



#Hartlepool
HolidayFun

ACTIVITY PACK

Fun activities, advice and guidance on how to
keep or get active in and around your home



Department
for Education

Get [Hartlepool Active.co.uk](https://www.gethartlepoolactive.co.uk)



HARTLEPOOL
BOROUGH COUNCIL

Family Time

Half-Term Family Fun Challenge

*Play a game of 'On the Line'	How many animals are there on the mosaic at Ward Jackson Park?	Who can hold a plank position the longest?	Create a piece of nature art on your local beach	*Play a game of 'Down the Monkey'	Invent a new ball game	Go bird watching at Summerhill
Play a game of 'Balloon Tennis'	Play a game of 'Pooh Sticks' at Burn Valley	Build a den to do a spot of indoor camping	*Find all 6 orienteering posts at Rossmere Park	Complete a workout from the 'Get Hartlepool Active' website	Can you hit the crossbar from the penalty spot at Grayfields?	Who can do the most stair sprints or step ups in 60 seconds?
Take a selfie with Andy Capp over the Headland	How many keepy ups can you do in 60 seconds?	*Complete a HBC Self-guided walk	Create a new dance move	*Play a game of 'Foot Golf'	Who can identify the most animals & trees in your local park?	Build a model out of recyclable materials
*Score 30 goals on one of the interactive goals	*Play a game of 'Hand Ping Pong'	How many steps are there on the Hart to Haswell green bridge?	Make 30 baskets on your local basketball court	Create a new animal inspired yoga pose	Play a game of 'Foot Tennis' at Seaton Park	Create an indoor obstacle course

How many of the 28 challenges can your family complete over the half-term holiday?

Get Hartlepool Active.co.uk



HARTLEPOOL
BOROUGH COUNCIL

Additional Information

On the Line

Using a towel or a piece of masking tape, divide an area into two. 2 teams stand either side of the line 1m away. If your team hits the line, you score a point. If the other team, fails to catch the ball after you have hit the line, you will score 2 points. The winners are the first team to 10.

Down the Monkey

Place 4 objects e.g. small figure, cuddly toy, DVD case, toilet roll etc. on the first 4 stairs of your staircase. Stand 1 m away and you have 1 minute to use a ball/rolled socks to knock the objects down. The higher the object, the more points it is worth – lowest stair 2 to highest stair 8 points. The winner is the person with the most points after 3 rounds.

Orienteering posts at Rossmere Park

Hidden around Rossmere Park are 6 orienteering posts that look like the one in the picture. Each has two letters inscribed on them. Can you find them all?



HBC Self-guided Walks

Visit www.hartlepool.gov.uk to find a list of 9 self-guided walks around Hartlepool.

Foot Golf

Find a ball/rolled socks. Put 5 different objects on a flat floor. How many kicks does it take to knock all the obstacles down? The winner is the person that takes the least amount of kicks to knock down all the obstacles.

Interactive Goals

These can be found at Rossmere and Burbank parks and can be seen above.

Hand Ping Pong

Using a ping pong ball and a flat wall, use your hands as paddles to hit the ball off the wall to your opponent. Score a point if you hit the wall and your opponent misses or if they fail to hit the wall. First to 5 points wins.

Summerhill Scavenger Hunt



Can you find:

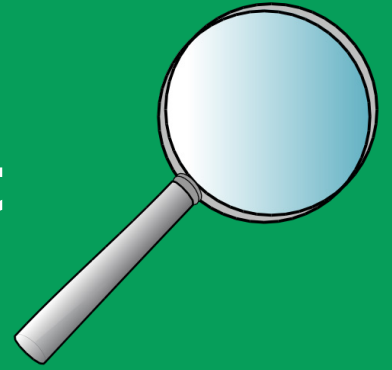
- Something green
- Two different shaped leaves
- Something made by the sun
- A feather
- Something a bird would find useful
- Something that smells nice
- Something round and smooth
- A rough object
- A twig the length of your arm
- Something that has been nibbled by a woodland creature
- A nut
- A minibeat







Can you find these things at Summerhill?



3 different types of blossom



A nest



Something prickly

Spring Treasures



A Gall



Some lichen



A toad



Walk Number 6

Park to Park

Ward Jackson Park - Burn Valley Gardens -
Summerhill Country Park Circular
Distance approximately 2.5 miles

This walk is mostly on farmac and grass tracks, there is also a short section across a field with some stiles.

Male Chaffinch

The Countryside Code - Respect Protect Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

For further information on Public Rights of Way in Hartlepool please contact the Countryside Access team on: Tel: 01429 523524 Email: rightsofway@hartlepool.gov.uk
Please ask us if you would like this leaflet in another language or format.



Illustrations by Audrey Sanderson Tel: 01642 478661

Park to Park

Ward Jackson Park - Burn Valley Gardens - Summerhill Country Park Circular
Distance approximately 2.5 miles

Ward Jackson Park commemorates Ralph Ward Jackson, distinguished founder of West Hartlepool, and was officially opened in 1883. Additional elegant features such as the bandstand, clock tower and fountain add to the park's appeal.

Starting at the main entrance of Ward Jackson Park ①, turn right down Elwick Road until you reach a lane on your left marked with a Public Footpath sign ②. Follow the lane down to an A-frame barrier on your left, just over a bridge. Go through and follow the path along the side of the beck. Bear left over a concrete bridge ③ and continue along an enclosed path. At the end of the enclosed section of the path bear right along the side of a young woodland, this is part of Family Wood.

Exit at Catcote Road ④ and cross over into Family Wood via a gate slightly to the right. Follow the grass path straight ahead until you reach the main Family Wood surfaced path. Straight ahead of you is Burn Valley Gardens.

In 1898 the Burn Valley Garden was opened without ceremony. Consequently, it was labelled as the poor man's park. This label stuck for many years, but the development of some very important features and the redesign of additional areas of land has now created a very popular park

for both local people and for wildlife.

At the surfaced path, turn right and continue back onto Catcote Road, crossing over into Summerhill Lane opposite. Follow the lane up into Summerhill Country Park ⑤.

Walk past the front of the Visitor Centre, following the track and cross over a bridge, keeping the play area to your left. Follow the track ahead, ignoring the next turn off to your left towards the Boulder Park. Continue past Dead

Man's Hollow until you reach a fork in the path ⑥. Take the right hand path and follow the sign for Dalton Piercy. Carry on until you come to a footbridge on your right ⑦. Follow the footbridge around to the right and then follow the

enclosed path alongside the beck towards housing. Go through two gates and bear right through a gap before turning left into Valley Drive ⑧. Continue up Valley Drive to the main road and turn right into Egerton Road ⑨. Where you

meet Elwick Road, carefully cross at the bend and re-enter back into Ward Jackson Park.





To help everyone enjoy the seaside bathing and surfing areas which can be identified by the signs and flags.



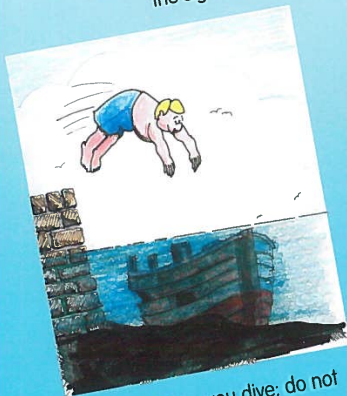
It is illegal, dangerous and damaging to drive unauthorised motor vehicles on the beach, especially in the sand dunes.



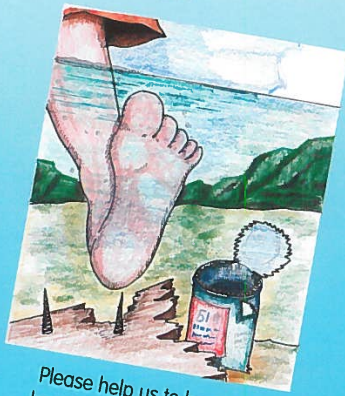
Inflatables are not boats; tides, currents and winds can easily take you far out to sea.



Waves are very powerful; avoid piers, slipways and promenades when the sea conditions are rough.



Think before you dive; do not enter unknown water, as there could be hidden dangers.



Please help us to keep our beaches clean, remove and dispose of all your rubbish, especially glass bottles, cans and other sharp objects.



Frozen ponds are dangerous; do not walk on the ice.

SUN SAFETY

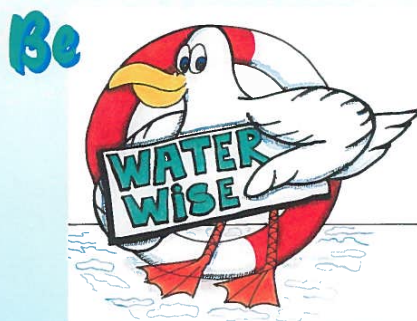
The sun's rays can cause skin cancer, to protect yourself remember:

- SLIP** - on a long sleeved T-shirt
- SLAP** - on a hat
- SLOP** - on some sun cream

LIFEBELTS

If you notice any of the lifebelts missing, please call **01429 266522** so they can be replaced as soon as possible.

*** Remember it is a criminal offence to vandalise or interfere with lifebelts and safety equipment.**

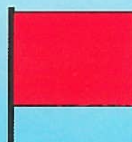


Know what the flags mean



LIFEGUARD PATROLLED AREA

This indicates the safest area to swim. Only swim in the area between the red / yellow flags.



DANGER NO SWIMMING

This indicates it is unsafe to swim. Do not go into the water.



SURFING AREA NO SWIMMING

This indicates an area for surfing crafts only.



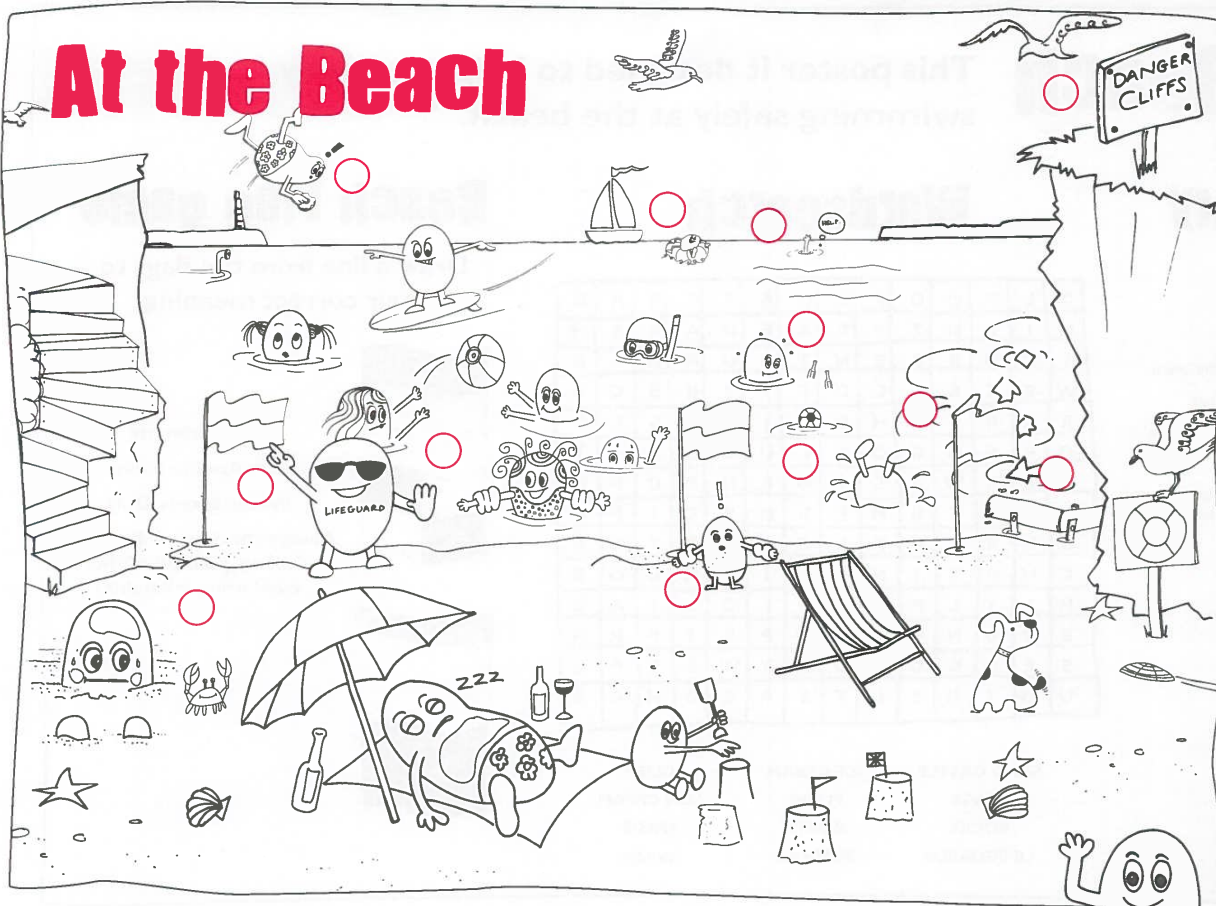
NO INFLATABLES

The Orange Windsock indicates an area where an off-shore wind is present; it is especially dangerous to take your inflatables into the sea.

Water Safety Code

- **SPOT THE DANGERS** - Check that it is safe to swim, beware of tides, currents, rocks, and outlet pipes.
- **TAKE SAFETY ADVICE** - Read the safety signs, know what the flags mean and listen to advice given.
- **DON'T GO IT ALONE** - Never swim on your own, always take someone with you (preferably an adult) and always tell an adult where you're going.
- **LEARN HOW TO HELP** - Call for help from a Lifeguard or call 999.

At the Beach



DANGERS

Can you number the following dangers on the picture?

- 1 Make sure the water is not too shallow or too deep
- 2 Never jump off cliffs into the water
- 3 Take care in the sun – it can take you as little as an hour to burn
- 4 Don't ignore the danger signs
- 5 Never swim when a red flag is flying
- 6 Don't swim near pipes and rocks
- 7 Beware of currents – they can carry you out to sea
- 8 Alcohol limits your ability to swim
- 9 Don't use inflatables in the sea if it's windy
- 10 Red and yellow flags mean lifeguards and supervised swimming
- 11 Listen to what the lifeguard tells you
- 12 Keep an eye on children. Don't let them wander off



For more games and information visit www.rlss.org.uk

SPOT

spot the dangers

ADVICE

follow safety signs and advice

FRIEND

always go with friends or family

Emergency

shout for help and call 999

Keep your family **SAFE**, learn the code:

At the Beach

This poster is designed to help you enjoy swimming safely at the beach.

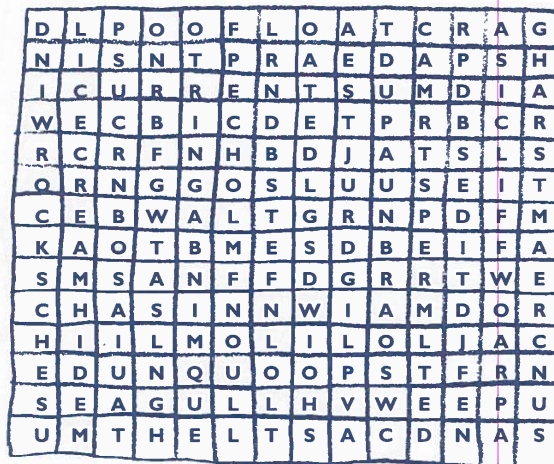
Beach Safety Advice:

- Only swim at lifeguarded beaches
- Read safety signs at the entrance to the beach
- Learn the meanings of the lifeguard flags
- Check if the tide is coming in or out and make sure you won't be cut off from the beach exit

Contact RLSS UK to find out how you can become a Rookie Lifeguard and learn lifesaving and self rescue skills.

01789 773994 or info@rlss.org.uk

Wordsearch



SAND CASTLE

ICE CREAM

CLIFF

FLAGS

FLOAT

SUN CREAM

ROCKS

BOATS

SPADE

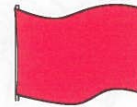
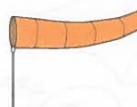
LIFEGUARDS

SEAGULL

WIND

Beach Flag game

Draw a line from the flags to their correct meaning.



No Swimming
Safe Area to Swim
Water Sports Only

Always check wind direction and when, pointed offshore, avoid using inflatables



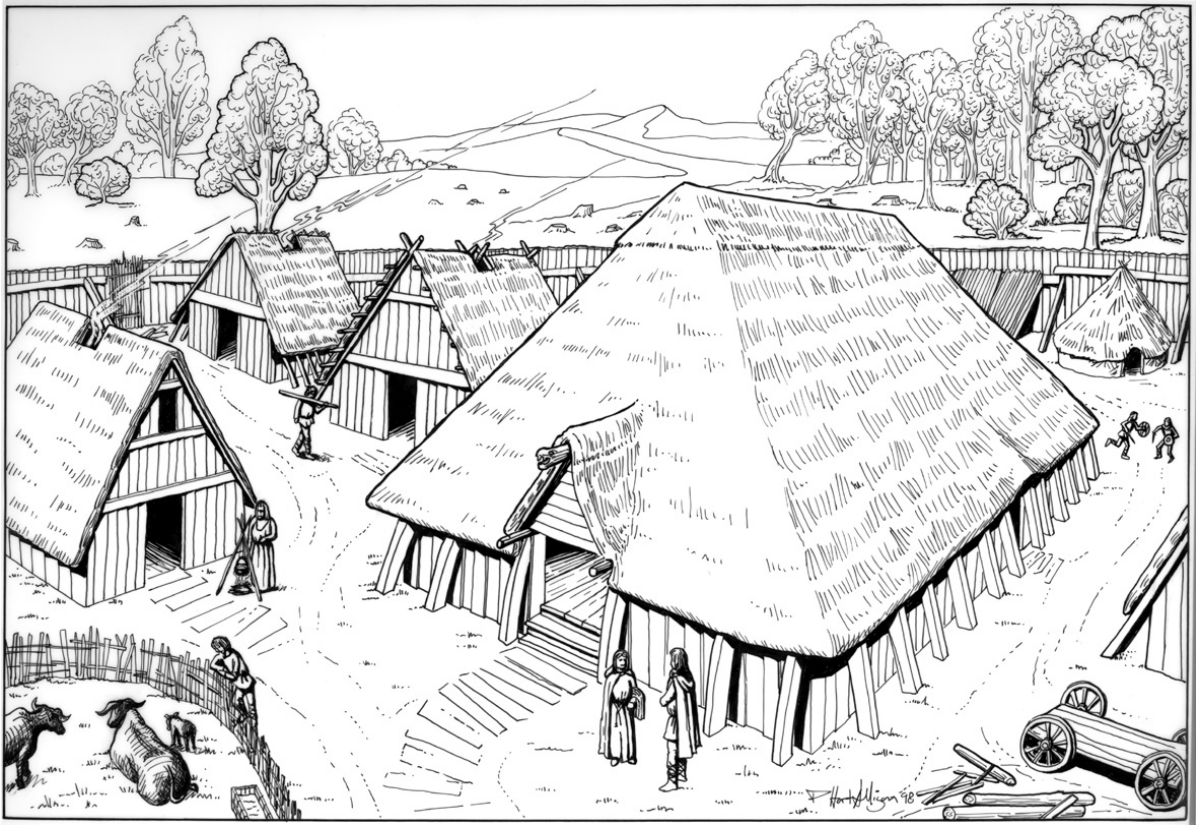
Follow us on social media: [@rlssuk](https://twitter.com/rlssuk) facebook.com/RLSSUK

Why not share your pieces of art with us? Simply post with the #watersafety.



Roman Colouring Sheet

Wealthy Britons may have adopted Roman customs and dress.



Viking Colouring Sheet

The Vikings were quick to settle following their invasions.

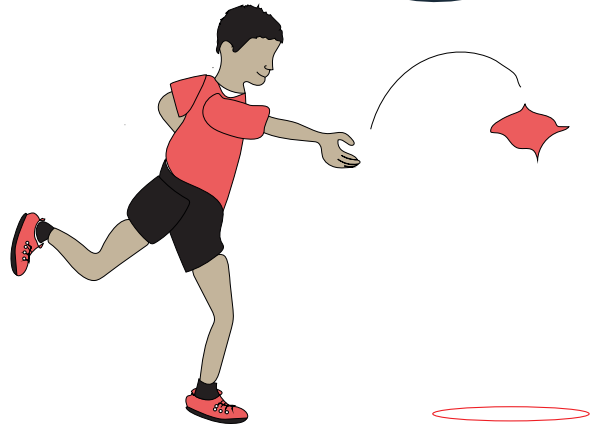


Bean Bag Throw 60 Second Challenge



Can you focus, concentrating on the target?

How many times can you throw a beanbag into a hoop in 60 seconds?



You need to collect the beanbag and return to the throwing line before throwing again.



A beanbag and a hoop

If you don't have a beanbag/hoop, use a pair of socks and a washing basket instead!

Each time you successfully land five beanbags inside the hoop in a row, add an extra five seconds onto your time!



Play with a partner!

Take turns to throw and collect the beanbag. How many points can you score as a team?

Achieve Gold

25 throws



Achieve Silver

20 throws



Achieve Bronze

15 throws



Reaction Ball Activities

Twosome - Working with a partner in a designated area with a dividing line. Underhand tosses only. Toss the ball to your opponent. The ball must land in opponent's area and is only allowed one bounce. Continue tossing the ball back and forth until the rally ends.

Burning Ball – Individual takes one reaction ball and drops the ball from different heights so that the ball lands in front of the individual. Knee, waist, shoulder and head are four options of height to drop the reaction ball from. Obviously the higher the ball is the higher the bounce and greater the chance of success. The ball must be caught after one bounce. Two options: 1. must catch the ball with the same hand you drop with, and 2. must catch the ball with the opposite hand.

Going Up – Played with a partner in a designated area. The simple rule is the ball must go up before it can go down to the ground. Players can move anywhere in the designated area. When player A tosses the ball, player B must catch the ball before the second bounce. As soon as player B has possession, he/she tosses it so it lands inside the designated area. The objective is to get the ball to bounce twice before your opponent catches it.

Pop Up – Two person activity. Player A is on the ground lying on his/her chest. Player B tosses the ball in the air. Player A reacts by popping up and trying to catch the ball before a second bounce.

REACT – Two player game. Have a tossing area marked on the wall. Player A stands behind player B with a reaction ball. Player A tosses the ball underhand at the wall making sure to hit the tossing area. Player A must react to the ball coming off the wall and catch it before a second bounce. After 5 tosses players A and B switch positions.

Right or Left – Player A holds a reaction ball in each hand out to the sides. Player B is facing player A approximately 1 meter apart. Player A drops either ball and player B must react and catch the ball before a second bounce.

Walls – This game is similar to REACT however there is now a designated playing area on the floor as well. Player A begins at the end line and 'serves' the ball by tossing it underhand to the wall. Player B must catch the ball after one bounce and then return it to the wall. The rally continues until the ball bounces twice or lands out of bounds. After each point, the game restarts with a serve from the end line. Again, all tosses must be underhand.



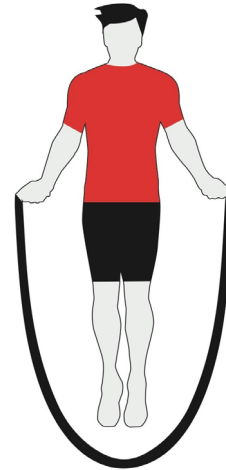


Skipping 60 Second Challenge



Do you keep trying even when you want to give up?

How many times can you skip in 60 seconds?



Both feet must land over the rope for the skip to count.

Use a skipping rope

If you do not have a rope, don't worry, you can jump on the spot!

Set a Record!

The most skips in lockdown was 121. Can you set a new skipping record?

Three's a crowd!

Two people hold/turn the rope and one person skips. How many skips can you complete?



Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips





Burpees

60 Second Challenge



Can you keep trying even if you feel that you want to stop and give up?

How many burpees can you complete in 60 seconds?



You must extend your legs back once you have lowered yourself to the ground.

No equipment is required.

Just make sure you use a clear, open and safe space.

If it's too tough give yourself an extra 30 seconds and do not perform the leg extensions.

Achieve Platinum!

To achieve platinum can you perform 40 burpees in 60 seconds?



Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees



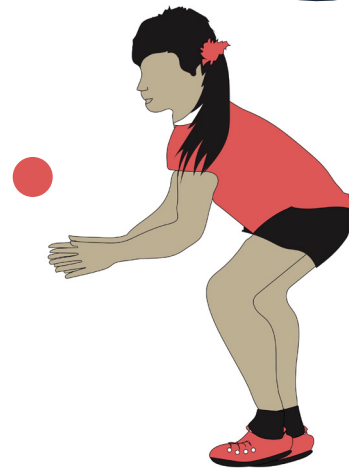


Catch and Clap 60 Second Challenge



Can you focus on the ball to maximise your concentration?

How many times can you throw a ball up, clap once and catch it in 60 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



Throw and catch a ball

If you do not have a ball, use a toilet roll or a rolled up pair of socks.

Don't drop it!

Each time you drop the ball take five seconds off your time!



Play with a partner!

Throw, clap and catch in pairs. Can you achieve a medal with your partner?



Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



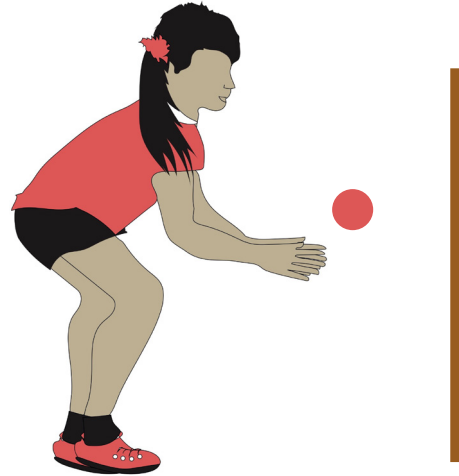


Wall Ball 60 Second Challenge



Which skills do you think are needed to enable you to succeed?

How many times can you throw a ball against a wall and catch it in 60 seconds?



You must stand two steps away from the wall. If you drop the ball, carry on counting your score from where you left off.



You need a ball and a wall!

If you do not have a ball, use a rolled up pair of socks.

Don't drop it!

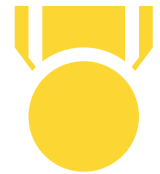
Each time you drop the ball take five seconds off your time!



With a partner, throw and catch the ball against a wall. What medal will you and your partner achieve?

Achieve Gold

40 throw and catches



Achieve Silver

30 throw and catches



Achieve Bronze

20 throw and catches



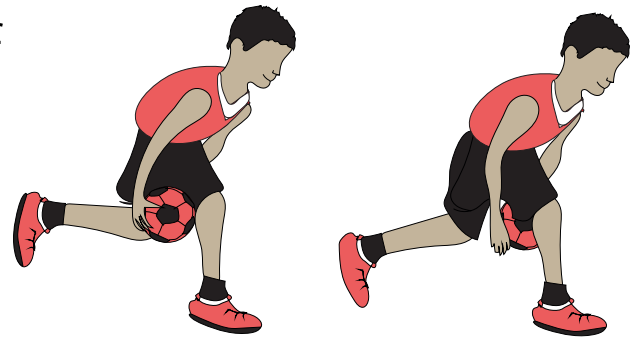


Figure of 8 60 Second Challenge



Do you believe in yourself and keep trying even if you drop the ball?

How many times can you pass a ball through both of your legs in 60 seconds?



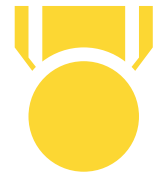
If you drop the ball, pick it up quickly and carry on counting your score from where you left off.

Use a ball
If you do not have a ball, use a toilet roll or a cuddly toy.

Don't drop it!
Each time you drop the ball take five seconds off your time!

Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
40 times through your legs



Achieve Silver
30 times through your legs



Achieve Bronze
20 times through your legs



10-1 workout



Complete the exercises below:

10 x Burpees

9 x Tuck jumps

8 x Lunges

7 x Star jumps

6 x Press ups

5 x Touch your toes and jump up

4 x Sit ups

3 x Squats

2 minute run on the spot

1 minute plank



Now have a go at making up your own exercise for 10-1!

Resource Links

Self-Guided walks

https://www.hartlepool.gov.uk/downloads/file/2624/self_guided_walks

Stay Active during Lockdown

Cycling routes, parks, beaches, home workouts, cooking and meal inspiration

<https://www.gethartlepoolactive.co.uk/stay-active-during-lockdown>

PE at home

<https://www.gethartlepoolactive.co.uk/pe-at-home>

Get Hartlepool Active YouTube channel

<https://www.youtube.com/channel/UCpUB8mpshJJlZKmrLtslcA/videos>

Social Media

Find us on Facebook, Twitter and Instagram by searching 'Get Hartlepool Active'. We post regular content to inspire people to be active. Let us know and share how you're getting active during this time.

Join the Movement

Tips, advice and guidance on how to keep or get active in and around your home.

https://www.sportengland.org/jointhemovement?section=join_the_movement&

Get Hartlepool Active

