

# CHANCE CAMP

## School Holiday Camps

Supporting young people's physical development in a fun, competitive and positive environment  
Call Chris on 07789 991774

**BE SMART.  
GET ACTIVE.  
GET HEALTHY.**

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[chancecampbookings@gmail.com](mailto:chancecampbookings@gmail.com)



# Chance Camp 'At Home' Workout and Healthy Eating Booklet



[www.chancecamp.co.uk](http://www.chancecamp.co.uk)

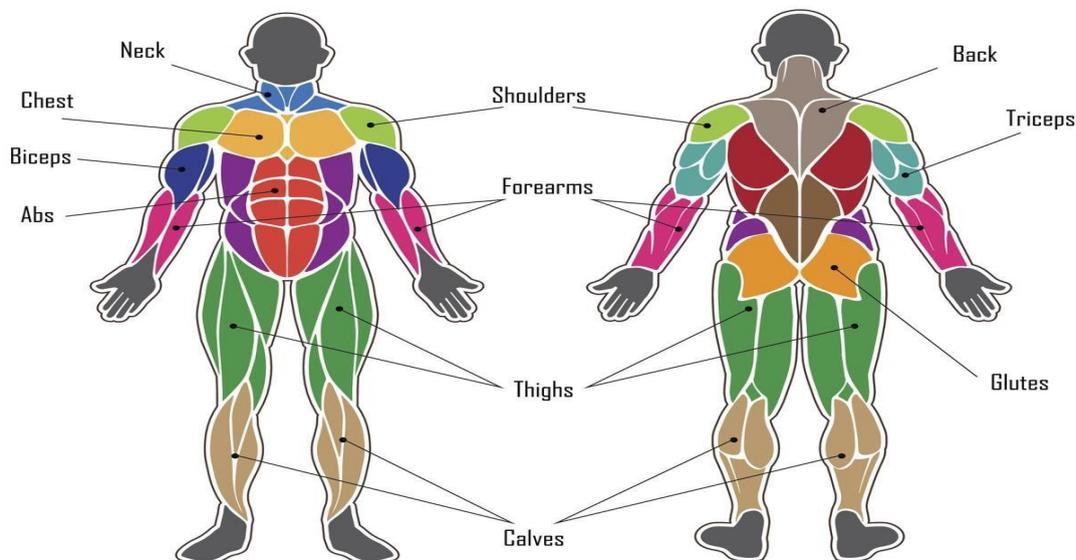


# Welcome to our 'At Home' Workout Booklet, created for you by our Chance Camp and Wright Sport Services Coaches.

We are very aware that in today's society it isn't always easily accessible to take part in physical activity, however in this booklet you will find exercises you can do at home to work on all these different types of muscle groups.

The exercises include: Strength, Stamina, Suppleness, Skill and Speed. All of which can be done in the comfort of your own home and/or garden.

## Muscular System



Let us know how you get on; we'd love to receive messages, photos and videos!

Email: [wrightsporservices@gmail.com](mailto:wrightsporservices@gmail.com)

Facebook: @chancecampsports

Twitter: @chance\_camp

LinkedIn: Chance Camp

## **A message of thank you**

We would just like to take this chance to thank all our Schools and Chance Campers who are supporting us in what is a tough time for every single one of us.

**We join the request of Boris and the NHS, please think of others**

**“I am staying at work for you,**

**You stay at home for us”.**

The Chance Camp team have put this booklet together to try and help you in this tough period and without doubt having short term goals will help us get through this period stronger. Use the score card at the back of the booklet to check progress and once we are back to normal send your score card into:

[chancecampbookings@gmail.com](mailto:chancecampbookings@gmail.com)/ 5 Croft Terrace, Cockermouth, CA13 9RE/ Hand to Chris, Rob, Ellie or Amy for a chance to win a £20 gift voucher for summer Chance Camp.

## **We are not charging for this booklet, however we are selling gift vouchers for summer 2020** **Chance Camps**

Please email [elliewrightsportservices@gmail.com](mailto:elliewrightsportservices@gmail.com) for more details

## **Also check out our clothing and accessory range** **and place orders at:**



<https://www.chancecamp.co.uk/shop>



## **Summer Chance Camp** **Dates**

**Visit our website to plan your summer**

<https://www.chancecamp.co.uk/dates-venues>

## **Strength:** The quality or state of being physically strong.

### **Step Ups!**

Can be done using your stairs!

**Challenge 1:** How many step ups can you perform in 1 minute?

**Challenge 2:** Can you and other members of your family perform 10 step ups in synchronization with each other?



### **Object Ground to Overhead!**

You can use a ball, your favourite toy, or even a small weight!

**Challenge:** How many object GTOH's can you perform in 1 minute?



### **Sit Ups!**

**Challenge 1:** How many sit ups can you do in 1 minute?

**Challenge 2:** How slowly can you perform 5 sit ups?



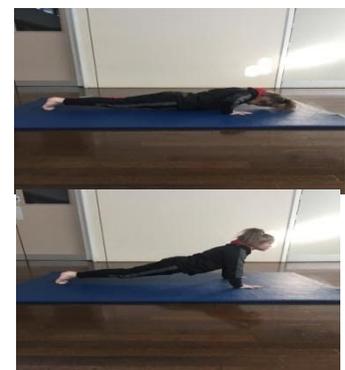
### **Push Ups!**

**Challenge 1:** How many push ups can you do in 1 minute?

**Challenge 2:** How slow can you perform a push up?

Remember to keep your body nice and straight!

**Challenge 3:** Can you get creative with your push ups, try using 1 hand? How else can you be creative?



### **Air Squat!**

**Challenge:** How many air squats can you successfully do in 1 minute?



**Stamina:** The ability to sustain prolonged physical or mental effort.

### **Speed Bounces**

Place an object on the floor to create a hurdle (not too high!!)  
and count how many 2 foot, side to side jumps you complete in 30 secs.

Experiment with your technique and don't forget to breathe!



### **Pillow Boxing**

Make sure you ask mum for a spare pillow and ask a family member to hold, this is about speed and endurance not power, how long can you do the following for without stopping:

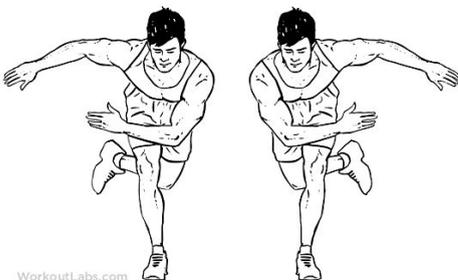
1. Alternate left/right jabs, don't forget to stay light on your feet & coordinate your steps
2. Create your own routine and challenge your timing and coordination
3. Raised punches, sit on the floor and alternate hitting the pillow directly above your head



### **Lateral Skater**

Based on speed skating, how long can you perform the task over a given line?

Start on your left leg with your right foot raised and behind your left leg, push off and land as far as possible away on your right leg, with your left leg raised and behind your right leg.



## High Knees Running

On the spot who can last the longest with your knees driving above waist line and your arms in opposition to your legs like Usain Bolt. Make sure you use a stopwatch to time your score



## Skipping – Outside

12 day challenge, complete at your pace

Level 1 – Over the day    Level 2 – Small breaks    Level 3 – Without stopping

<b>Day 1</b>	100	<b>Day 7</b>	375
<b>Day 2</b>	150	<b>Day 8</b>	400
<b>Day 3</b>	200	<b>Day 9</b>	425
<b>Day 4</b>	250	<b>Day 10</b>	450
<b>Day 5</b>	300	<b>Day 11</b>	475
<b>Day 6</b>	350	<b>Day 12</b>	500



**Suppleness:** The quality of being able to bend easily or to be bent easily.

Stretching helps in calming the mind, refreshing blood flow, managing stress and increasing energy levels. It also helps to prevent injury, reduces muscle tension and improves joint stability and mobility.



### **Child's Pose**

This pose allows a full body stretch. It reduces stress and allows relaxation.

1. Kneel down with knees spread apart and toes touching each other.
2. Bend forward to place your forehead on the mat or floor. Stretch arms forward with the palms extended in front of the head.
3. Move the lower half of the body so the bottom touches the heels.
4. Stay in this position and inhale and exhale for around 30 seconds. Repeat daily.



### **Bow Pose**

Bow pose is extremely significant in improving spine flexibility and building core strength.

1. Lie on your belly on the floor with your hands alongside of the body.
2. Turn the head to touch the floor with the chin. Take a deep breath, then when you breathe out, bend your knees and reach for the top of your feet/ ankles.
3. Take some deep breaths in this position for around 10-20 seconds then when you exhale you can slowly return to the original position. Repeat daily.



## Cobra Pose

Cobra pose helps in relieving backache and is also extremely beneficial in strengthening your chest and core muscles.

1. Lie on your belly on the floor with elbows bent and the hands just in line with the shoulders.
2. Take in a deep breath and gently push the hands to the floor and lift the body upwards. If you can, straighten the elbows slightly leaving a gentle bend in the elbow, be careful not to lock your elbows and keep your head facing forwards. If you are struggling with this then just go to where is comfortable for you.
3. Take some deep breaths in this position for around 10-20 seconds then when you exhale you can slowly return to the original position. Repeat daily. You can even try it with a partner.



## Seated Toe Touch

Seated toe touch is great for stretching out the hamstrings and lower back. It releases hamstring tension and improves the mobility of the hips.

1. Sit on the floor with legs out in front of you and feet next to each other.
2. Reach up nice and tall and take a deep breath, then when you breathe out, reach forwards, folding at your hips and keeping your legs flat on the floor, see if you can touch your knees, shins, ankles, toes or soles of the feet.
3. Take some deep breaths in this position for around 20-30 seconds then when you exhale you can slowly return to the original position. Repeat daily. You can even try it with a partner.



## Downward Facing Dog Pose

Downward dog pose is a brilliant full body exercise, extremely beneficial for the calf muscles, hamstrings, back and core. It also helps with digestion of food, relaxes the brain and energises the body.

1. Rest on all fours, facing downwards, preferably on a mat or carpet for comfort. Ensure hands are below the shoulders and legs slightly apart.
2. Start with your knees bent and gently press the weight backward with the hips moving backwards and towards the sky. Keep the hips high up in the air.
3. Try to keep the legs and arms straight, hips in the air. You can pedal the legs out here for a few breaths to allow the muscles to further sink into this stretch.
4. Take some deep breaths in this position for around 30 seconds then when you exhale you can slowly return to the original position. Repeat daily.
5. This can also be done as a partner pose with someone at home, be creative with it!



**For more information on  
suppleness, please visit  
or visit our Facebook page**

**There are also lots of**

*Namaste*

**yoga poses to increase  
[www.littlelotusyoga.co.uk](http://www.littlelotusyoga.co.uk)  
[@chancecampsports](https://www.instagram.com/chancecampsports)  
useful videos on YouTube.**

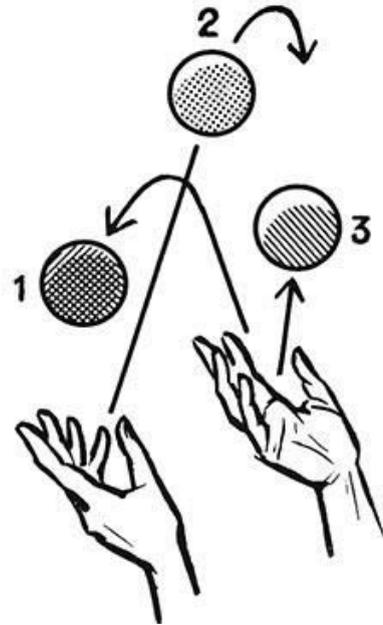
# Skill: The ability to do something well.

Reference to Create Development for the skills

## Skill 1 Juggling

How many times do you drop the balls in 1 minute?

Fig. 7. One, two, three—one, two, three. Not quite as easy as counting, but with a little practice, you'll get the knack.



balls in 1

## Skill 2

**9. Coordination – Ball Skills**

**EQUIPMENT**  
size 4 or 5 ball

(Over opposite shoulder throw and catch)



Complete the following challenges in 20 secs or less in both directions

**BLACK CHALLENGES**

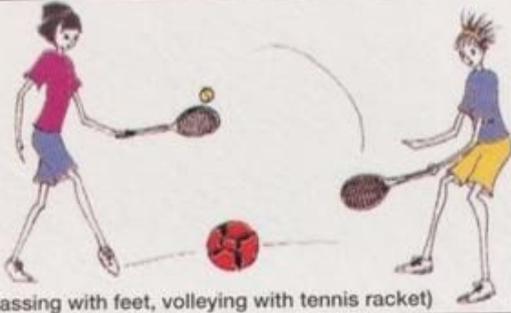
1. 'Long circles' - Referring to the pink card, try to complete an 'overhead throw' from behind your back to catch in front, followed by a 'front-to-back' catch. Now can you complete 12 'long circles' in a row, first forwards and then backwards?
2. Finally, standing with the ball in one hand, throw it over the opposite shoulder and catch it behind your back with the same hand. Can you do this 20 times in a row? Now try it with the other hand and also from back to front.

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## Skill 3

### 8. Coordination with Equipment



**EQUIPMENT**  
tennis rackets, tennis balls, large ball

(Simultaneous passing with feet, volleying with tennis racket)

#### BLACK CHALLENGES

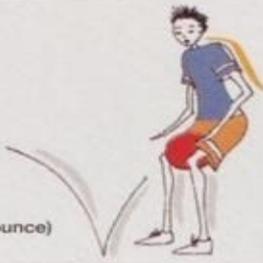
Complete the following tasks using both right and left hands/feet:

1. Working with your partner, can you simultaneously pass a ball along the floor using your feet and throw 2 tennis balls continuously?
2. Finally, working with your partner can you simultaneously volley a tennis ball with a racket and pass a ball along the ground continuously?

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## Skill 4

### 11. Agility – Ball Chasing



**EQUIPMENT**  
size 4 or 5 ball

(Catching ball with knees off 1 bounce)

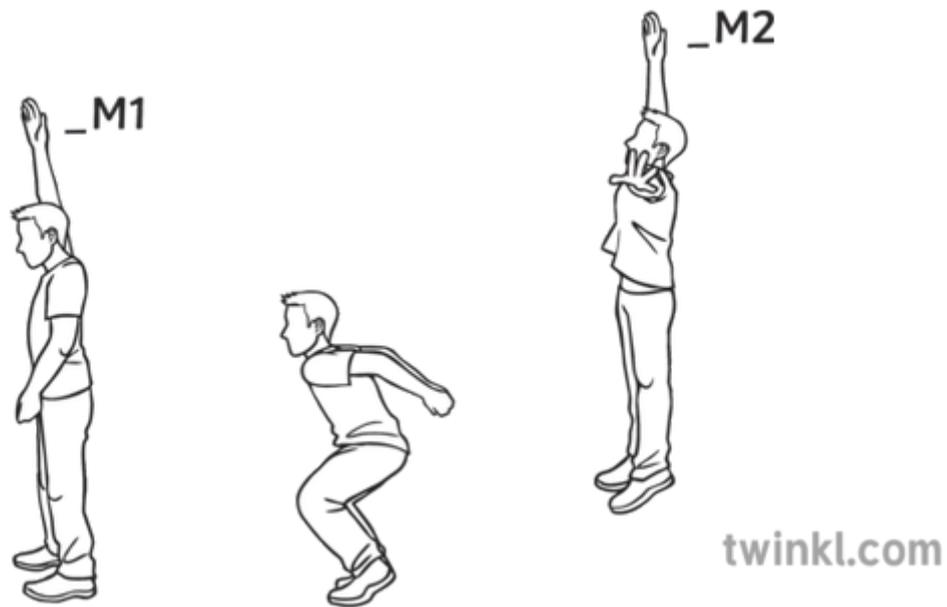
#### BLACK CHALLENGES

Complete the following tasks over a distance of up to 10 metres:

1. Facing away from you partner, ask them to feed the ball over your head, react quickly and collect the ball by catching it between your knees or feet after 1 bounce.
2. Finally, can you do the same as above, but this time catch the ball on the instep of your foot and lower it to the ground?

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## Skill 5 – All about the jumps

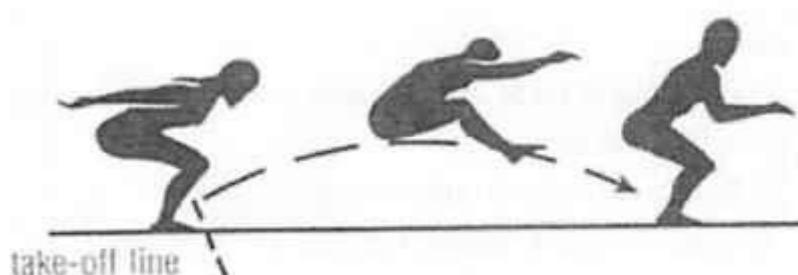


### How far can you jump vertically?

You will need a wall where you can mark, M1 = where you can reach standing and M2 = where you can reach jumping. Now measure the distance, what score did you get?

### How far can you jump horizontally?

You will need some flooring where you can mark, M1 = where you take off and M2 = where you land. Now measure the distance, what score did you get? \*measure from the body part nearest the start line on landing.



**Speed:** The rate at which someone or something moves or operates or is able to move or operate.

### **Ball Cone Races 1**

Have a start point with 5 balls and 5 cones separated 5m apart in a line.

When ready- sprint to the first cone and place a ball on top of it. Return to the start line to get another ball. Continue until all the cones are filled and return to the start line.

Use a stopwatch to time. Quickest to complete is the winner or see if you can beat your score.



### **Ball Cone Races 2**

Have 2 lines of cones separated, with line 1 having a ball on top of each cone.

Player 1 has to move the balls from line 1 to line 2- one at a time.

As soon as the first ball is placed down, player 2 starts and returns the balls from line 2 to line 1.

Players race against each other. If player 1 finishes or player 2 catches up and tags player 1 then they are the winner. Swap roles.



## Ball Rolls

In pairs 1 person stands behind the other with a ball. Person in front stands with feet apart, leaning forward, bending knees, on their toes.

Roll the ball through the person's legs. They react, sprint and stop the ball before it reaches the target line. Roll the ball faster/ move the target line closer to increase the challenge.

Use different body parts to stop the ball:

1. Hands
2. Feet
3. Knees
4. Chest
5. Head



## Lunge Walk

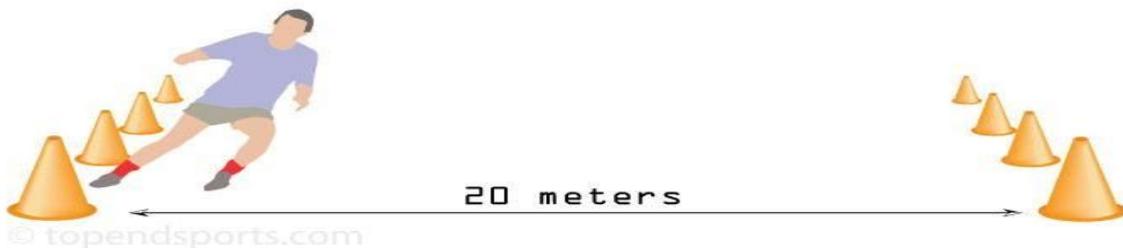
Fantastic for improving stride length and alternate legs to arm action.



Challenges found on card.

## 5m Shuttles

How many 5m shuttles can you do in 1minute. The distance can be more or less but always keep it the same when you repeat it. Go down onto your belly at every turn.



# Healthy Eating

In this next section, we will show you lots of different ideas for healthy eating at home. You can have a go at making a healthy dish yourself, with the supervision of your parents/guardians. Remember to take a photo and post it on our Facebook page, or tweet us!

A healthy outside starts from the inside. We want to ensure that everyone is creating a healthy lifestyle, through healthy eating and exercise. You can start today!

Here are some of the healthiest foods that we can consume. They are low in fat, salt and sugar and help ensure a balanced diet.

## Look Great Feel Great

### Fruits

1. Berries: blueberries, blackberries, raspberries ect..
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



### Nuts & Seeds

Unroasted, Unsalted, Unsmoked Nuts. RAW. Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



### Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



### Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



### Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



### Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: Vine ripened or hot house
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
18. Peppers



### Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



### Organic Soy Product

30. Plain, Unsweetened Soy milk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



### Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



### Drinks

45. Bottled Water



### Extras

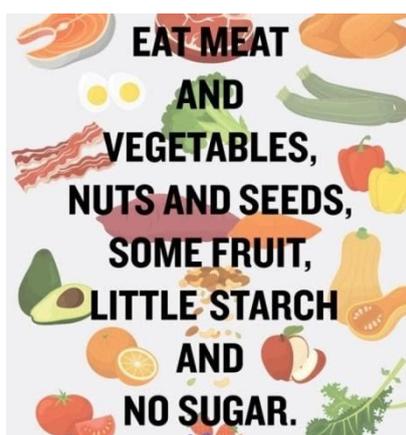
46. Dark Chocolate
47. Cocoa Powder



Our recommendation to you, based on research available, **REDUCE YOUR STARCH!** We understand this is not easy but while the shops are operating as normal, buying fresh, items that are natural & found around the outside of supermarkets or even better local butchers and fruit/veg stores, this is what our bodies really crave. The aisles inside are factory/man made and full of **STARCH AND SUGAR.**

While we have the time, think about doing the science & maths around your food, ensure the calories OUT are what's recommended for your age and don't over EAT!

Don't use NO or I DON'T like, as children to be at the heart of their own food preparation and cooking. ENJOY the process, take your time to eat over meals, eat at a table together and wash it down with your favourite drink in moderation. All the recommendations will say water, but we have to have some FUN! The model below is Crossfit's recommendation.



### Why reduce starch?

Starch is a type of **carbohydrate**. The digestion of starch makes **glucose (sugar)**. Most **plants**, including rice, potatoes and wheat, store their energy as starch. This explains why these foods – and anything made from wheat flour – are high in starch. Starch does have many uses but should we be eating the vast amounts many of us do?

Your body digests starch to make glucose, which is a vital **energy source** for every cell. Food companies also use starch to thicken processed foods, and to make sweeteners. Scientists are investigating the effects of these sweeteners on health.

If you calculate the amount of energy (calories) your food contains and then calculate the amount of energy you are expending, they should be equal.

Unfortunately if you buy a lot of processed food and eat lots of it at breakfast, dinner and tea plus snacks the reality is your energy IN is far more than your energy OUT and you will put on weight to dangerous levels.

During this time we hope you can balance your energy levels by increasing energy out and reducing energy in if needed.

We would love to see pictures of the meals you have created, please upload them to our Facebook page and inspire other Chance Campers to get part of the cooking process!



## Additional Ideas

### Obstacle Course

Be creative and create your own obstacle course with whatever equipment you have. Include different challenges to complete either by yourself or against someone else in the quickest time

1. Complete by sprinting
2. On space hopper
3. On a bike/ scooter



4. Using furniture around your house



### Family Challenges

#### Noughts and Crosses

1. 1 person per team takes a bib at a time and places it into a hoop.
2. Team mates take turns until 3 bibs are used up.
3. Teams can then take it in turns to swap a bib into another hoop before returning.
4. Keep playing until a team gets 3 bibs in a row, line or diagonal.



## Rock, Paper, Scissors

1. 1 person per team hops across a line of spots/hoops until they meet
2. Players play rock paper scissors
3. Winner carries on hopping, loser returns to their team while their team mate sets off hopping.
4. When they meet, players play rock paper scissors.
5. Game continues until a player reaches the other end of the line.



## Chance Camp Reviews

We have been running Chance Camp school holiday sport programmes for eight years now and have had some great reviews:

“Just brilliant! Fabulous, sports and activity based childcare which the kids absolutely love.”

“Fabulous opportunity for the kids. They've had a great week - thank you!”

“My 9 yr old twins (girl and boy) attended Chance Camp at Netherhall school for 4 days during the Easter Holidays. They loved every minute and would love to attend again.”

“Great 5 days had for my 5 year old at Cockermonth for Sports week! She's enjoyed it even more as the weeks gone on and has definitely earned a rest this weekend! Thoroughly recommend.”

## Chance Camp 'At Home' Workout Score Card

Activity	Date/Score	Date/Score	Date/Score	Date/Score
Step Ups – Challenge 1 (C1)				
GTOH				
Sit Ups – C1				
Sit Ups – C2				
Push Ups – C1				
Air Squat - C1				
Speed Bounces				
Pillow Boxing C1				
Pillow Boxing C2				
Pillow Boxing C3				
Lateral Skater				
High Knees Running				
Skipping – What score?				
Juggling				
Vertical Jump				
Standing Long Jump				
Ball Cone Race 1				
5m shuttles				

## Create your own challenges score card

Activity	Date/Score	Date/Score	Date/Score	Date/Score

Use this score card to check progress and once we are back to normal send your score card into [chancecampbookings@gmail.com](mailto:chancecampbookings@gmail.com), send to 5 Croft Terrace, Cockermouth , CA13 9RE or hand to Chris, Rob, Ellie or Amy for a chance to win a £20 gift voucher for summer Chance Camp.

**Thank you for your continued support of Wright Sport Services and Chance Camp, and genuinely we cannot wait to get back to what we love doing best; inspiring children to reach their full sporting potential and enjoying all the benefits from physical activity and sport. *Chris Wright & Team***