

# Weekly Timetable



Week Beginning Monday 30<sup>th</sup> March

## Monday

### Fun Fit Time

Get up & Move with today's Fitness Challenge - Spell your name out & do the fitness move for each letter;

## The Fitness Alphabet

A = 5 sit-ups	J = 10 row the boats (sit on the floor & rown back & forth)	S = 5 lunges
B = 3 lunges on each leg	K = 3 press-ups	T = 5 squats
C = 8 star jumps	L = 10 burpees	U = 10 Flap your arms like wings
D = 5 squats	M = 10 second wall-sit	V = 5 High Kicks
E = 10 step-ups	N = 30 sec run on spot	W = 5 press ups
F = 2 x shuttle runs (run to one end of the garden or room & back)	O = 10 Flap your arms like wings	X = 5 burpees
G = 8 bunny jumps	P = 10 row the boats (sit on the floor & rown back & forth)	Y = 10 Bunny Jumps
H = 20 mini jump up & down on the spot	Q = 2 x shuttle runs (run to one end of the garden or room & back)	Z = 10 second wall sit
I = 10 Boxer Punches	R = 15 Boxer Punches	

So for example the name Bryce would be a circuit of:

3 Lunges on each leg  
15 Boxer Punches  
5 Sit Ups  
8 Star Jumps  
10 Step Ups

Always have at least 30 seconds in between activities and you can build up the amount of sets you do of any particular circuit.

Send in pictures of you completing some of the spelling challenges to our private [facebook](#) group CWP Members Only or email [cwyproject@gmail.com](mailto:cwyproject@gmail.com)

Good luck.

Make a healthy snack, drink or meal - think about what would be healthy & prepare yourself a snack, drink or meal. If you can take a photo & share it with us that would be fab (could be an ASDAN challenge)

## Tuesday

### Skills Day

🎵 **Music & Song** = Practice the Song 'I Believe I can Fly' By R. Kelly. Youtube Link for Song & Lyrics below:

<https://youtu.be/LbUpPVOEkdA>

✂️ **Art Attack** - Design a Poster for your favourite Club/Group - you can draw, write, paint, use a computer - get creative!

## Wednesday

### Walking Wednesday!

🚶 Going for a walk makes you feel better, puts you in a good mood and clears your head. If you can't get out for a walk try having a look around the garden or going up and down the stairs. Let's walk to better Well-being.



## Thursday

### Fun Fit Time

🏀 Ball Skills, try doing some of the ball skills below

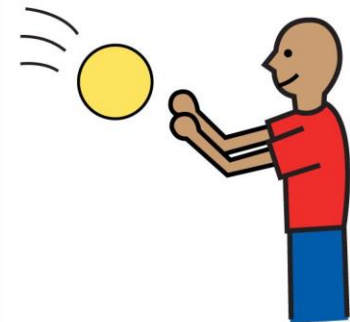
strike



dribble



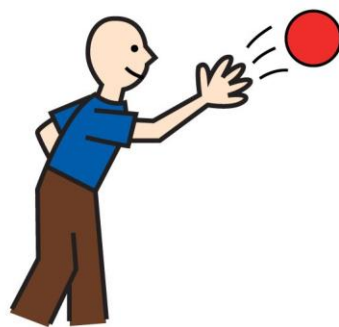
catch



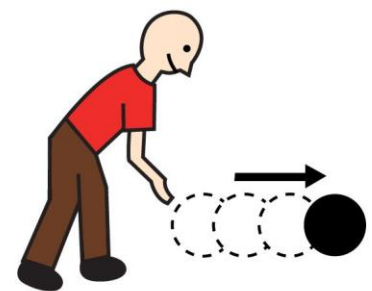
kick



overhand throw



underhand roll



### Social Time

① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 before Wednesday 1<sup>st</sup> April to let us know if you would like to receive a 5 minute phone call from one of our members or staff (please note the phone call may be from a different mobile number, parents/carers should check incoming phone call). Time Slot will be 6pm to 7pm on Thursday 2<sup>nd</sup> April.

## Friday

### Accreditation Day

☆ **Duke of Edinburgh Award Challenges** (*this is only for project members who are registered for their D of E*) for Skill, Volunteer & Physical Sections

1. Skill = Cookery, Photography, Art & Craft, Small Games
2. Physical = Any Sport or Exercise
3. Volunteer = Housework, checking on family, making posters and information etc.

☆ **ASDAN Accreditation Challenges - open to all Project Members**

This is an opportunity to work towards a Module of an ASDAN Short Course Award - by completing challenges over the following weeks. There will be a new challenge every week in the timetable from the ASDAN Gardening and Living Independently Short Courses. All the challenges are practical and fun. You can choose to do just one course or both if you want! There will be plenty of time to do both over the coming weeks.

Please share photos of your completed challenges through our CWP Members Facebook Group or email Mandy ([thewiderworldproject@gmail.com](mailto:thewiderworldproject@gmail.com)). Mandy will add the evidence photos of your challenges to your own ASDAN activity log. If any other timetable activities link to ASDAN, these will also be included in your log, for example this week's Monday Fun Fit Time healthy eating activity. When enough challenges are completed you will be presented with an ASDAN Module Certificate and your achievements celebrated on the CWP Members Facebook Group. Keep any work or projects you do all together in a file.

### ASDAN LIVING INDEPENDENTLY SHORT COURSE

#### **Module 6 - Cooking on a Budget Challenge**

Make a dessert for you and your family from ingredients you find at home. Take a picture of you preparing the ingredients and with the finished dessert. Did you all enjoy it?



## ASDAN GARDENING SHORT COURSE



### Module 4 - Wildlife in the Garden Challenge

# SPRING

Carry out a survey of the birds you see in your garden or during your walks. Make your own chart and write down the different birds you see every day for a few days. Take a picture of your finished chart (and a bird if you are lucky enough!) Think about what could you do to encourage more birds to visit your garden?

While you are in the garden or out for a walk, look out for some signs early of Spring (flowers, leaf buds, etc.). Take some pictures to share.

#### Friday Funday

😊 Make us Laugh!! Send in your Jokes, Funny Costume, Silly Face etc. What do you think will make us giggle?

#### **Saturday**

#### Act of Kindness Day

♥ **Thinking of Others** - Write a 'Positive Message' Postcard/Note or Draw a Picture for someone who is by themselves - pop it through a neighbours letterbox, take a photo and message it to them or send it to us and we will forward to the local elderly home.

#### **Sunday**

#### Social Time

① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 before Saturday 4<sup>th</sup> April to let us know if you would like to receive a 5 minute phone call from one of our members or staff (please note the phone call may be from a different mobile number). Time Slot will be 4pm to 5pm on Sunday 5<sup>th</sup> April.

#### Challenge

? Sunday Challenge is to build a tower as tall as you can (use anything you can get your hands on). How high can you build it? Will you do it by yourself or work as a team with a member of your family?

We aim to have a different timetable each week with different activities and tasks to keep project members engaged.

Photos can be shared through our CWP Members Facebook Group, by text message or email. We will share everything that has happened over the week via a weekly newsletter.

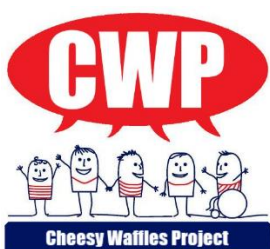
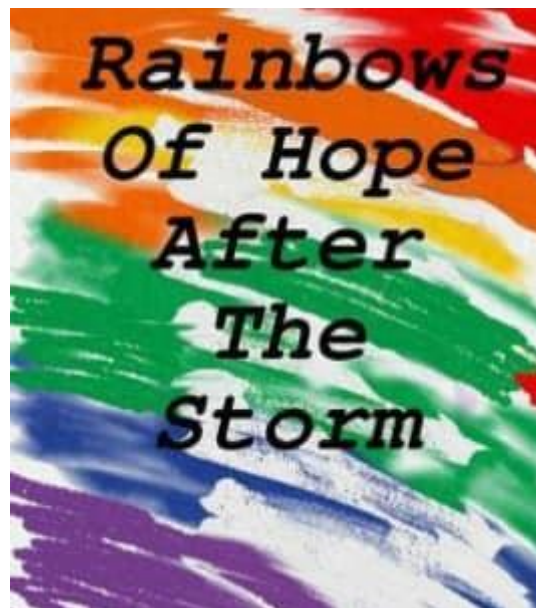
If you would like any further information please just get in touch:

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Mandy Stagg 07907 831 677 [thewiderworldproject@gmail.com](mailto:thewiderworldproject@gmail.com)

<https://www.facebook.com/WWPDurham>



**Stay Positive**  
**Stay in Touch**  
**Stay Connected**

