



HOME ACTIVITY PROGRAMME

SERIES 1



Peter Ackred
Founder / CEO

Our charity empowers disabled people to live more active lives. Since 2013, we have transformed the lives of over 19,000 people across London.

In light of the recent Covid-19 pandemic, we want to ensure disabled people continue to be active within their home

That's why we've created our DSC Home Activity Programme. This provides a vital resource that will help you to keep fit in the safety of your own home while having a great time!

We would love to see how you are using your new programme. Please share your pictures and videos and tag us. Our social media handles are below:



Alternatively, email your picture and videos to clubs@disabilitysportscoach.co.uk

How you can help us

We rely on our supporters to help us reach more of the 1.4 million disabled people in London.

Whether you donate or volunteer, you'll make a huge difference to our charity. Please visit our website to find out how you can get involved.

Contact us



SERIES 1 - SESSION 1

TOTAL TIME

30 Minutes

COACH

Kemy Konstantinova

AIM

To improve your throwing and catching

EQUIPMENT REQUIRED

3 small balls (tennis or table tennis) - Or socks!



INTERESTING FACT

With these exercises, you activate not only your muscles but also make your brain active.

Juggling boosts brain development. Research indicates that learning to juggle accelerates the growth of neural connections related to memory, focus, movement, and vision.



TOTAL TIME

30 minutes

COACH

Kemy Konstantinova

AIM

To improve your throwing and catching

EQUIPMENT NEEDED

3 small balls (tennis or table tennis) - Or socks!

1. WARM UP

5 mins

- Play your favourite music whilst you do the alphabet warm up.
- Starting with and using your head, write in the air the little letters from the alphabet.
- Now with your arms, do some air punches while you are saying the alphabet. The quicker you say it, the faster your punches will be.
- Try some safe karate kicks (*make sure you have lots of space and no breakables*).
- Now, finish with trying to jump whilst saying the alphabet.

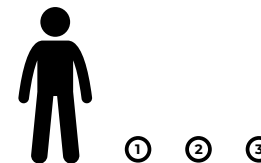
2. INTRO ACTIVITY

5 mins

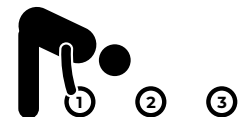
- Place three tennis balls (or socks) on the ground in front of you.
- Using 1 ball, I challenge you to see how many throws and catches you can do in 30 seconds.
- Set the time and go!

Round 2

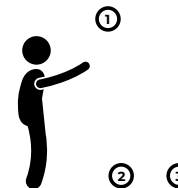
1. This time use 3 balls for the 30 seconds challenge-label them 1, 2 and 3.



2. Bend down, pick up ball 1 and throw it in the air. Catch and place it down.



3. Pick up ball number 2, throw it up above your head, catch and place it down. Then pick up ball 3 and so on.



4. Using the 3 balls, how many throws and catches can you do in 30 seconds? Can you beat your score? Best of three!



ADVANCE LEVEL

Lie on the ground, raise your legs and write the alphabet in the air with your feet.

ADVANCE LEVEL

Can you clap your hands while waiting to catch the ball?

TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your throwing and catching

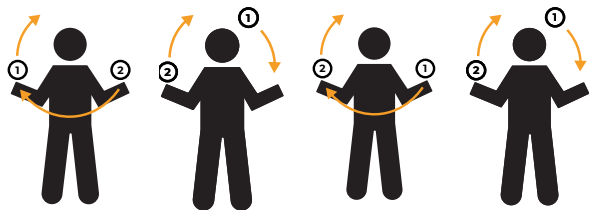
EQUIPMENT NEEDED
3 small balls (tennis or table tennis) - Or socks!

3. PROGRESSION

10 mins

JUGGLING! 2 BALLS WITH 2 HANDS

- First, practice throwing one ball in a simple arch (*rainbow shape*) from one hand to the other, about eye-height.
- Your hands should not move very much, so aim to keep your elbows at your hips.
- Now it gets tricky! - Pick up a second ball. When you toss the first ball, then pass the second ball to your throwing hand quickly AND catch the first ball. Keep practicing.



ADVANCE LEVEL

Can you jump while juggling?

4. CHALLENGE TIME

3 mins

CLOWN ACT

How many can you juggle without dropping the balls?



5. COOL DOWN

2 mins

- Lie down comfortably and concentrate on your breathing.
- Practice belly or abdominal – deep breathing.
- Inhale and feel how the air travels all the way from your mouth to your lungs and fill up your stomach.
- Exhale and feel how the air drives out of the lungs through your breath.
- You can place an object on your chest to watch it rise and fall.

Give yourself a clap!



SERIES 1 - SESSION 2

TOTAL TIME

30 Minutes

COACH

Kemy Konstantinova

AIM

To improve your hand eye coordination

EQUIPMENT REQUIRED (BE CREATIVE!)

- 2 tennis table bats
- 6 table tennis balls (or socks)
- Empty plastic cup and empty box-any size.



INTERESTING FACT

Table tennis has been listed as one of the games, with the highest rate of brain stimulation. This helps create and maintain long-term memory.

It is the perfect sport for improving your mind's condition because it has a low injury risk and it puts little stress on your muscles.

TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your hand eye coordination

EQUIPMENT NEEDED
2 tennis table bats, 6 table tennis balls (or socks), empty plastic cup and empty box-any size. Be creative!

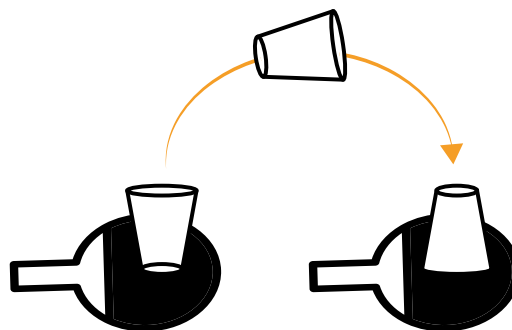
1. WARM UP 9 mins

- Use your top three favourite songs.
- When you play a song, dance however you like and try to use as many parts of your body as you can. Be as crazy as you wish!
- Make sure you move your arms, legs, hips, head and knees.

2. INTRO ACTIVITY 3 mins

TOP SPIN

- Place a cup on the table tennis bat.
- Facing upwards (as if you would drink from it), flip the cup in the air and land on your bat, facing downwards.
- Repeat 10 times!



ADVANCE LEVEL +

Try to dance to only one of your favourite songs, whilst, sitting on the floor. Rolling is allowed!

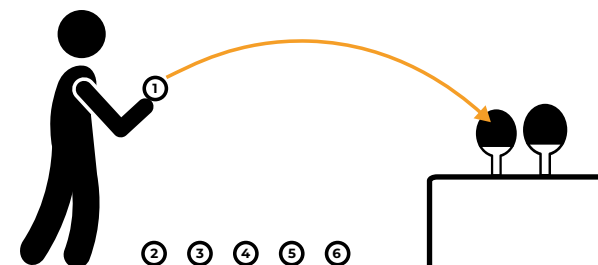
ADVANCE LEVEL +

Try to flip the cup all the way around back to its starting position.

3. PROGRESSION 10 mins

BAT BULLDOZE

- Place 2 table tennis bats on a table, balancing upright, on their handles.
- The bats must have their flat sides facing you and then Take 3-6 steps away from the table.
- Get 6 table tennis balls (or socks) ready.
- Using one ball at a time, try to knock over the bats.



ADVANCE LEVEL +

Take extra steps back.

TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your hand eye coordination

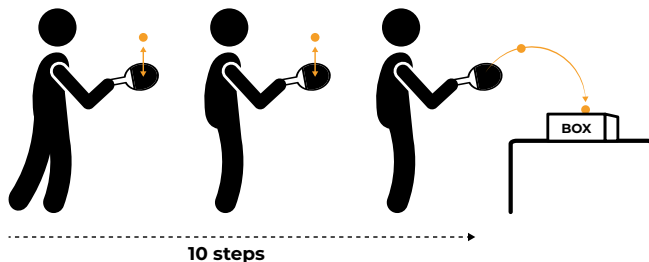
EQUIPMENT NEEDED
2 tennis table bats, 6 table tennis balls (or socks), empty plastic cup and empty box-any size. Be creative!

4. PROGRESSION 2

7 mins

ON THE BOUNCE

- Place an empty box /basket or target on a table.
- Make your starting point around 10 steps away from the table and the box.
- Get the first ball and start bouncing it or balancing it on your bat and move towards the box.
- Your aim is to get the ball into the box without touching the ball with your hand (only the bat).



ADVANCE LEVEL ⁺

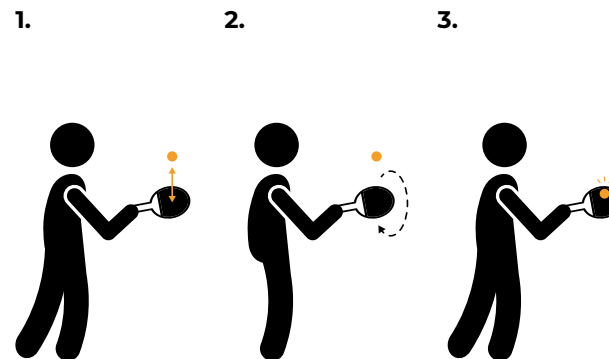
Add some spins in as you move towards the box, bouncing the ball.

5. CHALLENGE

3 mins

Try turning/flipping your bat as you bounce the ball. If successful, you will be hitting the ball on both sides of the bat.

How many can you do?



6. COOL DOWN

2 mins

Lower back

- Lying on your back, bring one leg across the other and rotate the lower body, bringing the crossed over knee towards the floor and hold into the stretch.
- Keep both shoulder blades in contact with the floor.
- Hold for 30-45 seconds. Repeat on the other side.

Side bend

- Start in a standing position, placing both feet together.
- Raise both arms fully extended above the head. Clasp the hands if flexibility will allow.
- Bend slowly to one side, being careful not to allow any twisting movement in the hips or spine.
- Hold this position for 30-45 seconds each side.

Give yourself a clap!



SERIES 1 - SESSION 3

TOTAL TIME

30 Minutes

COACH

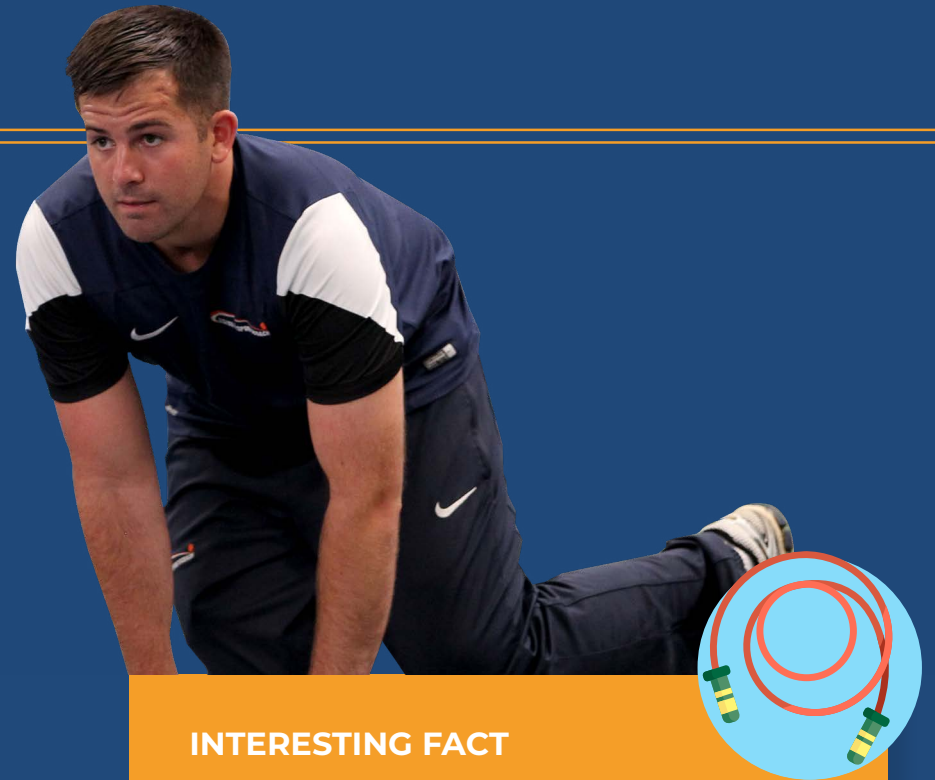
Kemy Konstantinova

AIM

To improve your fitness and balance

EQUIPMENT REQUIRED

- skipping rope
- bean bag (or socks)
- two chairs



INTERESTING FACT

Although Europeans are known to have been skipping in around 1600, the earliest known use of the term 'skipping rope' in English was in 1802.

Keep practising and get ready for the National Skipping Day! Skipping trains your balance and leg explosiveness.

TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your fitness and balance

EQUIPMENT NEEDED
skipping rope, bean bag (or socks), two chairs

1. WARM UP 5 mins

MULTI TASK CHALLENGE



- March on the spot throughout all the skills below. While marching can you try to:
 - ➔ Throw a beanbag (or sock) up and touch your head, then catch the bean bag.
 - ➔ Throw the beanbag (or sock) and touch head and shoulders, then catch the beanbag.
 - ➔ Throw the beanbag (or sock) and touch your head, shoulders and knees, then catch the beanbag.
 - ➔ Throw the beanbag (or sock) and touch your head, shoulders, knees and toes, then catch the beanbag.
- If you happened to drop the beanbag (or sock), give it another go and again start from the beginning.

ADVANCE LEVEL +

Try to complete the same exercise while running!

2. INTRO ACTIVITY 3 mins

WAITERS GAME

- Tie the rope on to two chairs just below your hip level and get yourself a plastic cup half-full of water.
- While holding the cup, try to go over the rope, one leg after the other (*facing sideways*).
 
- Now, you can try going under the rope while ducking.
 
- Repeat 10 times.
- Remember not to spill that water, keep it nice and balanced!

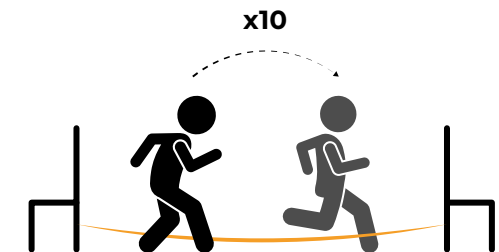
ADVANCE LEVEL +

Can you go faster?

3. PROGRESSION 1 10 mins

JUMPING OVER THE ROPE

- This time, you won't need the cup of water (*feel free to use it to re-hydrate!*)
- Start with the rope nice and low around the chairs – about the ankle level.
- Jump over the rope, from side to side 10 times in a row.
- Take a short rest 30 seconds and repeat 5 times.



ADVANCE LEVEL +

You can try front and back, or even making the rope higher.

TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your fitness and balance

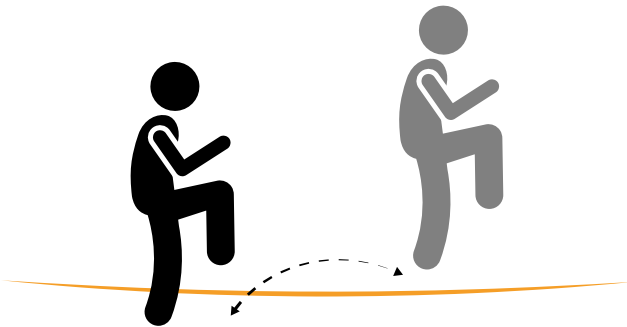
EQUIPMENT NEEDED
skipping rope, bean bag (or socks), two chairs

4. PROGRESSION 2

7 mins

SINGLE-FOOT HOPS

- Place the rope flat on the floor (or a very low height if you want a challenge).
- Try jumping over the rope with one foot, 10 times!
- Take a short rest (30sec) and now try the other foot!
- Repeat 3 times on each foot!



ADVANCE LEVEL ⁺

Add some spins in as you move towards the box, bouncing the ball.

5. CHALLENGE TIME

3 mins

If you have the space and skills to jump with the skipping rope, try to challenge yourself and see what your skipping record is.

Can you get 5 in row, 10 in a row (or even 100?) Try to improve it each day!



6. COOL DOWN

2 mins

DUCK NUMBER ROPE ACTIVITIES

- Stick/Write some numbers from 1 to 5 on the rope. (or you can hang 5 socks instead?)
- Tie the rope on the legs of two chairs (at about waist level).
- Step 30cm-50cm away from the rope and make sure you can see the numbers or socks hung on the rope.
- Start by balancing on one leg and then touch/reach for the numbers (or socks) in these orders.
 - ➔ Left leg balancing - 3 / 5 / 1 / 4 / 2
 - ➔ Right leg balancing - 1 / 5 / 2 / 4 / 3
 - ➔ Left Leg - 2 / 5 / 3 / 1 / 4
 - ➔ Right Leg - 2 / 4 / 1 / 5 / 3

ADVANCE LEVEL ⁺

You can tie the rope lower and touch the numbers with your other foot.

Give yourself a clap!



SERIES 1 - SESSION 4

TOTAL TIME

30 Minutes

COACH

Kemy Konstantinova

AIM

To improve your fitness and balance

EQUIPMENT REQUIRED

- | | |
|-----------------------------------------------------------|-------------------------------------------------------|
| <input checked="" type="checkbox"/> 3x table tennis balls | <input checked="" type="checkbox"/> Chairs |
| <input checked="" type="checkbox"/> 10 pairs of socks | <input checked="" type="checkbox"/> Pencils or spoons |



INTERESTING FACT

When it comes to your exercise regime you need to find something that you enjoy.

If you enjoy it, you'll stick to it, which is important, as consistency is the key to achieving goals and of course for our long-term health.

TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

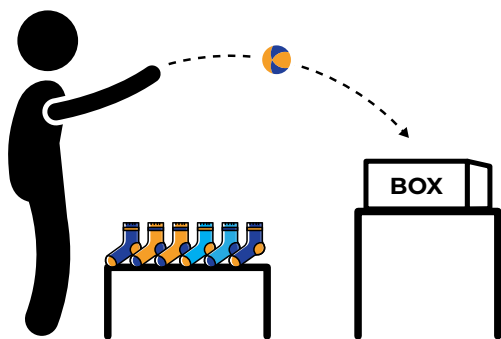
AIM
To improve your fitness and balance

EQUIPMENT NEEDED
3 table tennis balls, 10 pairs of socks, chairs, pencils or spoons

1. WARM UP 5 mins

SOCK SEPARATION

- You will need 10-15 pairs of socks.
- Mix up the socks and place them in front of you on a chair or table.
- When you are ready, start running on the spot trying to pair the socks and sort them out.
- Once you have the pair you need to, throw the pair in a box, basket or your chosen designated place.



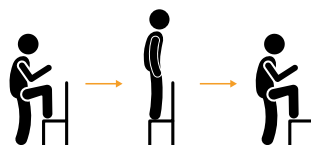
ADVANCE LEVEL ⁺

Do 5 jumping jacks after each pair you make!

2. INTRO ACTIVITY 5 mins

STEP UP

- Place a chair facing directly in front of you. Stand firmly, keeping your feet shoulder-length apart.
- Raise your right leg to the chair until your foot is resting on it.
- Push upward, to step onto the chair, until your right leg reaches on top of the chair so that both feet are firm on top of the chair (*You can hold on to the wall to balance or ask a parent/carer/sibling to help you*).
- Time to return to the ground with your left leg and then take your right leg off the chair and place it back on the ground.



- Repeat 20 step ups and take turns with which foot goes first – YOU CAN DO IT!

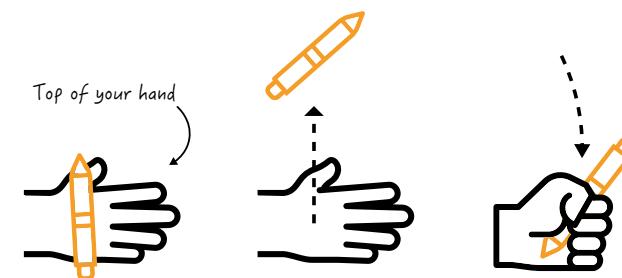
ADVANCE LEVEL ⁺

Try to do it faster.

3. PROGRESSION 1 5 mins

BACK FLIP

- For this game you need 3 pencils/pens. (*or spoons*)
- Start with one pencil/spoon, placed on the back (*top*) of your hand.
- Flip your hand and catch the pencil/spoon with your palm facing up.
- When successful change hands.



ADVANCE LEVEL ⁺

If that was too easy with one pencil, try two at a time, or even three and see if you can balance, flip and catch 3 pencils!

Can you do it on the back of your foot and catch in your hand?

🕒 **TOTAL TIME**
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your fitness and balance

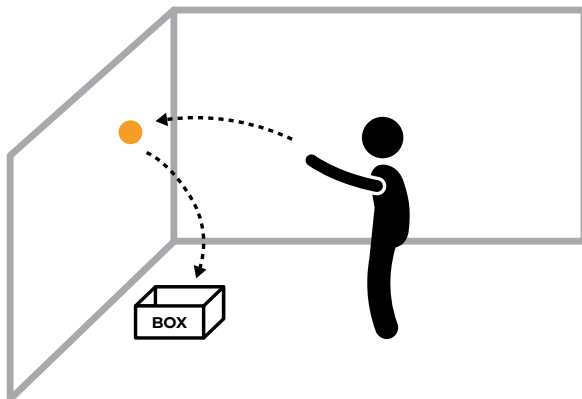
EQUIPMENT NEEDED
3x table tennis balls, 10 pairs of socks, chairs, pencils or spoons

4. PROGRESSION 2

10 mins

ON THE REBOUND

- Face a wall and place an empty shoebox or target at the bottom.
- Take 6 steps back.
- Throw a table tennis ball (or sock) at the wall in a way which makes it land inside the box/target.

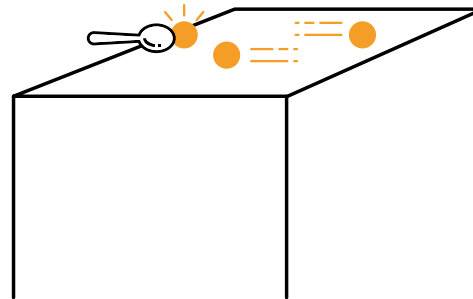


5. CHALLENGE TIME

3 mins

UPHILL BATTLE

- You need 3 table tennis balls and a spoon.
- Place the three balls on a cleared surface - (preferably a table).
- With the back of the spoon hit/tap the two balls in a way that you can keep the control on the moving balls.
- Try to keep the balls moving on the table for 30sec without them falling off!



ADVANCE LEVEL +

Try 3 balls at once!

6. COOL DOWN

2 mins

Do your favourite stretches for the upper and lower body.

Examples:

- Reach for your toes with legs extended.
- Arm circles (small to big).

Give yourself a clap!



SERIES 1 - SESSION 5

TOTAL TIME

30 Minutes

COACH

Kemy Konstantinova

AIM

To improve your coordination

EQUIPMENT REQUIRED

- Sponge ball
- Empty shoe box/container
- Water/soda bottles



INTERESTING FACT

In the early 14th century, King Edward I banned football because of the great noise in the city caused by “hustling over large balls, from which many evils may arise”.

If the Sun were the size of a beach ball, Jupiter would be a golf ball and the Earth would be a pea.

TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your coordination

EQUIPMENT NEEDED
sponge ball, empty shoe box/container, water/soda bottles

1. WARM UP 5 mins

BOUNCE

- One bounce through legs
- Lift up the ball with your two hands.
- Drop the ball behind you.
- Bend down and reach through your legs to get it.
- Repeat 10 times.



BOUNCE BEHIND BACK

- Hold the ball with two hands.
- Twist to your right, bounce the ball behind your back, then twist to your left and catch the ball.
- Repeat 10 on each side.



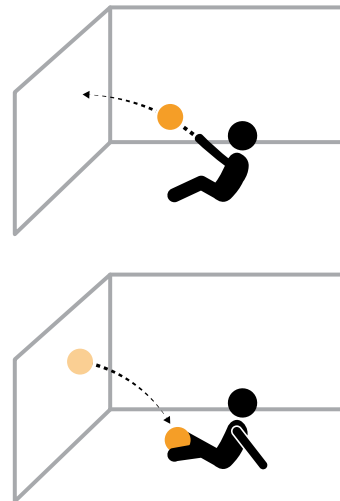
ADVANCE LEVEL ⁺

Can you do 5 knee kick ups with one leg and then the other?

2. INTRO ACTIVITY 5 mins

FROM HANDS TO FEET

- Sit facing the wall.
- Bounce the ball softly on the wall using your hands and catch it with your two feet. Keep the ball in the air while you hold it with your feet.



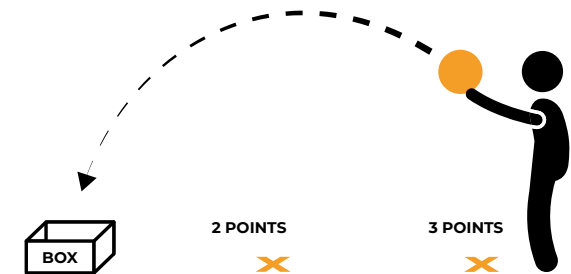
ADVANCE LEVEL ⁺

Sit on a chair and do the opposite sequence. Throw the ball with your feet, bounce it on the wall and catch it with your hands.

3. PROGRESSION 1 5 mins

BASKETBALL

- Set up a basketball box/basket/target in a corner of your room. Clear the corner of any breakable items and use a soft foam ball.
- Mark two points on the floor at different distances (1m and 2m) from the box. You can use tape or socks as your markers.
- Scoring system:
 - ➔ Marker 1 = two points
 - ➔ Marker 2 = three points
- Try to score 21 points



Give yourself a clap!



TOTAL TIME
30 minutes

COACH
Kemy Konstantinova

AIM
To improve your coordination

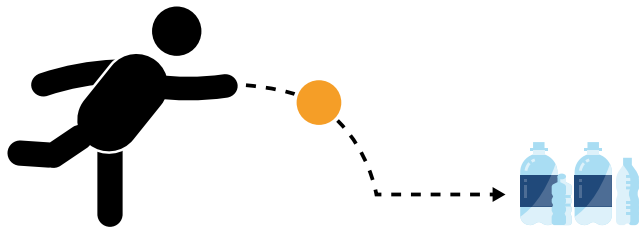
EQUIPMENT NEEDED
sponge ball, empty shoe box/container, water/soda bottles

4. PROGRESSION 2

10 mins

BOWLING

- Set up some empty water/soda bottles (or any items that can stand tall) in a triangle formation to act as the bowling pins.



- How many pins you can knock over:
- Rolling the ball with one hand?
- Kicking/pushing the ball backwards (behind you)?

ADVANCE LEVEL ⁺

Fill the soda bottles with sand or water to make them a little more challenging to knock over.

5. CHALLENGE TIME

3 mins

HANDOFF

- Work those abdominals with this tough move.

- Lie on your back face up on the floor with arms and legs extended.



- Grab the ball overhead with both hands.



- In one smooth motion, lift arms and legs, transferring the ball from hands to your ankles.



- Try 3 rounds of 10.



6. COOL DOWN

2 mins

- Stand with legs shoulder width apart.
- Place the ball in front your right leg.
- Keep your knees and back straight while bending down to pick up the ball to stand up position and do the same place it in front of the left leg.
- Repeat 20 times – nice and slowly!

Give yourself a clap!

