



**MANOR&CASTLE  
DEVELOPMENT TRUST**

*together we make the difference*



PEOPLE KEEPING WELL

**PKW**

IN THEIR COMMUNITY

# Family Ideas & Activities



Produced by [www.maskk.org.uk](http://www.maskk.org.uk)

Registered Charity: 1131388



This October we have created a pack of things to do to help you pass the time. Inside you will find ideas for cooking together, arts and crafts and things to do outside.

We'd love to see what you have done, if you use social media why not post a photo with [#OurCommunityHalloween](#).

There is also a local competition for the best window display too, why not get involved.

Remember to always follow the latest government advice and guidance for our local area when leaving your home.

**October Half Term 2020**

# Window competition!

*The best dressed window could win one of many prizes!*

**26<sup>th</sup> – 31<sup>st</sup> October**

**Decorate a window with a Halloween or Autumn Theme. Post a photo of it on Facebook or Instagram with [#OurCommunityHalloween](#)**

**Look over the back for things to do too!**

Someone from MCDT Healthy Holidays will contact the winners via social media and arrange delivery of your prize

**Contact [craig@maskk.org.uk](mailto:craig@maskk.org.uk) for more information**

MANOR&CASTLE DEVELOPMENT TRUST  
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Be active. eat well

## What's included in this pack?

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## Chickpea and Potato Curry

### Ingredients (Serves 4)

- 1 x tin of chickpeas
- 1 x tin of chopped tomatoes
- 1 onion
- 2 cloves of garlic
- 2 tsp curry powder
- 1 tsp cumin
- 1 vegetable stock cube
- 2 medium or 1 large potato
- 2 x pouches of microwave rice

This is delicious as leftovers the next day with a pitta bread or wrap. It will also freeze for up to 1 month in an airtight container.

### Method

1. Dice the onion and garlic. Heat 1tsp oil in a pan and lightly fry the onion and garlic for a couple of minutes until soft.
2. Add the spices and fry for another minute.
3. Dice the potatoes into small chunks and then add to the pan along with the chopped tomatoes.
4. Using the chopped tomato can, add 1 and a half cans of water and crumble in the stock cube.
5. Simmer for 30 minutes or until the potatoes are cooked through. If the sauce starts to dry out then add a bit more water.
6. Rinse and drain the chickpeas and add to the pan. Cook for a few more minutes whilst following the packet instructions to heat the rice in the microwave.
7. Serve and enjoy!



## Bean Chilli and Jacket Potatoes

Ingredients (Serves 4) *adapted from Jack Monroe 'A Girl Called Jack'*

- 1 x 400g tin of red kidney beans
- 1 x 400g tin of cannellini beans  
(or any beans will work, you can even use baked beans just rinse off the tomato sauce)
- 1 onion
- 2 cloves of garlic
- ¼ tsp dried crushed chillies (leave this out if you prefer less spicy chilli)
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp oil
- 1 x 400g tin or carton of chopped tomatoes
- 1 vegetable stock cube
- 4 x jacket potatoes

This chilli will keep in the fridge for up to 3 days in a container. Yummy with pitta bread and wraps the next day for lunch!

### Method

#### 1. ***To cook the potatoes in the oven...***

Heat the oven to 180C and rinse the potatoes. Dry them, rub a bit of oil on them, pierce each potato a couple of times with a knife and put them on a baking tray. Place in the oven and bake until they can be easily pierced with a fork, usually 1 hour to 1 ½ hours.

#### ***To cook the potatoes in the microwave...***

Wash and dry the potatoes, pierce each one a few times with a knife and then place on a microwave safe plate. Microwave each potato for 7 minutes, turning half way through. If the potatoes aren't cooked, then microwave for another 1 minute at a time until cooked through.

2. Peel and chop the onion and garlic. Put 1 tsp oil in a large pan on a medium heat and fry the onion, garlic, paprika, cumin and chilli for a few minutes.
3. Add the chopped tomatoes and crumble in the stock cube. Rinse and drain the beans and add to the pan.
4. Stir and simmer on a low heat for 8-10 minutes. If the sauce becomes too thick then add a splash of water.
5. Serve a jacket potato sliced in half and a big spoonful of the chilli on top. Add some grated cheese or sour cream for extra flavour.
6. Enjoy!! 😊



## A random fact about Beans

Why do beans make you trump?!







Beans are full of complex carbohydrates and in particular, fibre! As beans are digested in our intestines, gas is created. Don't stop eating them though, beans are so good for us, helping to keep our bodies and hearts healthy. As well as fibre they contain protein and are 1 of our 5 a day!



## An Autumn Walk

Going out for a walk is a simple way to get moving and spend some time outdoors. Having a reason to go can make the journey more fun too.

Why not go for a walk to a local green space or park and tick when you find the following autumn items:

 A fallen leaf	 A Squirrel	 A Spider
 An Acorn	 A Pumpkin	 A Mushroom

## Paper Strip Pumpkin

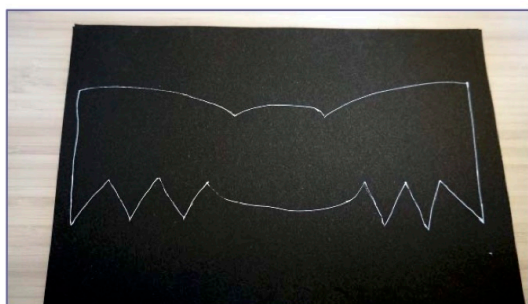
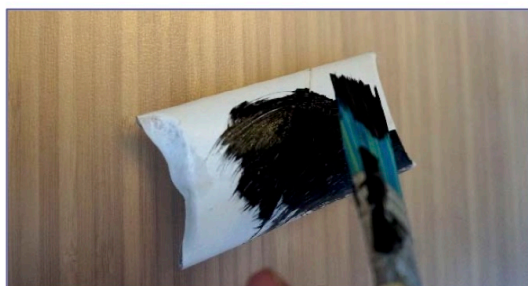
You will need:

- Orange card or paper
- Green paper (or a green pen)
- Scissors
- Glue
- Hole punch

1. Orange card/paper - cut one sheet into 12 equal strips.
2. Take four paper strips. Grab a pair and glue them together on one end to create 2 longer strips.
3. Position the 2 long strips in a cross shape, glue them in the middle.
4. Take the other short strips. Glue them at the 1 o'clock, 2 o'clock, 4 o'clock and 5 o'clock etc positions on the cross.
5. Punch a hole close to the tip of each of the twelve paper strips.
6. Make a Stem: Cut green paper (or colour a piece of other paper) into a small rectangle. Roll this into a straw shape, with one end a bit smaller than the opposite end. This smaller end should be able to fit into the holes you made in the previous step. Glue or tape the edges of the paper in place.
7. Lift the 1 o'clock strip. Insert the smaller end of the stem from under the hole. Push the stem in until it fits snugly into the hole.
8. Lift the 2 o'clock strip. Put glue on the area surrounding the hole. Bring the 1 o'clock strip with the stem over the 2 o'clock strip. Insert the stem through the hole on the 2 o'clock strip.
9. Work your way from one strip to the next until you've gathered all the paper strips by the stem. Once you've positioned all the strips under the stem, you will have a pumpkin-looking shape.



## Cardboard Tube Bats



These Hallowe'en decorations are really cheap and simple to make, and can easily be adapted to contain sweets or other small treats.

### Equipment

Cardboard tubes eg loo roll centres, or wrapping paper tubes which have been cut to size.

Black paint and paint brush

Glue stick or hot melt glue gun

Googly eyes

Scissors

Pencil or white pen

A4 black card

Paper tape (optional)

Black thread (optional)

### Method

1. Gently flatten the cardboard tube to create a pillow shape, then push the ends in towards the centre of the tube.
2. If you will want to fill the tube with treats, seal one end with paper tape.
3. Paint the tube black, making sure it is completely covered including the ends, then leave it to dry.
4. On the black card, draw out the wing shape using either a pencil, or a white pen, then cut it out.
5. When the paint is dry, apply glue down the centre of the wings, where the body is. (Glue sticks or hot melt glue guns both work well for this.)
6. Press the painted cardboard tube onto the glue and press down gently, to form a good bond.
7. Apply glue to the back of the googly eyes and stick them onto the cardboard tube.
8. To use as a decoration, stick a length of thread to the back of the wings.

If you want to add treats, gently open the top fold, put the sweets or gifts in the tube and then close the top to keep them in place. You can tape it down for extra security if you like.

*Not got black paint? Use the black card or paper left after making the wings to cover the tube.*

*Why not put a small hole in the back of the bat body to thread string through to hang your bat.*



# Challenge the Family Target Throw



Move More Schools helps us hit our 60-minute exercise target with these fun fitness challenges. Every day, children and young people need to

aim for 60 minutes of movement – whether that is a brisk stroll to the park, a jog around the block or even this fun family challenge at home.



## Family Challenge - Target Throw

### Equipment Needed:

Objects to throw (soft ball, pair of socks or soft toy) and a target (pan, bucket or piece of paper). ⚠️ Make sure you have plenty of space around you before throwing.



### Challenge:

Place the target on the floor. Each member of your family must take five steps away from the target. Each person has one minute to throw, run, collect the object and throw again as many times as possible. Each successful throw is worth one point. Who will be the winner?

### This is too easy:

Certain people may need to take more than five steps away or use a different, smaller target.

### This is too hard:

Move closer to the target or use a larger target. Some members of the family may wish to roll the ball to the target instead.

### Top tips:

- Keep your eyes focused on the target and throw underarm
- Make sure that everyone returns to their throwing line every time



# Try the Fitness Challenge - Head, shoulders, knees and toes



## Challenge:

Touch your head, shoulders, knees and toes in the correct order, using both hands as many times as possible in one minute. Make sure you start from a standing position if possible.

## This is too easy:

Add in "Beans on Toast" where you must also lie down and pretend to be a slice of toast before standing back up to start again.

## This is too hard:

Reduce the time you are doing it for, take a break if needed. Only do heads shoulders and knees.

## Top tips:

- Make sure you have space around you before starting
- Ask for an assistant to help you keep count, so you can concentrate
- Make sure that you bend your knees when touching your toes



## Football from Home with SUFC Captain Billy Sharp



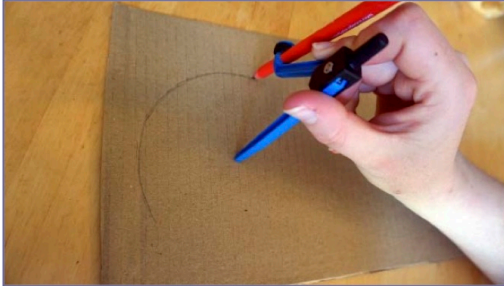
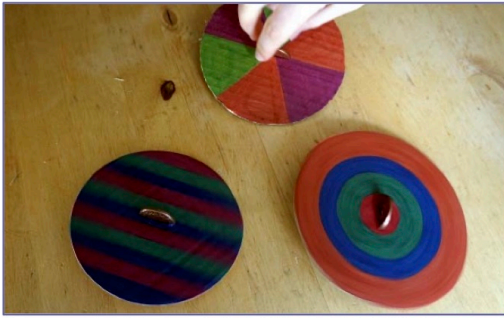
**“ You don’t need someone else to practice football. All you need is a ball and a wall – not inside the house! Be energetic with the ball – the ball moves where you want it to whether you hit it with your hands, your head or your foot. I think football is an amazing thing really, it is just a round bag of wind but it gives me a lot of fun. ”**



For more ideas visit <https://www.movemoresheffield.com/>



# Penny Spinning Top



This is a super simple activity that any child can do, and keeps them busy coming up with ideas for different decorative designs that will work best when spun.

## Equipment

Cardboard

Colouring pens

Compass - you can use a bowl or plate to draw around, but you need to find the centre of the circle, for the spinning top to work properly

Scissors

Coins - a 2p works well

## Method

1. Using the compass, draw a circle on the card.
2. Cut the circle out of the card
3. Draw a pattern on the card - bold block patterns, stripes and swirls work best.
4. Colour the cardboard completely, as this will give the best effect, when the top is spinning.
5. Using the centre point of the circle, cut a slot in the card. The slot needs to be a little shorter than the diameter of the coin you're planning to use, and cut equally into each side of the circle, so the spinning top is well balanced.
6. Place the coin in the slot, and then grip the coin to spin the top.
7. Admire the effect of the spinning patterns.

# Sit and Reach Fitness Challenge



## Challenge:

Sit down on the floor and – keeping your legs together and stretched out – try to touch your toes. If you can, hold this position for five seconds.

## This is too easy:

Sit and reach, grip around the ankles and place your head between your knees.

## This is too hard:

Bend your knees if this is too difficult. Reach to your knees if you cannot touch your toes and then see how far you can reach.

## Top tips:

- Stretch out your arms and legs before you start
- Do not bounce when you stretch
- Reach as far as you can, stop, and then try again



## Beat your Best Score Challenge - Speed Bounce



## Equipment Needed:

String, chalk or a very thin object to make a line on the floor.

⚠ Do not try this on a slippery surface and make sure you have plenty of space around you.



## Challenge:

Find a line on the floor or create one using objects. Keeping your feet together, bounce from one side of the line to the other as many times as possible in 30 seconds.

## This is too easy:

Jump over something a little higher or increase the amount of time. Only use your strongest foot.

## This is too hard:

Pause the clock and have a break halfway through. Bounce twice on both sides to help you keep your balance.

## Top tips:

- Ask for help to keep count of your bounces or to keep time as it is tricky to do both
- Bounce on your toes and not the balls of your feet

Share your exercise victories with us on social media using the hashtag #SheffieldHealthyHolidays or email [healthyholidays@vas.org.uk](mailto:healthyholidays@vas.org.uk) to be in with the chance of winning a prize.

For more ideas visit <https://www.movemoresheffield.com/>



# Time to get moving!



Move More Schools helps us hit our 60-minute exercise target with these fun fitness challenges. Every day, children and young people need to

aim for 60 minutes of movement - whether that is a brisk stroll to the park, a jog around the block or even this fun family challenge at home.

## Family Challenge Noughts and Crosses

### Equipment Needed:

Five of two different objects (five white socks and five black socks, for example) and nine pieces of paper or plates.

- Check with an adult that it is ok to use these objects. Make sure you have plenty of space before starting.



### Challenge:

Set up a 3 x 3 square with paper or plates. Against a partner, you have to run out as fast as you can (from 10 steps away) placing one object at a time on the plates. The first player to get a row of three is the winner.

### This is too easy:

Start from further away. Allow partners to move one of your objects when they run out to place their own.

### This is too hard:

Move closer to the target. Only run out one person at a time.

### Top tips:

- Take your time when placing objects



For more ideas visit <https://www.movemoresheffield.com/>



