



SPORTS ACTIVITY BOOK

Volume 002

Sports Theme: Squash

Date: Wednesday 8th April 2019

Next Volume date: 15th April 2019

Activity schedule:

Educational section:

- 1) Squash word puzzle – How many answers can you find?
- 2) Sizing up the opposition – can work out the dimensions of a squash court
- 3) Maths challenge – Can you help calculate the costs of running a holiday camp?

Activity section:

- 4) Exercises – practise these to keep your Squash fitness up to speed.
- 5) Skills challenge – Test your creativity in this activity and share it with us after.
- 6) The Coaches cookbook – What can you make using these simple ingredients.

Wellbeing Section:

- 7) Reflection – what have you done to be proud of this week...
 - 8) How are you helping other people to feel good in this tough time.
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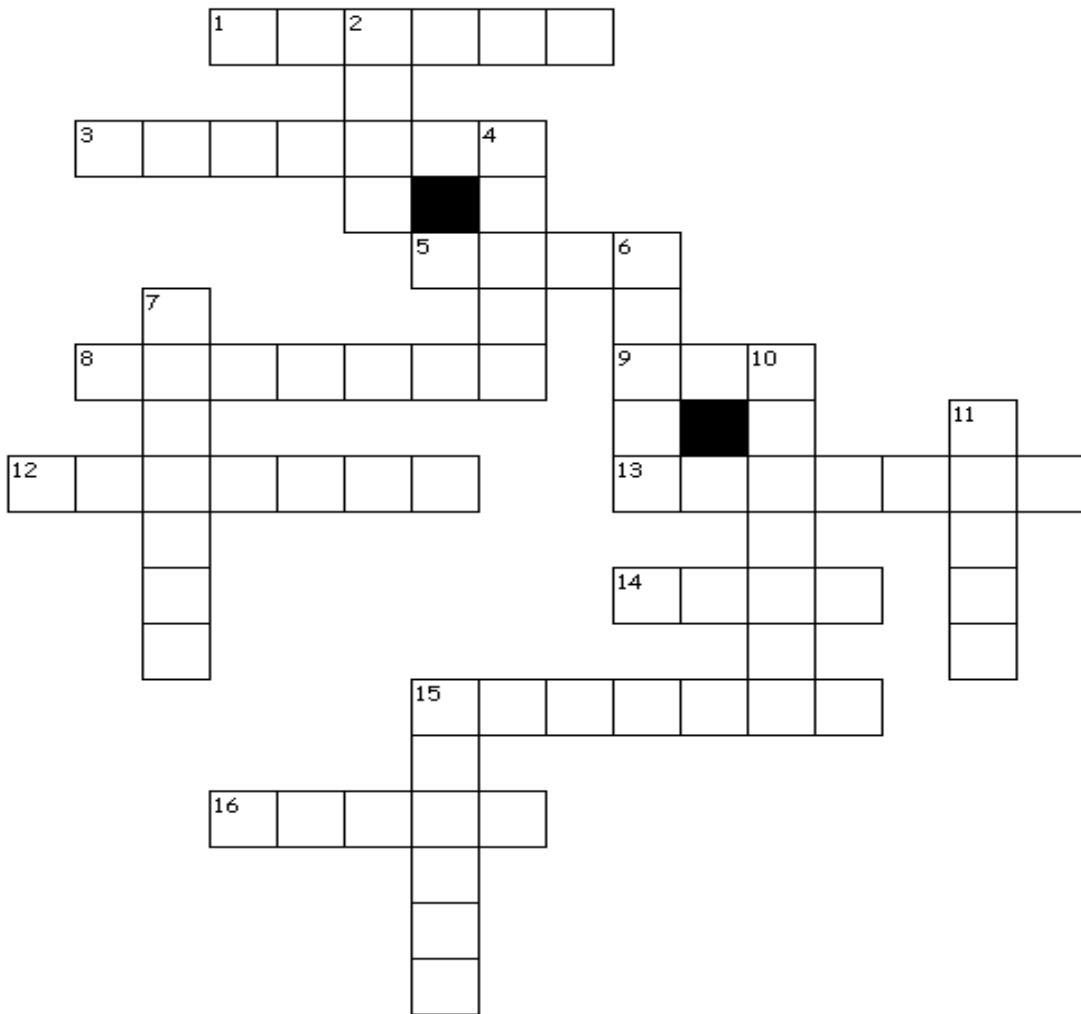
This weekly workbook is designed to provide some fun content for children and parents to stay active, keep learning and stay strong during these difficult circumstances. Hopefully its of value and your family enjoy taking part. Have fun everyone!

(Sports development Officer)

Educational section:

Activity 1 – Word puzzle

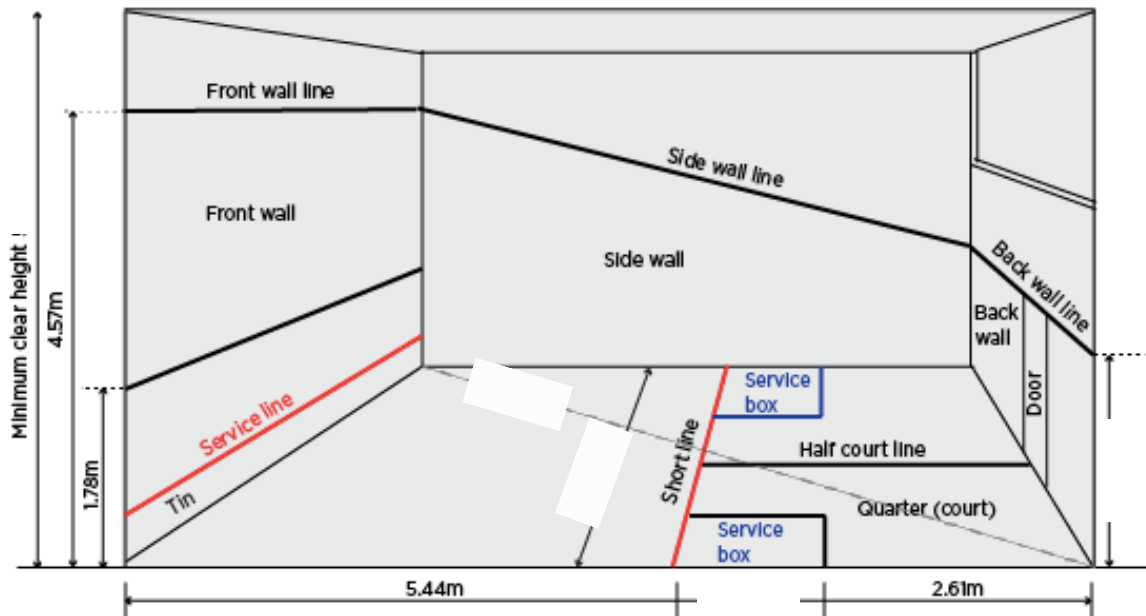
Task: Complete the word puzzle below to test how well you know Squash!



Down	Across
2. what you hit with the racquet 4. these should be tight and tied properly 6. you use thee to play the game fairly 7. people who instruct you to improve 10. how tight or loose your strings will be 11. how you start the rally 15. something you do pre-match	1. what the ball is made of 3. juniors wear these to be safe 5. number of walls in the court 8. 4 players in a match 9. when you cannot complete the point safely and choose to replay it 12. what you hit the ball with 13. 2 players in a match 14. the part of the racquet you hold 15. the player who is in the lead 16. where you play your matches

Activity 2 – Sizing up the opposition

Task: we have blanked out some of the distances on the image below. Using google, work out the length of the lines on a squash court and fill in the table below!



Area / Line	Length (Metres)
Service line	
Minimum clear height	
Service box	
Half court line	
Door (height)	
Distance from front right corner to back left corner (diagonal line)	

Activity 3 – Maths Challenge

Task: Solve the number challenges below to help coach Willie calculate his costs for coaches at the Forthill Squash holiday camps!

Coaches Costs for camps

- 1.1 – At Forthill squash, we want to pay our coaches £10 per hour for their work. A day at summer camp lasts for 7 hours. We only need one coach for the day. To run the camp for one day, how much money will it cost?
- 1.2 – If we were to run the camp for 5 days (Mon-Fri) with one coach, how much money would it cost to pay one coach for the week?
- 1.3 – If one coach is allowed to work with 5 children maximum per court, (a) how many coaches would we need if there were 15 players, and (b) how much money (total figure) would it cost to pay all the coaches for the whole week?

Answer 1.1

Answer 1.2

Answer 1.3

Holiday Camp discounts

- 2.1 – To attend camp for one day, it costs £20 for non-members. To attend camp for the whole week, it costs £90. How much of a discount is given (£) for signing up for the whole week instead of each day?
- 2.2 – If you are a member of the squash club, you get a discount for attending camp. If the price for the whole week for members is £75, how much does this price work out as daily?
- 2.3 – A week at camp costs £90 for non-members and £75 for members. If one day of camp is cancelled due to really bad weather, the price of one day will be refunded to parents. What is the cost of camp to a (a) member and (b) non-member once the refund has been made?

Answer 2.1

Answer 2.2

Answer 2.3

Activity section:

Activity 4 – Squash movement workouts

- 1) Lunges <https://www.youtube.com/watch?v=A8pw9Ke18Sc>
 - 2) Agility <https://www.youtube.com/watch?v=1coRssaaWnc>
 - 3) Hand eye coordination <https://www.youtube.com/watch?v=R42rz4DIYDA>
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Activity 5 – Fun challenge

Challenge: Make a homemade squash ball!!

We want to see you getting creative this week, and so your challenge is to make a homemade squash ball using materials round the house! This could be paper machè, Sellotape etc, be as creative as you like and then send in your pics or videos using them to ross@forthillcsc.co.uk and we will share the best ones on our social media.

Activity 6 – The Coaches cookbook

At coaches HQ, we have been getting creative with our food items to make sure we are eating healthily while we are not on court. Each week I will post one recipe to help you create something super tasty to try at home!

Recipe: Veg Stir Fry (One of Coach Willie's favourites!!)

Ingredients: Tasty vegetables e.g. carrot, courgette, broccoli, peppers, Noodles, Soy sauce or sweet chilli sauce

Method:

- 1) Chop (Carefully!) your veg and add it to a pan with a little oil (heated) until coated.
- 2) Add Soy sauce or Sweet chilli (or both) after 3 mins of frying veg and mix altogether.
- 3) Serve over hot noodles and enjoy!

Activity 7 – Reflective practise

To improve at Squash, or any sport in fact, we need to record our feelings and activity so we can look back and learn from them. It's very important to look back on our activities each day and record what we have done well. Whether a player or a coach, recognising our achievements can make us feel happy and confident, and so we challenge you to write down 7 things you've done well this week that makes you happy – one for each day of the week.

Day of the week	What made you proud?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Activity 8 – Your good turn for the week

Task: In the next 7 days, tick off as many of these boxes as you can to help your parents out at home, showing them what an amazing tennis star you really are!

Tidy your bedroom Clearing the dishes Cooking a meal
Exercising once a day Hoovering the floors

You've done it - well done for completing this week's workbook! Look out for next week's edition with more activities and more challenges to keep up the sports fun, and feel free to pass on to friends and family!