



Swansea City Community Trust Physical Activities

Week 4



Physical Activity

As part of the weekly Physical Activities, there will be challenges set by our very own Swansea City players. Some of these challenges will be really exhausting so make sure you have a good stretch before participating as well as a drink ready

Please make sure you take regular breaks in between the activities and drink lots of water to keep yourself hydrated and ready to get active again.



Warm-Up





Warm-Up

Can we do the following activities 5 times -

- Stretch as high as we can and try reaching the stars
- Try touching our toes (without bending our knees)
- Running on the spot for 30 seconds



Andre Ayew

Andre Ayew plays as a winger for Swansea City.

In order for Andre to do his role within the side, he needs to make sure he is always making sure he is as fast as he can be.

For this activity you will need a football.



Andre Ayew

Shout out the alphabet while running on the spot – Time _____

Shout out your 5 times table while running on the spot – Time _____

Shout out the colours of the rainbow whilst running on the spot – Time _____

Spell out the words 'Swansea City' whilst running on the spot – Time _____

Andre Ayew

How long does it take you to dribble the ball to the end of the garden and back (Both Feet)–
Time _____

How long does it take you to dribble the ball to the end of the garden and back (Right Foot
only)– Time _____

How long does it take you to dribble the ball to the end of the garden and back (Left Foot
only)– Time _____

Club Captain: Matt Grimes



Matt Grimes is the captain of Swansea City.

Matt, would like you create your own Swansea City mascot.

Can you create your own mascot, either by drawing and then colouring, or you can create your mascot out of materials in your own home. E.g. Lego, Knex, Cardboard.



Matt Grimes – Mascot Creation

What is your mascot's name?

Answer _____

How old is your mascot?

Answer _____

What did you use to create your mascot?

Answer _____



Matt Grimes – Mascot Creation

Make sure to post your mascot creations on social media using:

Twitter - @SwansCommunity

Facebook - @SwansCommunity

Hashtag - #EveryPlayerCounts

Make sure you include the your Mascots name.

We look forward to seeing your creations.