Active 30 Durham
Resource Template 2021-22

Name

Daniel Woodgate

School

Evergreen Primary School

Activity name

Codecracker Challenge

Aim

To get kids to perform different exercises, whilst engaging in CLL spelling

Main Activity

Instructions
How many people do you need? How to play the activity/game? What are the rules (including diagrams)?

Either as a whole class or partners/small group, create a sentence or a word that has to be performed by doing exercises, people who are performing the exercises would look at their sheet to see which exercises they've done to spell the word/sentence out.

So for example if the word was "HELLO"
H=10 Squats
E=10 Sit Ups
L=15 Star Jumps
L=15 Star Jumps
O=10 second Plank

Equipment required to play?

Paper/Board with exercises and letters.

How can you adapt the activity/game to play at home?

Space

Living room or garden would be more than enough

Task

Would be same as at school

Equipment

Paper/Board with exercises and letters.

People

Anyone could do this, either doing exercises or not.

Warm up/Cool down/Personal Challenge

Can you write down a warm up, cool down or personal challenge link to your game that people can try at home

Could have the kids maybe spell the words Warm Up out in the same way as explained above.

For a cool down you could maybe make a separate sheet, with each letter having a different static stretch or relaxation pose.