



**CITY IN THE
COMMUNITY**

KEY STAGE 1 HOME ACTIVITIES BOOKLET



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CITY IN THE COMMUNITY

Established in 1986, City in the Community (CITC) has been using football to create opportunities, build futures, and touch lives in a unique way ever since. Using football as a magnet to engage young people, the Club's Foundation delivers a range of award-winning programmes, focusing on three main areas; Health, Education and Inclusion.

During this time, we want to support children and young people across Greater Manchester to achieve their potential whilst working from home.

This booklet contains:

Up to **20** different activities you can complete at home



10 healthy recipes that the whole family can cook together and enjoy



Lots of ideas

to keep you and your family healthy and active



Get Involved

all activities are football-themed, have fun and give it a go!



Literacy

Newspaper Article

ACTIVITY:

Create your own newspaper article about a Manchester City game

First of all draw a picture from the match

Next, tell us what happened during the game - what was the score? Who scored? What was your favourite part of the match?

CITY IN THE COMMUNITY

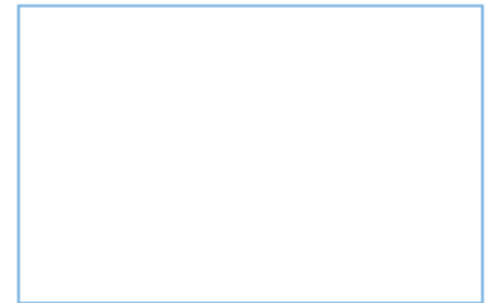
CITY IN THE COMMUNITY GAZETTE



CITY STARS



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CITY LIFESTYLES



Recipe name: Sterling's Special Fruit Smoothie

Serves: 4 people

Preparation time: 5-10 mins

Cooking time: None

Starting line-up (*Ingredients*):

Watermelon, banana, kiwi, strawberries, raspberries, blueberries, oranges, milk, ice cubes



Warm-up (*preparation*):

Peel and chop fruit into small pieces



Game plan (*method to make*):

1. Place all fruit into a mixing bowl
2. Add to blender and blend until smooth
3. Add Milk and ice cubes
4. Blend again until smooth and thick



Substitutes

Use other fruits of choice as alternate options

Dairy intolerance – use lactose free milk (soya) or protein powder

Nutritional benefits:

Watermelon - hydration, vitamin A, C, B1, B5, B6. Banana - vitamin C, carbohydrate for energy, fibre for healthy gut. Kiwis - folate, potassium, vitamin C, K, E (super fruit), Strawberries - folate, potassium

Blueberries - vitamin K, C, magnesium

Raspberries - vitamin C, magnesium

Oranges - vitamin C, protects immune system

Milk - protein and calcium

Each serving provides 157k kcal per person, 128g carbohydrates, 16g protein, 6g fats



CITY LIFESTYLES

HOME ACTIVITIES BOOKLET



CITC ACTIVITY PACK ACTIVE AT HOME



CITY IN THE COMMUNITY

Be Active

EQUIPMENT:

Pair of socks

ACTIVITY:

Before you put your socks on can you attempt the sock squat challenge? The challenge is to throw your socks (make sure there is a ball) up into air and catch them at the lowest point possible without dropping the socks or falling over

Step 1:

Stand with your feet shoulder width apart and your back straight. Gently, throw the socks in to the air just above your head height

Step 2:

Bend your knees to squat down towards the floor. Try to reach down with your hands and catch the socks at the lowest point you can

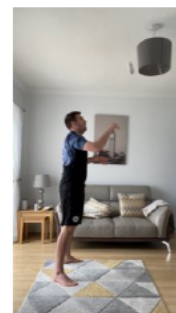


CITC ACTIVITY PACK ACTIVE AT HOME



CITY IN THE COMMUNITY

Be Active



Step 1



Step 2

ADAPTATIONS:

Change the object to a ball or a piece of fruit

Attempt a one handed throw & catch

Attempt one legged balance/squat

COMPETITION:

How many can you do without dropping the socks? Or before your legs get tired? Can you challenge someone else in your house?

Let us know how you get on with this challenge @citctweets

Active at Home

Bluemoon Balances

EQUIPMENT:

Pen, paper and chalk (if you have them available)

ACTIVITY:

Create an imaginary line, or if you have somewhere to draw a line with chalk you can do so

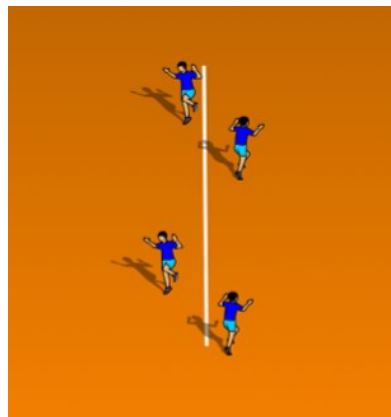
Begin with trying to walk along the line without falling off. Then can you hop along the line without dropping your opposite foot?

Can you hop back and forth across the line without touching it?

Can you get someone to throw you a ball to try and catch whilst you are balancing? How many times can you throw and catch the ball before you put your foot down or drop the ball?

Can you balance on two different body parts over the line? For example, left hand and right foot?

How many different balances can you come up with?



CITY LIFESTYLES



Recipe name: Jill Scott's Veggie Stirfry

Serves: 4 people

Preparation time: 10 mins

Cooking time: 20 mins

Starting line-up (*ingredients*):

Onion, peppers, broccoli, bean sprouts, carrot, green beans, garlic, noodles, Quorn chicken, Stir fry sauce



Warm-up (*preparation*):

Chop onion, peppers and carrots



Game plan (*method to make*):

1. Heat the oil in a pan and fry the onion and garlic for 3 minutes. Add the peppers and fry for 3 minutes more
2. Add the broccoli, carrot, green beans, bean sprouts and Quorn pieces and continue to fry for a further 5 minutes
3. Using a wooden spoon, make a space in the centre of the stir-fried mix so that the base of the pan is visible
4. Pour in the sauce and bring to the boil, stirring all the time until it starts to thicken. Toss the vegetables to coat thoroughly with the sauce



Substitutes

Alternative vegetables could be used for different textures and taste

Gluten intolerance – Gluten free noodles

Add herbs and spices for extra flavour

Nutritional benefits:

Mixed peppers - vitamin A and C, potassium, folic acid and fibre

Broccoli - vitamin K and calcium, bean sprouts - protein and fibre

Carrot - vitamin A, antioxidants

Green Beans - fibre (soluble fibre helps reduce bad cholesterol)

Garlic clove - good for the heart

Noodles - carbohydrate

Quorn Chicken pieces = Protein from non-meat source

Each serving provides 174 kcal per person, 33g protein, 105g carbohydrates, 16g fat



CITY LIFESTYLES





Hand Wash High Five

with Carex, The UK's No.1 Hand Wash brand

Muddy hands? Sticky fingers? Washing your hands correctly is a great step towards stopping germs spreading, and staying clean and healthy. Teach the whole family the best hand washing technique and make sure they wash their hands properly, with Carex.

STEP 1

First

Wet your hands with water and use enough Carex liquid hand wash (that's about 2 good pumps!) To create soapy bubbles all over!



STEP 2

Set your timer

And rub your hands together for *at least 15 seconds* to make lots of soapy bubbles.



STEP 3

Remember

To rub all skin surfaces including wrists, palms, backs of hands, fingers and under your finger nails.



STEP 4

Rinse

Make sure you rinse your hands thoroughly with water before drying them.



STEP 5

Finally

Grab a towel - it's time to dry - then you can enjoy that *sparkly clean* hands feeling!






CITC ACTIVITY PACK DAILY FITNESS CHALLENGE



CITY IN THE COMMUNITY

Be Active



EQUIPMENT:
Timer/ watch

ACTIVITY:
Decide on which activities you would like to do, example:-

- Star jumps
- Running from one object to another
- Jumping forwards and backwards over an object etc

In 30 seconds see how many Star Jumps you can do?

DAILY SCORE CARD
Challenge yourself everyday to complete the activities you have chosen, keep score on the score card (see next page)

Send it to a friend and challenge each other

ADAPTATIONS:
Increase the time to 1 minute



CITC ACTIVITY PACK DAILY FITNESS CHALLENGE



CITY IN THE COMMUNITY

Be Active

Activity	Mon	Tues	Wed	Thurs	Fri
Star Jumps					
Running (from one object to another)					
Jumping (over an object)					

Let us know how you get on with this challenge @clctweets

Recipe name: David Silva's Cheese and Ham Omelette

Serves: 2 people

Preparation time: 15 mins

Cooking time: 20 mins

Starting line-up (*ingredients*):

3 eggs, 10g unsalted butter, 30g cheddar, 1 thick slice of ham, salt and pepper



Warm-up (*preparation*):

Grate cheese, chop ham



Game plan (*method to make*):

1. Beat the eggs in a mixing bowl and season with salt and pepper. Heat butter in a frying pan until foaming. Pour in the eggs and cook for a few seconds, until the bottom of the omelette is lightly set
2. Put the cheese and three-quarters of the ham in the centre of the omelette and cook until the cheese has melted
3. Increase the heat to high and cook the omelette for a further 30 seconds, or until it browns on the bottom. Fold the omelette in half, then remove the pan from the heat and tilt it slightly to move the omelette to the edge of the pan
4. Slide the omelette onto a serving plate, then shape it into a neat roll. Sprinkle over the remaining ham



Substitutes

Peppers, tomatoes, onions, mushrooms, any meat

Nutritional benefits:

Eggs - protein
Butter - promotes vitamin transport
Cheese - calcium
Ham - protein

Each serving provides 492 kcal, 39g protein, 0g carbohydrates (of which 0g sugars), 37g fat (of which 17g saturates), 0g fibre and 3.3g salt



Active at Home

Happy Hands

EQUIPMENT:

Washing basket/cushions/pans/pillowcases/t-shirts/books (any items or objects that a ball of socks can be thrown onto or into)

PREPARATION:

Ask children: why do we wash our hands, when should we wash our hands, which body part do we use a lot when throwing and catching?

ACTIVITY:

Warm up: wash your hands, pick your favourite song and dance for 2-3 minutes, start by marching to it, then jogging and then jumping

Give everybody several pairs of socks and see how many they can throw into a large item that's nearby such as a washing basket or bin. Run and count how many you got in!

Now try moving the basket further away and see how many you can get in this time

Then try more challenging items e.g. can you land a pair of socks on a cushion or a book?

Cool down: Sing 'If You're Happy and You Know It' (add wash your hands as the final verse)

ADAPTATIONS:

1. Can you land the socks on 3 different items?
2. Can you throw a pair into/onto a target whilst holding a balance?
3. How many points can you score in a minute?





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CITC ACTIVITY PACK ACTIVE AT HOME



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EQUIPMENT:

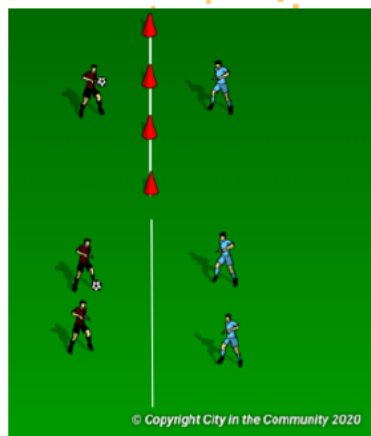
Balloons (if inside)
Soft ball or football (if outside)
Net - using chairs/skipping rope/chalk/washing line

PREPARATION:

Set up the game as shown in the diagram

Use the items above to create a 'net' between the two teams

Game can be played 1 v 1, or with as many people that you can
in the space you have available



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CITC ACTIVITY PACK ACTIVE AT HOME



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ACTIVITY:

Volleyball - Players can choose whether to sit or stand for this game. The aim is to hit the ball/balloon with your hands so it goes over the net and into the opposing teams area. If you hit the ball/balloon and it touches the floor in the opposing area, your team would get the point

Football Tennis - Same rules as above but now use body parts linked to football (head, chest, thigh, foot). Can you hit the ball over the net to the opposing team and challenge them to hit it back?

ADAPTATIONS:

Allow the ball to bounce once if needed

Change the height of the net or size of the playing space

Working in teams, how many times can you get the balloon/ball over the net before it touches the floor?

Remove the net to practice just keeping the ball up

Let us know how you get on with this challenge @citctweets

CITY LIFESTYLES



Recipe name: Steph Houghton's Spicy Turkey Burgers

Serves: 4 people

Preparation time: 20 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

500g turkey-mince, red onion, garlic clove, curry powder, coriander, egg, olive oil, burger buns, chutney



Warm-up (*preparation*):

Grate onion, crush garlic clove



Game plan (*method to make*):

1. In a large bowl, mix together the turkey mince, onion, garlic, curry powder, coriander and egg yolk with a little salt and pepper
2. Combine well with your hands, then shape into 4 flat burger patties
3. Heat the oil in a frying pan over a high heat, then cook the burgers for 5 minutes each side or until cooked through
4. Place the salad on the bottom halves of the buns, then top with the burgers and chutney



Substitutes

Chicken/low fat beef mince

Vegetarian/vegan alternative recipe

Chutney could be swapped for low fat yogurt or mayonnaise

Gluten intolerance - gluten free buns

Add small amounts of cheese

Nutritional benefits:

Turkey - great source of protein

Whole meal buns - slower energy release than white

Coriander - contains twice as much vitamin C as an orange

Garlic clove - good for the heart

Each serving provides 318k kcal, 26g carbohydrates, 34g protein, 9g fats



CITY LIFESTYLES



Mindfulness at Home

EQUIPMENT:

Find a nice quiet space or somewhere comfortable to sit

ACTIVITY:

Close your eyes, breathe in and pause for a second, breathe out and pause for a second. Repeat this for 10 deep breaths

While you are breathing, think about your day....

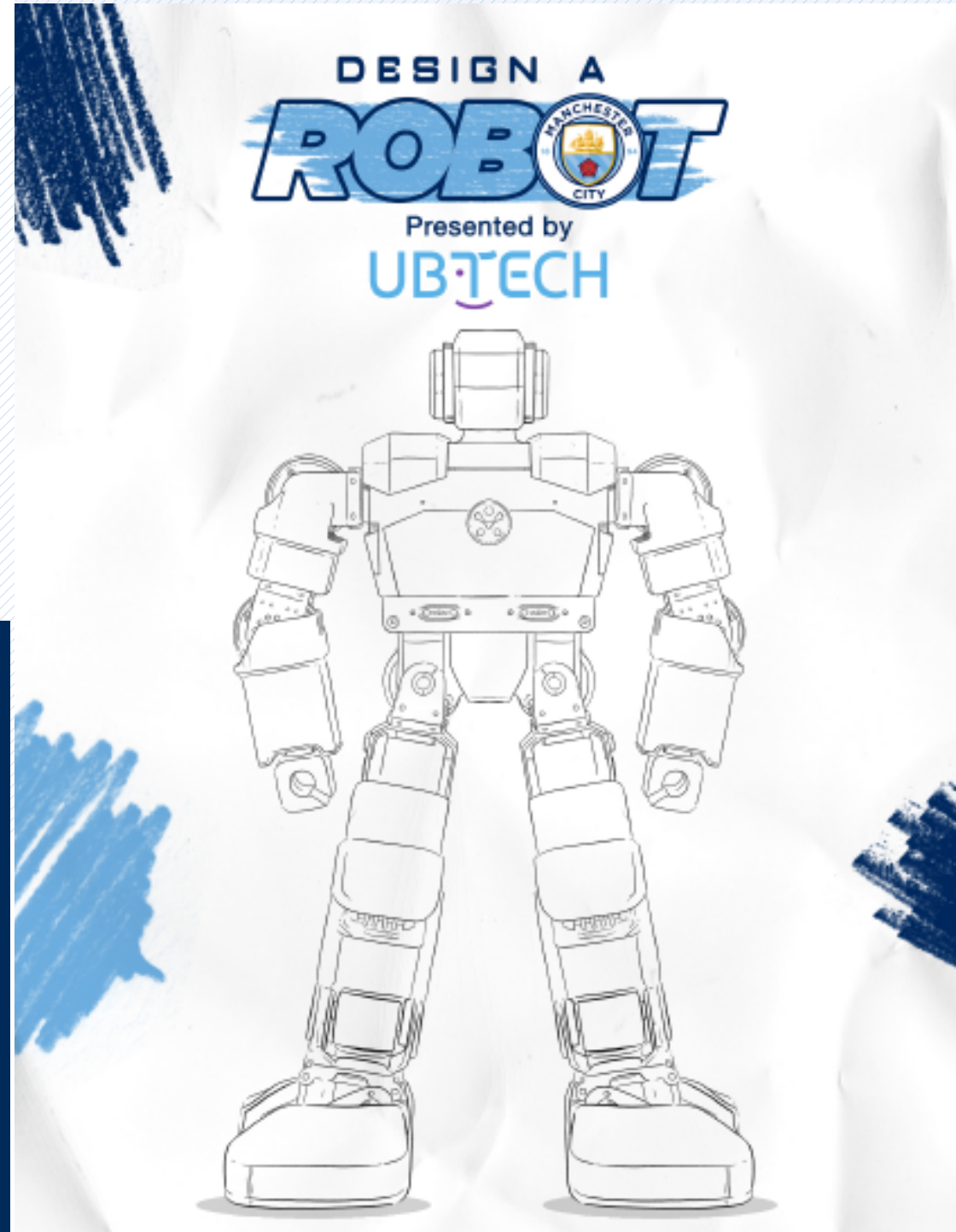
- what did you do today that made you happy?
- if you were angry or sad, what made you feel like this?
- what are you looking forward to doing tomorrow?

Take the time to sit down, relax and focus on your breathing in, and out




What is mindfulness?


- Connecting with the environment around you
- Being aware of what is happening around you, and what you are doing
- Taking time to slow down and reflect
- Focusing in a relaxed space



Recipe name: De Bruyne's Veggie Fajitas


Serves: 4 people	Preparation time: 10 mins	Cooking time: 15 mins
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Starting line-up (*ingredients*):
Quorn pieces, tortilla wraps, red pepper, garlic clove, onion, 1 tbsp olive oil, 2 tbsp mild chilli powder 

Warm-up (*preparation*):
Chop onion, garlic and pepper. Mix chilli powder, garlic, onion, pepper and oil together 

Game plan (*method to make*):

1. Heat the pan
2. Add the veg and oil mixture to the pan
3. Add the Quorn chicken pieces to the pan and ensure they are cooked through
4. Heat up wrap on the pan for 30 seconds
5. Add the mixture to the wrap and add salsa/lighter than light mayonnaise




Substitutes

- Salsa could be swapped for low fat yogurt
- Gluten intolerance – gluten free wraps
- Dairy allergy – dairy free yogurt
- Add more vegetables e.g. sweetcorn
- Add small amounts of cheese

Nutritional benefits:

- Quorn Chicken – great source of protein
- Whole meal tortilla – slower energy release than white
- Red pepper – vitamin C

Each serving provides 270k kcal per person, 157g carbohydrates, 77g protein, 16g fats



Active at Home

Skittles

EQUIPMENT:

Toilet rolls, socks, plastic bottles

ACTIVITY:

Set up 10 plastic bottles (or as many as you have) in a triangle, see diagram

You can play individually, in teams or you could challenge someone that you live with

The aim of the game is to try and knock over as many bottles as possible with 2 shots, each bottle you knock over is worth 10 points.

Game 1 - Rolling

Can you roll the toilet roll on the floor to try and knock down as many bottles as you can?

Game 2 - Throwing

Can you throw the toilet roll (without the toilet roll touching the floor) and knock down as many bottles as you can ?

Game 3 - Kicking

Can you kick the toilet roll to try and knock down as many bottles as you can?





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CITC ACTIVITY PACK

DAILY FITNESS CHALLENGE



CITY IN THE
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Be Active



EQUIPMENT:
Timer/ watch

WARM UP:
Complete this warm up before the activity to help loosen your body and prepare it for exercise.

- 20 star jumps
- 20 high knees
- 20 squat jumps
- 20 jump & twists
- 20 second sprint on the spot

ACTIVITY:
In 30 seconds how many reps can you do of the following movements:

Invisible Rope Jump; feet shoulder width apart, hop on balls of feet, move arms in jump rope motion (as if you are skipping)

High Knee Taps; arms bent at 90 degrees, start doing high knees lifting one knee at a time until your knee hits your hand

Frog Jump; adopt a push-up position, hop feet to outside of hands, keeping your back flat and hop your feet back into a push-up position



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CITC ACTIVITY PACK

DAILY FITNESS CHALLENGE



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Be Active

DAILY SCORE CARD
Challenge yourself everyday to complete the activities, keep score on the score card below

Activity	Mon	Tues	Wed	Thurs	Fri
Invisible Rope Jump					
High Knee Taps					
Frog Jumps					

ADAPTATIONS:
Do the invisible jump with one leg for a harder challenge

Try to do all activities together in a relay race

Send it to a friend and challenge them to beat your reps

Let us know how you get on with this challenge @citctweets

CITY LIFESTYLES



Recipe name: Agueros Avocados

Serves: 2 people	Preparation time: 10 mins	Cooking time: 10 mins
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Starting line-up (ingredients):
Tortilla wraps, cheese, tomatoes, avocados, basil leaves, garlic cloves, lime, salt, cooking spray



Warm-up (preparation):
None



Game plan (method to make):

1. Add all the pesto ingredients into a blender and blend until creamy (avocados, basil leaves, garlic cloves, squeeze of lime, sprinkle of salt)
2. Heat pan and spray with cooking spray
3. Spread half of a tortilla with 2-3 tablespoons of pesto and then top with sliced tomatoes and a handful of shredded cheese
4. Cook quesadilla for 2-3 minutes on each side until tortilla is browned and cheese is melted



Substitutes

- Tomatoes for beetroot, courgettes, pickle
- Gluten free – gluten free wraps
- Dairy intolerance – lactose free cheese
- Add herbs or spices for extra flavour

Nutritional benefits:

- Tortillas - fibre
- Cheese - protein & vitamin B12
- Tomatoes - vitamin C, K, potassium & folate
- Avocado - vitamin K, C, B5, B6, E
- Basil - vitamin K
- Garlic - good for the heart
- Lime - helps digestion
- Each serving provides 334 kcal per person, 18g protein, 75g carbohydrates, 33g fat



CITY LIFESTYLES



Active at Home

On the Moon

EQUIPMENT:

Pillows/cushions, coloured objects

PREPARATION:

Ask children: Where is the moon? When can we see it? How can we get to the moon? What should we wear?

Mark out 4 planets in 4 corners using pillows/cushions/jumpers etc

ACTIVITY:

Warm up: Put your spacesuits on and don't forget your helmet. Now crouch down in your rocket, count down from 5 and prepare for blast off! Jump up and slowly move around ready to explore.

Slowly moon walk to one of the planets in the room (coloured corners), can you carry out the correct exercises on each planet:

Blue Planet - contains lots of water so we need to swim, can you try 3 different swimming strokes?

White Planet - has low gravity so we can jump really high, see if you can do 10 high jumps

Red Planet - is very hot, so we have to move around quickly on our tip toes

Green Planet - has strong gravity so we have to move around on our belly's, how far can you go?

Call out the different planets and see if the children can remember how to move on that planet

Cool down: Jump back in the rocket, fly back to Earth, take off your spacesuits and do some big stretches

ADAPTATIONS:

1. Lay out obstacles that they have to move around on each planet using the correct movement



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CITC ACTIVITY PACK
ACTIVE AT HOME



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Be Active

EQUIPMENT:

Any household object that you could balance on your head e.g. toilet roll, pair of socks, TV remote

PREPARATION:

Create an obstacle course throughout your house (for example, living room - kitchen - back garden). Make sure to add some obstacles on the way (chairs, bins, shoes, books)

Create a start point and finish line, like in the diagram

Get an adult to help you set this up, to make sure its adventurous and safe



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CITC ACTIVITY PACK
ACTIVE AT HOME



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Be Active

ACTIVITY:

Place the object on your head

Can you make it from the start of the course to the finish line without the object falling off?

ADAPTATIONS:

Get a family member to time you, can you beat your time or challenge someone in your house to beat your time?

Every time the item falls off your head, 1 additional second will be added on to your time at the end (if it falls off 6 times, 6 extra seconds). Once you have completed the course, swap over and see if your family member can beat you!

Can you change the length of the course?

Can you balance the object on different parts of your body e.g. shoulder?

Let us know how you get on with this challenge @citctweets

CITY LIFESTYLES



Recipe name: Ellen White's Protein and Cheddar Pinwheels

Serves: 2 people Preparation time: 5-10 mins Cooking time: None

Starting line-up (ingredients):

2x tortilla wraps, 4x ham/turkey/quorn slices, grated cheese, 2x lettuce leaves or 2x tbsp coleslaw



Warm-up (preparation):

Grate cheese, split Lettuce



Game plan (method to make):

1. Roll out tortilla wrap
2. Place 2 leaves of lettuce on the wrap or spread the coleslaw
3. Place either 2 slices of ham, turkey or Quorn over the lettuce
4. Spread the grated cheese over the slices
5. Roll the wrap up
6. Cut in 2 or 4 sections depending on preferred size



Substitutes

Gluten intolerance – gluten free wraps
Use mayo for sauce

Nutritional benefits:

Ham, turkey, Quorn, cheese - protein
Tortilla wraps - fibre and lower risk of type 2 diabetes and strokes

Each serving provides 179k kcal per person, 144g carbohydrates, 44g protein, 28g fats



CITC ACTIVITY PACK DAILY FITNESS CHALLENGE



CITY IN THE COMMUNITY

Be Active



EQUIPMENT:
Timer/ watch

WARM UP:

Complete this warm up before the activity to help loosen your body and prepare it for exercise

- 20 star jumps
- 20 high knees
- 20 squat jumps
- 20 jump & twists
- 20 second sprint on the spot

ACTIVITY:

In 30 seconds how many reps can you do of the following movements:

Running Person; feet shoulder width apart, bring one knee high, quickly push foot down and back and repeat with the opposite leg

Turkey Walk; bend knees slightly and keep your back flat, walk in a large circle or across the room and back keeping your posture all the way

Superhero; lay on your stomach, one arm stretched out in front of you, lift opposite leg. Alternate to opposite arm and leg



CITC ACTIVITY PACK DAILY FITNESS CHALLENGE



CITY IN THE COMMUNITY

Be Active

DAILY SCORE CARD

Challenge yourself everyday to complete the activities, keep score on the score card below

Activity	Mon	Tues	Wed	Thurs	Fri
Running Person					
Turkey Walk					
Superhero					

ADAPTATIONS:

Can you do the running person moving forwards or backwards?

Have a turkey race with someone else

Can you do all 3 actions in a sequence (one after the other)

Let us know how you get on with this challenge @citctweets

Active at Home

Drive the Car

EQUIPMENT:

Football and cones, or socks and items that can be used to mark different areas e.g. coloured clothes, bottles etc. or use paper and a pencil to create number cards

PREPARATION:

Ask children: what do they know about cars? Where would you see them? What can we see on/in a car? Discuss what helps you stay safe in the car.

Create up to 4 different coloured or numbered areas in the room/space

ACTIVITY:

Warm up: Traffic Light Game: Using the colours of the traffic light system, complete a movement task (keep varying the movement e.g. jog, skip, jump)

Green = Go, **Amber** = Get Ready (moving on the spot),

Red = Stop (freeze on the spot or freeze and balance)

Ask the child to become the driver and drive to whichever colour/number you call out. Add instructions such as reverse, speed bump (jump), roundabout, right and left turns.

Introduce a ball/pair of socks, can they dribble to the different areas. ?

Cool down: Time to park your car. Drive slowly around the area and talk about what we might see out the window on the way home. Slow down and park the car by sitting on the floor. Sit and count slowly to 10 whilst the engine cools down.

ADAPTATIONS:

1. How many times can they move or dribble from the middle of the room to one area in 30 seconds?
2. What other vehicles could they drive and how would they move differently?



EQUIPMENT:

Paper and pen
Variety of household objects

PREPARATION:

Start by drawing a map of the area that is going to be used

A grown-up then goes around the areas on the map and hides an object, this could be an item of clothing or other household items

Whilst hiding the item, they must also mark down on the map where abouts this item is



ACTIVITY:

Once the items are hidden, its then over to the children to find the items. They can either bring them back or they can write on their map what they found

ADAPTATIONS:

Treasure hunt, can be played with a sibling or a grown-up. Take it in turns to hide and find the items

Instead of using household items, grown-ups could write a numeracy sum on a piece of paper and the child has to try and work it out

You could hide letters and once all letters are found you then have to create a word using only the letters found


CITC ACTIVITY PACK
DAILY FITNESS CHALLENGE


CITY IN THE COMMUNITY
Be Connected



EQUIPMENT:
 Timer/ watch

WARM UP:
 Complete this warm up before the activity to help loosen your body and prepare it for exercise

- 20 bunny hops
- 20 ab crunches
- 20 squat jumps
- 20 side steps
- 20 mountain climbers

ACTIVITY:
 In 30 seconds how many reps can you do of the following movements:

Shuttle side to side; feet shoulder width apart, quick burst jogging side to side, 2 metres one way and then back

Spiderman Jumps; bend knees to squat jump, jump forward keeping your posture all the way

Robot Jumps; stand straight with feet together, put opposite arm and leg forward and then backwards swapping legs and arms in the process, squeeze your back and keep core tight


CITC ACTIVITY PACK
DAILY FITNESS CHALLENGE



CITY IN THE COMMUNITY
Be Connected


DAILY SCORE CARD
 Challenge yourself everyday to complete the activities, keep score on the score card below

Activity	Mon	Tues	Wed	Thurs	Fri
Shuttle side to side					
Spiderman Jumps					
Robot Jumps					

ADAPTATIONS:
 Can you do the shuttle's moving forwards, backwards and sideways one after the other?
 Can you do spiderman jumps to a target and back?
 Try to do all activities together without a rest between

Let us know how you get on with this challenge @citctweets


CITY IN THE COMMUNITY



CITY LIFESTYLES

Recipe name: Fernandinho's Falafel Burgers

Serves: 4 people	Preparation time: 20 mins	Cooking time: 15 mins
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Starting line-up (ingredients):
 250g chickpeas, onion, garlic cloves, coriander, cumin, parsley, 2 tbsp oats, olive oil, hummus, buns

Warm-up (preparation):
 Finely chop onion, crush garlic clove, grind coriander and cumin, chop parsley

Game plan (method to make):

1. Drain, rinse and dry the chickpeas thoroughly, then tip into the bowl of a food processor. Pulse until lightly broken up into coarse crumbs
2. Add the onion, garlic, spices, parsley, oats and some seasoning, and continue to pulse until combined. Using your hands, gently form the mixture into 4 patties about 10cm in diameter and 2cm thick
3. In a large pan, heat the oil and fry the falafels on each side for 2-3 mins or until golden. Lightly griddle the burger buns on the cut side in a griddle pan, or toast under the grill
4. Spread one side of each bun with hummus, top with a falafel burger, add a handful of watercress, then pop the remaining bun half on top

Substitutes

- Swap hummus for lentils
- Use canned new potatoes instead of oats
- Gluten intolerance – gluten free buns
- Add small amounts of cheese


Nutritional benefits:


- Chickpeas – great source of protein
- Whole meal buns – slower energy release than white
- Coriander – contains twice as much vitamin C as an orange

Each serving provides 318k kcal, 26g carbohydrates, 34g protein, 9g fats

CITY LIFESTYLES

HOME ACTIVITIES BOOKLET


CITY IN THE COMMUNITY



Recipe name: Otamendi's Overnight Oats

Serves: 1 person	Preparation time: 5 mins	Cooking time: 5 mins
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Starting line-up (*ingredients*):
Oats (4 tbsp), vanilla Alpro yogurt (4 tbsp), mixed berries, honey

Warm-up (*preparation*):
None

Game plan (*method to make*):

- Mix oats and yogurt together and add half of the mix to the pot
- Chop fruit and add layer to the pot
- Add remaining mixture on top of the pot
- Leave in fridge overnight

Substitutes

Berries out, mixed for other fruit e.g. banana or apples – for taste/texture
Dairy intolerance – dairy free yogurt (Alpro)

Nutritional benefits:

Oats – contains carbohydrates which gives energy and can help control blood sugar level reducing the risk of developing type 2 diabetes. It also contains fibre which promotes a healthy gut
Mixed berries – vitamin A, C, K & E which all keep our eyes, bones, internal organs and immune system healthy

Each serving provides 370 kcal per person, 28g protein, 128g carbohydrates, 13g fat

Active at Home

Reaction Races

EQUIPMENT: Variety of small objects, timer

PREPARATION:

Set up the playing area as shown in the diagram

Place at least 4 different objects 3 big steps away from the player in the middle

You will need a 2nd player with a timer

ACTIVITY:

The 2nd player starts the timer and calls out the objects randomly for 2 minutes, the person in the middle has to touch the item as quickly as they can and return back to the middle of the square

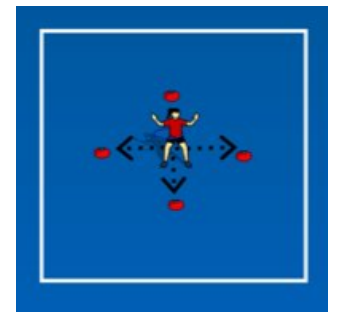
See how many you can get in 2 minutes and then switch over. Whoever wins can pick a fun challenge for them e.g. balance sock on head for 30 seconds whilst balancing on one leg

ADAPTATIONS:

Can you travel to the markers in different ways e.g. running, hopping, jumping, crawling, crab walking?

Decrease/increase amount of time for activity

Add actions in e.g. 5 star jumps then run out and touch object





EQUIPMENT:
Timer/ watch

WARM UP:
Complete this warm up before the activity to help loosen your body and prepare it for exercise

- 20 star jumps
- 20 heel kicks
- 20 squat jumps
- 20 side steps
- 20 mountain climbers

ACTIVITY:
In 30 seconds how many reps can you do of the following movements:

Croc Legs; lie on your back and raise your legs about 5cm off the floor, cross your legs over and under without them touching the floor

Burpees; stand with your feet shoulder-width apart, bend at your hips and knees, place your hands on the floor, kick your feet back, drop all the way down to the floor, press up with your arms and jump your feet forward, stand up and repeat

Crab Race; crawl across the ground on your hands and feet so that your stomach is facing upwards. Crawl from one point to another and back continuously

DAILY SCORE CARD
Challenge yourself everyday to complete the activities, keep score on the score card below

Activity	Mon	Tues	Wed	Thurs	Fri
Croc Legs					
Burpees					
Crab Race					

ADAPTATIONS:
Croc Legs - raise your legs higher, don't let them drop

Burpees - challenge yourself by including a jump at the end

Crab Race - give yourself a time limit to get from the start to the finish line

Let us know how you get on with this challenge @citctweets

CITY LIFESTYLES

Recipe name: Mendy's Minestrone Soup

Serves: 2 people	Preparation time: 20 mins	Cooking time: 30 mins
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Starting line-up (ingredients):
Olive oil, onion, carrots, celery, garlic cloves, tomato puree, tinned tomatoes, vegetable stock, spaghetti

Warm-up (preparation):
Chop carrots, onions, celery and garlic. Break spaghetti into short lengths

Game plan (method to make):

- Heat the olive oil in a large lidded saucepan over a medium heat. Add the onion, carrots and celery, season with a little salt and pepper and cook for about 10 minutes, stirring occasionally until the vegetables have softened
- Add the garlic and fry for another minute. Stir in the tomato puree and cook for a further three minutes
- Tip in the tomatoes and stock. Cover with a lid and bring slowly to the boil. Reduce the heat to a simmer and cook for 15 minutes
- Add the beans and spaghetti and cook for a further 10 minutes, or until the pasta is cooked. If the soup is too thick, add some hot water to reach your preferred consistency. Season to taste with salt and pepper

Substitutes
Change the type of pasta used
Add herbs and spices for extra flavour

Nutritional benefits:
Carrots – vitamin A to help eye sight
Spaghetti – carbohydrates for energy

Each serving provides 180 calories per person, 24g of carbohydrates, 4g of fat and 13g of protein

Top Tips for Staying Healthy Whilst Working At Home

1 **STAY HYDRATED** – ensure you're consuming the recommended amounts of water (6-8 cups per day). This will help keep you focused when working from home, keep your body hydrated and reduce symptoms of fatigue

2 **PORTION SIZES** – sticking to healthy portion sizes is a good way of ensuring that we stick to our energy needs. Fruit & Veg – 1 portion should be able to fit in the palm of your hands, protein – 1 portion should fit in palm of 1 hand, starchy carbs – a fist size, oils and spreads – no more than your thumb

3 **SLEEP WELL** – this is a good time to ensure that your body is getting enough rest. Set yourself a bed time and ensure all electronics are off 30 minutes before, avoid caffeine before bed also

4 **TALK TO PEOPLE** – isolation can be lonely, we are missing friends and family so it is really important to check up on those that you are missing. Regular video calling or phone calls are a good way in staying connected

5 **KEEP MOVING** – aim for 60 active minutes a day, this could be a walk, run, cycle or home workout. Try not to sit for too long when working from home, get up and have a stretch or walk around your room

6 **HAVE ALONE TIME** – if you are isolating with people, ensure that you're getting some alone time. This may be to read a book, a walk on your own, a bath or listening to music

7 **REDUCE TIME ON ELECTRONICS** – Use your gaming consoles, mobile phones and social media for set times during 'down time', try to reduce the time you spend on these, especially before bed

8 **EAT MORE FRUIT & VEG** – fruit and vegetables are essential for vitamin and mineral intake. Use the colours of the rainbow as a guide, consuming one fruit or vegetable from each colour

9 **KEEP IN A ROUTINE** – give yourself a schedule, set an alarm to get up, set times for meals, exercise, work and also down time. Set yourself daily goals and tasks such as walking 10,000 steps, tidying or organising a room to stay on track and feel a sense of accomplishment



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CITY IN THE COMMUNITY



Premier League
Primary Stars



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