysportscoach.co.uk



Sport and physical activity

Sport England Find out all the latest opportunities to get active near you:

www.sportengland.org

Activity Alliance enable local organisations to support disabled people to get active.

www.activityalliance.org.uk

Active Partnerships provide information on different activities you can join in your community. www.activepartnerships.org

Charities

Mind is the leading mental health charity in the UK, helping support you and your loved ones. www.mind.org.uk

Mencap supports people with learning disabilities. Find advice on employment, health, social care and more.

www.mencap.org.uk

Digital resources

These online tools are great for learning more about mental health and disability.

Mood Tools app provides online activities and monitoring to help you improve your mental health.

www.moodtools.org

Quantum Leap Mentoring supports people on the autistic spectrum with confidence and life skills.

www.qlmentoring.com

Family and carer support

Carers UK give expert advice, information and support to carers and families. www.carersuk.org

Sam's story

“ I love Disability Sports Coach's online sessions. They help me keep fit, healthy and connected with people. ”

Sam, 20, is one of our most enthusiastic members! He has attended our online sessions since April, rarely missing one.

Sam's mum, Ros, said, “Disability Sports Coach's online sessions are the highlight of Sam's week. They stop him feeling isolated during lockdown and help him to keep fit, both physically and mentally.”

Sam discovered the online sessions on Facebook. He is one of many new members who we hope will not only continue to join us online, but also attend a Community Club.

The social benefits of keeping active are just as important as the physical. Sam's mum explains how the sessions provide all-important social interaction with other young people like him.

Ros added, “The coaches are all fantastic and really encourage the young people to try out different exercises. I couldn't recommend them more highly.”



41% of disabled people are inactive - twice as many as non-disabled people.

Since joining our activities...

70% doubled their weekly physical activity.



97% felt more confident.

93% felt happier.






Get involved

Help us to create more sport and physical activity opportunities for all.

Whether you want to take on a challenge, throw a cake sale or simply make a donation, your support will help us to change lives. It's really easy to get involved!

Give

Every penny makes a big difference. You can give:

-  **Online** by visiting our website.
-  **By text.** Text 'DSC [amount]' to 70085. To donate £10, text DSC 10 to 70085.
-  **By post.** Send cheques made payable to Disability Sports Coach to House of Sport, 190 Great Dover Street, London SE1 4YB.

Join us

- Join an online session or visit a club near you! Find out how on our website.

Did you know that disabled people are half as likely to play sport as non-disabled people?

Share

- Share your story with us.
- Share our work with your friends and family on social media.

Where does your money go?



£10 Print and post **2 activity guides** full of fun and engaging games.



£20 Bring people together for an **online activity class**, reducing loneliness.



£50 Send a disabled person a **pack of sports equipment** including balls, beanbags and skipping ropes.

Get in touch

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