

# Activities For All

A 4-week physical activity plan  
for people with a disability

Sport Ireland and our network of Local Sports Partnerships are passionate about helping people get active, participating in sport or physical activity and ensuring everyone has the opportunity to do so in their own community.

Our national network of Sports Inclusion Disability Officers work to support people with a disability and local communities to get more active. This resource aims to improve peoples fitness, skills and balance in a fun way.

Meet your daily  
activity requirement  
of 60 minutes for  
children and 30 minutes  
for adult by using this  
resource.



## Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

## Why use this resource?

- ➔ Improve your fitness, skills and balance in a fun way.
- ➔ Build your confidence to regularly participate in sport and physical activity.
- ➔ Develop transferable skills for everyday life.

## All activities in this pack

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).

FIND SOME CLEAR SPACE ON THE FLOOR/GROUND FREE OF ANY OBSTACLES

## CORE STRENGTH - EGG POSE

### What do I need?

- A mat or something to lay on for comfort would be useful, but not entirely necessary



### What do I do?

- Lie on your back with your chin tucked in towards your chest
- Legs up off the floor at 90°
- Arms folded or crossed at the chest
- Hold this position. Gradually build up to 30 seconds at a time

Try count aloud or speak during the exercise, it encourages you to breathe throughout and not to hold your breath.

### Additional Information (Adaptions)

- Try hugging a ball, pillow or teddy to encourage lifting your arms and legs off the ground.
- Extending your arms, or legs, or both out away from the centre of the body, whilst still keeping them up off the ground

## CORE STRENGTH - SUPERMAN

### What do I need?

- A mat or something to lay on for comfort would be useful, but not entirely necessary



Remember to assist those who may need extra help in taking part.

### What do I do?

- Lie on your tummy, face down on the floor/mat
- Get your body in a straight line, with your arms and legs outstretched
- Gently lift your arms, legs and head up off the floor, all at the same time
- Hold this position. Gradually build up to 30 seconds at a time

### Additional Information (Adaptions)

- Getting started, try lifting your arms and head only. Add the leg movements when you feel you are ready (or vice versa)
- Keep looking down at the floor, which will help keep good posture throughout

## BALANCE ON ONE FOOT

### What do I need?

- Use a chair for support if you need it

### What do I do?

- Stand up straight, looking straight ahead and feet shoulder width apart
- Balance on your right foot by slowly lifting your left knee up to keep your foot off the floor
- Aim to hold this position for 10 seconds if possible
- Switch legs and balance on the opposite leg



### Additional Information (Adaption's)

- If you need help with balance, hold on to the back of a chair with both hands, then move to one hand and gradually aim for standing freely
- To make it harder, try it with your eyes closed or lift your leg higher!

**REMEMBER:**  
If you have an underlying medical condition or are currently inactive, you should consult with your GP before starting any new exercise programme

## BALANCE - FOLLOW THE LINE

### What do I need?

- 5-10 metre line on the floor (drawn with chalk, line on tiles/footpath, tape)

### What do I do?

- Stand tall with your arms outstretched on either side
- Look forward
- Step one foot in front of the other, touching the heel of your leading foot off the toes of the other foot as you move forward
- Practice traveling along the line as far as you can, trying to stay on the line as much as possible



### Additional Information (Adaptions)

- Place your hand on a wall for support if required
- To make it harder, try doing this on your tippy toes!

FIND SOME CLEAR SPACE ON THE FLOOR/GROUND FREE OF ANY OBSTACLES

## OBJECT BALANCE

### What do I need?

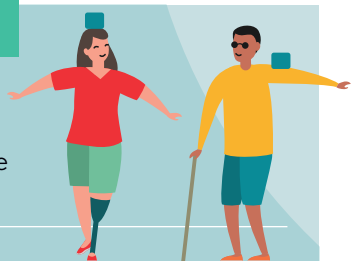
- Small soft object (bean bag, small bag with some rice in it, soft toy)

### What do I do?

- Place the object on top of your head
- Stay as still as you can with your arms out to the side and looking forward
- Practice keeping the object on your head for as long as you can
- Start moving while trying to keep the object on your head

### Additional Information (Adaptions)

- Balance the object on other parts of your body, such as your hands, feet, arms, knees etc.
- Try doing this raveling in a straight line or balance on one foot like a flamingo!



## HALF JACKS

### What do I need?

- Use a chair for support if you need it

### What do I do?

- Looking at a point in front of you
- Begin with your hands on your hips
- Place your feet together (Ready Position)
- Jump your feet out wide, landing softly
- With knees bent, jump your feet back together

### Additional Information (Adaptions)

- Use markers on the floor as visual cues (tiles, chalk etc.)
- Practice side-stepping out and then add the jump



For more ideas on how to adapt activities, contact your Local Sports Partnership

## BALLOON KEEPIE-UPPIE

### What do I need?

- Balloon or a light ball

### What do I do?

- The aim is to keep the balloon up off the ground using various body parts while you are moving around the free space
- Move in a multi-directional pattern using all the space and moving at a variety of speeds

### Additional Information (Adaptions)

- To support those with vision impairments use brightly coloured balloons and put some rice inside the balloon
- Attach a string to the balloon to retrieve it easily
- Begin the activity stationary or in a seated position and progress to moving around
- Consider using visual or verbal instructions



## TARGET THROW

### What do I need?

- Use bean bags, tennis balls or rolled up socks
- Targets to aim at can be: Hula hoop, an empty washing basket or bin, kitchen saucepan(s) or a marked-out area with chalk or lines on a court etc.

### What do I do?









- Position your target as close (easier) or far away (harder) as you choose
- Stand holding the ball beside your ear
- Throw bean bag/tennis ball/socks over your head aiming for your target
- Practice this throw with both right and left hands.
- Count how many you get in the target in 30 seconds or how many you get in 10 throws

### Additional Information (Adaptions)

- Try adding several targets starting close and moving further away
- Try having targets of different sizes



Answer the below 3 questions and then, at the start of each week, set out your physical activity goals

EXAMPLE										
<b>Why do I want to be active? What is my overall goal?</b> Focusing on an overall goal will help you to stay motivated over the 4 weeks.	I want to be able to be active with my friends.									
<b>When and where will I do my activities?</b> If you maintain a consistent routine, you are more likely to remain physically active.	In the morning time in the living room. I feel like I have the most energy in the morning.									
<b>Who will I share my exercise journey with?</b> If you inform a friend or family member of your intention to be more active or get active with another person, you have a better chance of success.	My friend John. I have told him to ask me whether I am reaching my daily target.									
Every evening decide which activities you are going to do tomorrow. Prepare and layout the equipment you will need the night before.										
WEEK NUMBER	WEEK 1		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	EXAMPLE WEEK									
Minutes per week	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes
Monday	30	20								
Tuesday	30	35								
Wednesday	0	15								
Thursday	30	30								
Friday	30	35								
Saturday	0	20								
Sunday	30	15								
My Weekly Total	150	170								
<b>How did I do this week?</b>	I am happy with myself. I was active for 20 minutes more than my target and I feel great.									

## #BeActive

Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #BeActive