

Activity List

This movement pack contains lots of exercises and games as a way of keeping fit, both mentally and physically!

Roll a Move – A movement game to do once a day. This game will improve your mobility, flexibility and general wellbeing. Use the dice provided to guide you through the game.

Chair Activity Bingo – Tune into Kennet Radio Station on Thursday 17th September at 11.00am to play!

Stop In The Name Of Love! – Learn some simple dance movements to the song. Instructions have been recorded on the Dictaphone by Natalie and have been printed out.

Daily Stretches – These have been recorded on the dictaphone by Natalie. This activity should be done first thing in the morning or last thing a night.

You Are Never Too Old To Play Catch – Simple throwing and catching with the tennis ball will test and improve your co-ordination, balance and strength.

Do You Want To Dance?! – There are 7 songs on the dictaphone for you to have a boogie to! Dance like none is watching!