

Chalk Workout

Age Group

All ages - just adapt the actions in your workout



Materials

Ask everyone to bring their own hand sanitiser and water bottle

Groundsheets/tarps for each clan (household group/bubble)

Each clan will need some chunky chalk to draw their workout

Please ensure to follow current coronavirus guidelines as set out in the Roadmap to Reopening document:

<https://woodcraft.org.uk/covid-19-reopening>

Session Overview

On arrival groups to sit on separate, distanced groundsheets.

When all have arrived have a quick newsround where everyone can share from their space what they have been up to in the past week/since you last met.

Play a game of [Riverbank](#) or something similar to get everyone energised.

Play chalk workout, instructions below.

Sing Link Your Hands Together - only holding hands with those from same household.

Instructions

For this activity you will need to have hard ground outside to draw your workout line on.

Each clan will draw and other clans will try the workout. The drawing is the instructions, for example:

2 parallel lines - you walk along them

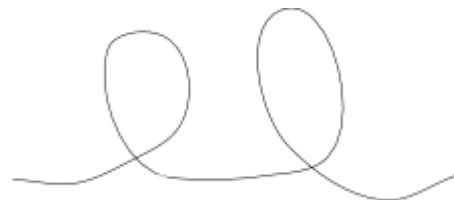
1 line - you balance walk along it (one foot in front of the other)

2 Footprints - you jump, trying to land on the footprints

1 footprint - you hop, trying to land on the footprint

Zigzag - you run along the zig zag

This squiggle means you turn round on the spot -
how many times indicated by the number of loops!



You can add in all sorts of other instructions depending on the age group that you're working with. Written instructions such as "5 squats" or "2 high kicks" can be used with older young people. You can also add in sounds for people to make or ask them to mime something.