



Shot Put

Make a ball out of aluminium foil or use a tennis ball. Hold the ball in the palm of one hand. Place that hand next to your ear. Push the ball into the air extending your arms. Do not move your feet. The longest distance wins.

Hammer Throw

Stuff a bag with newspaper and tie it up with a long string. Hold the end of the string and spin around 3 times. Let go. The longest distance wins.



100 Inch Dash



Mark a start and finish line. Move your feet as fast as you can - but only one inch at a time. The winner is the person who crosses the finish line first.

Source: www.atozkidsstuff.com/olygamerules.html



REMEMBER:

Children should have a minimum of 60 minutes of activity every day!

WAVES (West Midlands ActiVe lifestyle and healthy Eating in School children) study, Public Health Building, University of Birmingham, Edgbaston, Birmingham, B15 2TT. Tel: 0121 414 3921. Email: wavesstudy@contacts.bham.ac.uk



Dear Parents / Guardians,

Your child's school has been selected to take part in the West Midlands ActiVe lifestyle and healthy Eating in School children study (WAVES study). During the coming year, your child will take part in a programme of activities designed to encourage children to make healthy lifestyle choices.



Children should aim to have a minimum of 60 minutes of activity per day. This can be in one block or lots of short bursts of activity throughout the day.

This information is about physical activity opportunities in your area and other ideas for activities.

Many thanks,

The WAVES Study Research Team
University of Birmingham



UNIVERSITY OF BIRMINGHAM **WAVES**

Buffery Park, Selborne Rd, DY2 8LA (1 mile). Multi-use games area, children's play area, tennis courts, football pitches.

Haden Hill Park, Halesowen Rd, Cradley Heath, B64 7JU (2.1 miles). Children's playgrounds, walks, nature reserve.

Grange Park, Walters Row, Dudley, DY1 2BH (2.2 miles). Multi-use games area, football pitches.

Haden Hill Leisure Centre, Barrs Rd, Cradley Heath B64 7HA (2.2 miles). Tel. 0845 659 4815—select Option 0. Swimming pools, swimming lessons, 'Fun, Float and Flume' sessions.

Tipton Swimming Centre, Queens Rd., Tipton, DY4 8ND (3.9 miles). Tel. 0845 6594815—select Option 9. Swimming lessons for children.

playground, indoor play barn, free play sessions for children.

Tipton Sports Academy, Fit 4 Kidz (A high energy 90-minute session of organised games and play). Gospel Oak Rd., Tipton, DY4 0BS (5.4 miles). Tel. 0845 6594815. Email: leisure@sandwell.gov.uk

Things to do near you:

Dance groups:

Acorn Dance Studio, Blowers Green Pumphouse, Peartree Lane, Dudley DY2 0XP (1.2 miles). Tel. 07702 376169 or 01384 483 636. www.acornperformingarts.co.uk

Time Step Dance Studio, 18 Wolverhampton Street, DY1 1DB (1.7 miles). Tel. 07936 718478 www.timestepdancestudio.co.uk

Step Up School of Dance, Dingle Community Centre, Madeley Road, Dudley, DY2 8NT. (1.6 miles) Tel. 07950 985 392.

Football Clubs:

Brierley Hill Bullets Junior Football Club, 6 Burmese Way, Rowley Regis, B65 8QA (1.9 miles). 01384 212809 keithsharman@hotmail.com

Football, Wellington Road, Dudley, DY1 1UH. (1.7 miles). Tel: 01384 812800. Kids football for children aged 5 - 8 at the Dudley Leisure Centre. Prices range from £1.75 to £3.50.

Netherton Colts Football Club, Netherton, Dudley (0.2 miles) Tel. 07730 766124.

Indoor Play:

Jitterbugs Party World, Cardale St, Blackheath (2.5 miles). Tel. 0121 561 3866. Soft-play and climbing wall. www.jitterbugspartyworld.co.uk

Scallywags Indoor Play Centre, Level Street, Next to Fitness First, Brierley Hill, DY5 1UA. (1.8 miles). Tel. 01384 77004. www.scallywagsindoorplay.com

Visit: www.dayoutwiththekids.co.uk/things-to-do/dudley Contains information on fun routes to walk with the family and great days out in and around Dudley.



*Included

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Brother and sister outdoors on bicycles/Monkey Business Images
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