



# Spring Activity Booklet

Since March of 2020, Future Youth Zone, like you, had to follow the guidance set out by the government, which was to enter a lockdown in order to protect the citizens of the UK and protect the fearless NHS. The unfortunate but understandable news resulted in Future being closed just like many other services. Despite this our team from top to bottom worked incredibly hard to continue offering a service for the Barking & Dagenham community.

Swiftly we became a part of BD can, which was an initiative set up by the Barking & Dagenham Council with the goal of providing a delivery service of essential foods and medical supplies to the communities most vulnerable people. As time passed, we continuously adapted to changes based on guidance from the government and the NYA (National Youth Agency). Our next phase was offering outdoor only group sessions, followed by a Covid style holiday club in the summer, again facilitated for the boroughs most vulnerable young people. Along with these responses, we made countless wellbeing phone calls & home visits, whilst delivering an 'outreach' programme designed to engage with the community and ensuring any members of ours were following the guidance.

As restrictions eased, we were able to welcome young people back into the building through our online booking system. As a team we created a Future Youth Zone 'new normal' by continuously following & adapting to the guidance. We were able to facilitate a football tournament, continue our young leaders programme, launch our new employability programme called 'Made in Barking & Dagenham', continuously educate our young people on social issues, create a group dance masterpiece & once again offer the most vulnerable young people a October half term holiday club.

Lockdown 2 then hit in November, but again we reacted by offering our members a digital offer. Using zoom we engaged our members in activities & discussions. The Future call centre returned for wellbeing phone calls, as well as home visits, outreach and Future's delivery service returned to deliver equipment needed for the zoom activities to young people. Before Christmas we were also able to deliver many of our members a small gift wishing them a happy holiday and thanking them for their support.

Lockdown 3 is now upon us, and we will continue to provide a fantastic digital offer. To members of Future and beyond, you are not alone, and we are in this together as

#OneTeam.



# Contents

This virtual booklet contains links to fun video tutorials by our very own Future staff! Click the links surrounded by a **black circle** to access them.

Answers to spot the difference and the staff quiz are upside side down at the bottom of the page.

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# Staff page

How well do you know Future staff members? Match up the fact to the youth worker!



**Chris**



**Imogen**



**Kyria**



**Ella**



**Sam**



**Leah**



**Marin**



**Jen**

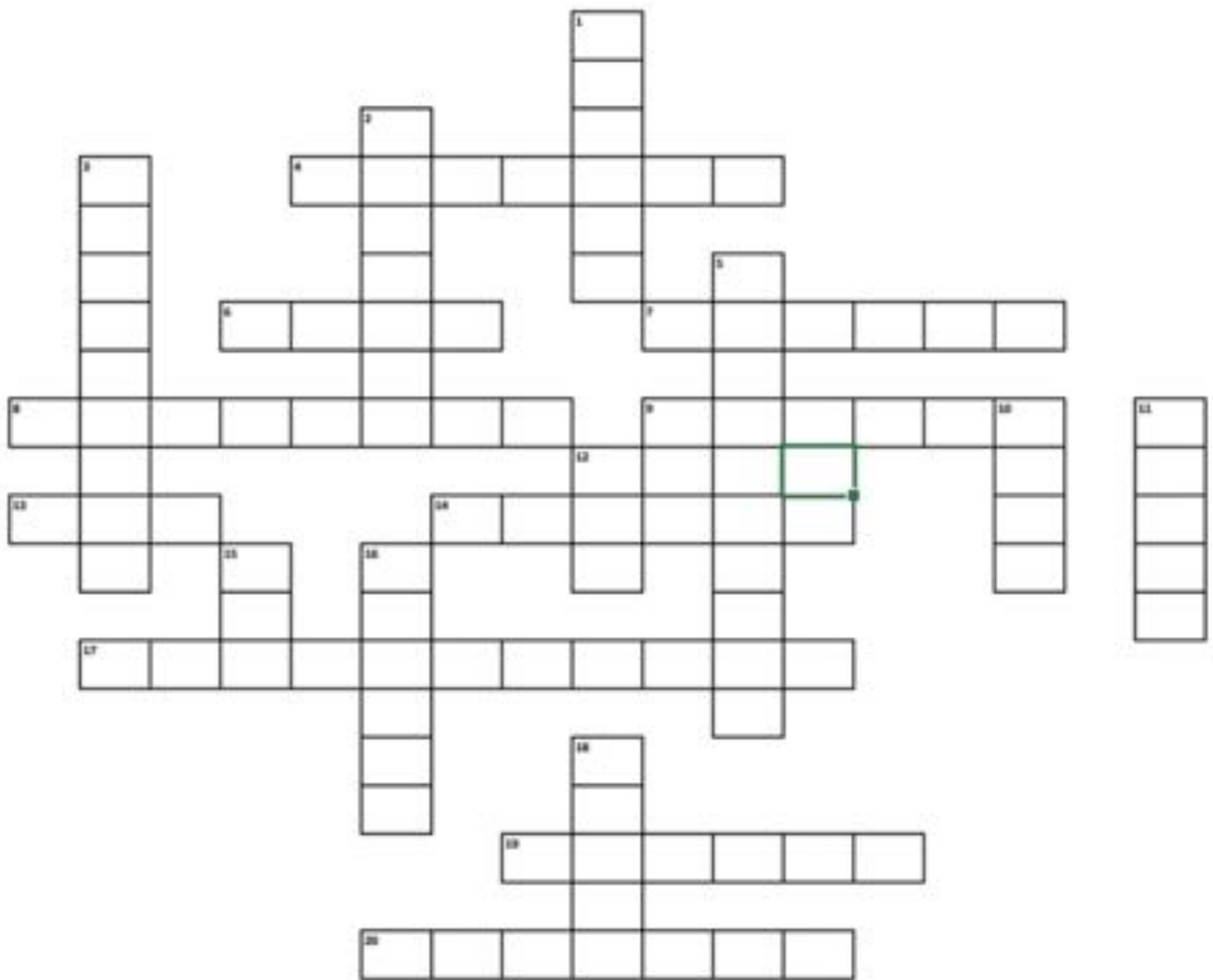


**Keyala**

1. I have done youth work internationally in Austria, India and Hungary.
2. When I was 16, I kayaked 125 miles from Devizes in Wiltshire to Westminster in London.
3. I have met Prince Harry twice.
4. I played badminton for the team GB youth squad.
5. I went to primary school with Imogen and my elbows hyper extended.
6. I am related to Micheal Caine.
7. I spent 3 months riding my bike from France to Spain and onto Portugal.
8. I was coached boxing by Tony Cesay - a famous Amateur National senior champion in 1999.
9. I was in the London 2012 Olympic closing ceremony.

1. Chris 2. Keyala 3. Leah 4. Sam 5. Ella 6. Imogen 7. Kyria 8. Jen 9. Marin

# Future Crossword



## Across

- 4.** A room where you can sing your heart out.  
**6.** Who is the smallest worker.  
**7.** With a little training in this room, you could have Sam on the ropes.  
**8.** You can not use it when it is wet, but you can 'RAMP' up your skills.  
**9.** Here you can score a 3 pointer and use the trampoline at the same time.  
**13.** This are is the Heart of the Youth Zone.  
**14.** This worker thinks they look like 'Chris Brown'.  
**17.** This is the party room.  
**19.** Every time you leave this space, you have to empty you trainers.  
**20.** You will find them in UR CARE and you will find them in UR CREATION and if you look carefully this worker has black hair.

## Down

- 1.** Here you can find self love.  
**2.** Where can you go to bust a move.  
**3.** In this space it is like climbing a mountain to reach the sky.  
**5.** The room where mess does not matter.  
**10.** Who is the most inclusive staff member.  
**11.** This worker keeps you feed.  
**12.** He is the boxing man.  
**15.** This worker has the most tattoos.  
**16.** Where can you find Carol when you are at Future?  
**18.** The loudest worker in the building.

# The Rec

7 kick up challenge

Blindfolded drawing challenge

## Recycling Project

As you all know recycling is a very important task that we should be doing each and every day to protect our environment. By recycling we are extending the usefulness of something that has already fulfilled its initial purpose. By doing this we cut fewer trees, use less water and energy. All products require natural resources to produce and our growing population is straining our planet with our need for more raw materials so, we challenge you to create something from your household recyclable waste and to do your bit to help the environment.

Here are some examples of things you could make but get creative and see what you



Did you know that...

Recycling one aluminium can saves enough energy to power your TV for three hours.

Recycling one glass bottle or jar saves enough energy to power your computer for 20 minutes.

Green glass bottles are made with up to 90% recycled glass.

A very old joke used to go: "What's the worst thing in the world? Second-hand toilet paper!" – Now virtually all toilet paper is made from recycled paper (though probably not recycled toilet paper, and it's best not to think about that. But it ends up composted.)

## Futures REC word search

R	Q	T	Z	X	S	L	U	S	H	Y	V	M	F	A	C	P	N
I	O	A	C	A	N	T	E	E	N	D	U	W	O	R	H	R	K
H	Y	B	C	H	A	L	L	E	N	G	E	S	O	H	I	I	E
E	B	L	J	O	N	R	E	C	O	R	U	S	T	B	L	Z	Y
E	O	E	R	E	C	S	Q	U	A	R	E	C	P	O	L	E	A
X	T	T	Y	J	C	J	X	Q	P	Z	M	R	E	O	Z	S	L
O	S	E	L	E	A	H	M	A	R	I	N	E	D	T	O	R	A
X	B	N	V	Z	T	A	R	G	E	T	S	E	D	H	N	Z	M
F	V	N	A	T	A	S	R	C	N	J	O	N	L	S	E	N	E
M	F	I	Z	K	D	C	R	A	Z	Y	K	I	E	M	E	Y	S
F	G	S	V	M	I	C	H	A	O	T	I	C	S	Y	M	L	S
K	D	G	G	P	O	O	L	T	A	B	L	E	S	E	Z	G	E

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

ADI  
BOOTHS  
CANTEEN  
CHALLENGES  
CHAOTIC  
CHILLZONE  
CRAZY

FOOTPEDDLES  
KEYALA  
LEAH  
MARIN  
MESS  
POOLTABLE  
PRIZES

REC  
RECSQUARE  
SCREEN  
SLUSHY  
TABLETENNIS  
TARGETS

# Ur Strength

## FUTURES 3 WEEK GYM CHALLENGE

The Ur strength staff are challenging you to do this work out everyday to get active and carry on working out even though the gyms are shut. Do you accept the challenge?

week one	week two	week three
20 push ups	30 push ups	40 push ups
20 crunches	30 crunches	40 crunches
25 star jumps	35 star jumps	45 star jumps
25 squats	30 squats	35 squats
30 second plank	45 second plank	40 second plank
30 seconds rest	1 min rest	1 min 30 seconds rest
Repeat 3 times	Repeat 3 times	Repeat 3 times





# Work out diary

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



How about trying to push yourself each day by seeing how long you can plank for and then set yourself a target to see how long you can in a couple of weeks time? Make sure you track your progress!

## Futures GYM word search

S P B K E T T L E B E L L S G Q P C  
K L O U V M J F Y L D M B F E M S W  
I A C A R D I O A S A M I R Q A B K  
P N C R O S S T R A I N E R G T U H  
P K X S L H E K U N R E S D V T V B  
I I T D A Z S L A M B A L L S S M K  
N N F O A M R O L L E R Z Z C F A A  
G G B O X F I T T R E A D M I L L R  
R L X N C B A T T L E R O P E S J L  
O G J I Q D U M B B E L L S L Q E K  
P U S H U P S Q V W W W U B I Z N Q  
E Y O G A T S I T U P S D Y V B X N

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

BATTLEROPES  
BOXFIT  
CARDIO  
CROSSTRAINER  
DUMBBELLS  
FOAMROLLER  
JEN

KARL  
KETTLEBELLS  
MATTS  
PLANKING  
PUSHUPS  
SAM  
SAMR

SITUPS  
SKIPPINGROPE  
SLAMBALLS  
TREADMILL  
YOGA

# Mr Creation

Here are few creative activities that we think you may like!

## Playdough

### What you need:

- 1 large bowl
- 1 cup
- 8 tbsp of plain flour
- 2 tbsp of salt
- 60ml of warm water
- 1 tbsp of vegetable oil
- Food colouring (optional)

### Method

1. Mix the flour and salt together in the bowl
  2. mix the water a few drops of food colouring and oil together in a cup.
  3. pour the liquid into the flour and salt and bring all the mixture to the middle of the bowl.
  4. Sprinkle a little bit flour on the side and then knead it together till it forms.
- If you want to store it, place in a sandwich bag/ cling film.



## Cat plush activity

If you feel like getting creative, why not try this great sewing activity? Click the link above and follow the instructions to get involved!



## Futures ART room word search

O J B E A D S L M Z C E O F P G V S  
P E U N A I J U G U I Y B H A A W K  
T S Q V A Z M V R S S M A U I W Z E  
E S C E C N K Y W C L H O Y N D G T  
X Q A A R C P Z P O R M V G T W C C  
T I R S Y U O A C Y C E M N E J L H  
I S D E L I D L L M S A A U R N A I  
E T G L I R X R L E E T N T V H Y N  
L M T Z C G L U E A T S P V I M N G  
S Z A B S T R A C T G T S F A O O Q  
S C I S S O R S W V Z E E Y W S N W  
U M P A P E R C R E A T I V E Y B S

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

ABSTRACT  
ACRYLIC  
BEADS  
CANVAS  
CARD  
CLAY  
COLLAGE

CREATIVE  
EASEL  
GLUE  
IMOGEN  
JESS  
MESSY  
PAINT

PALETTE  
PAPER  
SCISSORS  
SKETCHING  
TEXTIELS  
URCREATION

# Mr Inclusion

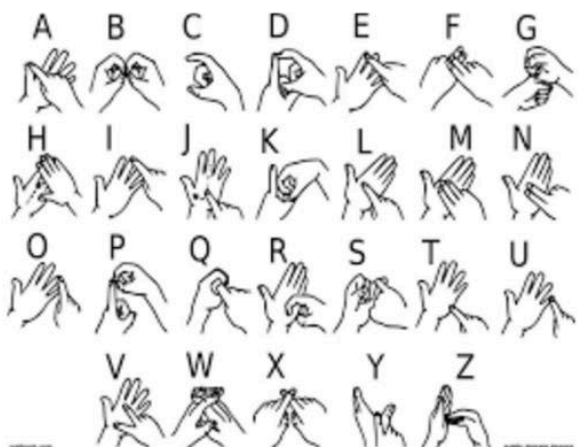
Many people all over the world have different backgrounds, needs and experiences. Inclusion means that all of those people, no matter where they are from or what their needs are, can get involved and access the same opportunities as anyone else.

At Future, inclusion means that all young people can feel safe and supported in enjoying their time with us, regardless of their need or background. We welcome so many different types of young people through our door, who are looking something to do, somewhere to go and someone to talk too. It's important to remember that some people need support with things that are visible to us and some people have a hidden disability that we won't always know is there until we get to know that person – so always remember to be kind to everyone and include people the best you can.

Some young people may have English as their second language and need help with understanding activities and instructions; some may use a wheelchair and need the lift to go upstairs; and some may have Autism or another hidden disability that they need a different kind of support with. Sometimes these things can make it hard for a young person to get involved the same way other young people can – but inclusion means that we do our best to ensure that their needs are supported, rather than being something that will stop the young person from being able to get involved and have fun - this is called adapting.

There are lots of different ways to adapt something in order to make sure a young person is supported. The staff at Future work very hard to make sure our offer is inclusive and that young people with disabilities and additional needs feel supported; but young people can look out for each other too! When you see another young person that looks like they may be struggling to get involved, ask them if there is anything you can do to help or simply let a member of staff know that you think someone might need a bit of extra support. Being inclusive starts by being kind and understanding that everyone is different. It's our differences that make us all special and that is what makes future such an interesting and exciting place to be!

Here are some really helpful signs that some people may use to communicate, do you think you could learn some? If you enjoy learning these why don't you have a go at learning how to sign your name. **Click the link to watch the amazing Ella show you some Makaton signs that she has recently learnt.**



# Mr Chef

tasty recipes to try from home!

## Pancakes

### Ingredients

- 135g plain flour
- 2 tsp baking powder
- ¼ tsp salt
- 3 tbsp caster sugar
- 1 tbsp oil (plus extra for frying)
- 1 cup of milk
- 1 egg, beaten
- 2 tsp vanilla extract
- Chocolate spread
- Lemon juice
- Sugar (for topping)

### Method:

1) Add the flour, salt, baking powder, sugar, oil, milk, egg and vanilla extract into a mixing bowl and mix until combined

2) Pour mixture into a measuring jug, this will make it easier to pour the pancake mixture into the frying pan

3) Heat a teaspoon of oil in a small frying pan

4) Once the oil is hot enough, pour a little pancake mix into the frying pan on a low heat

5) Once bubbles appear on the surface of the pancake, use a spatula to lift the edge so that it's ready to be flipped

6) Once the pancake is firm and no longer has liquid on the top, flip it!

7) When it's browned on both sides, its ready to be topped.

## Homemade burgers

### Ingredients:

- ½ tbsp olive oil
- 1 onion, peeled and finely chopped
- 500g beef mince
- 1 tsp mixed dried herbs
- 1 egg, beaten
- 4 slices cheese
- 4 burger buns
- 1 beef tomato, sliced
- ketchup, to serve (optional)

### Method:

1) Heat the olive oil in a frying pan, add the onion and cook for 5 minutes until softened and starting to turn golden. Set aside.

2) In a bowl, combine the beef mince with the herbs and the egg. Season, add the onions and mix well. Using your hands, shape into 4 patties.

3) Cook the burgers on a preheated griddle for 5-6 minutes on each side. While the second side is cooking, lay a slice of cheese on top to melt slightly (if using).

4) Meanwhile, lightly toast the cut-sides of the buns on a frying pan or under the grill. Fill with the burgers and tomato slices. Serve with ketchup, if you like.

## Mini sausage rolls

### Ingredients:

- 400g sausage/mince meat
- 375g puff pastry
- Your choice of herbs and spices to flavour the meat
- 1 egg

### Method:

1) Preheat oven to Gas Mark 6/200°C/180°C fan and line a baking tray with baking/parchment paper

2) Whisk your egg in a small bowl

3) Put your sausage meat into a large bowl. Then sprinkle your herbs and spices over it and use your hands to mix the seasoning and the meat together until nicely combined. (You can use your gloves to do this)

4) Unroll your puff pastry onto a chopping board or a clean, dry surface. Cut it lengthways (long ways) into 2 halves

5) Divide your sausage meat into 2 and spread it along the length of each pastry strip in a cylinder shape. Be sure to leave a 1cm gap at each end

6) Tightly roll the pastry around the sausage meat and brush the end to secure it into place

7) Use a sharp knife to cut each roll into 10 pieces (or less if you want longer ones)

8) Brush more beaten egg all over the pastry (this will give it a nice golden colour)

9) Place in the oven to cook for 25-35 minutes, until the pastry is puffed up and crisp and the sausage meat is cooked through.

[Pancakes video](#)

[Homemade burgers video](#)

[Mini sausage rolls](#)

### French Toast Roll Ups

**Ingredients:**

- 3 slices of bread per person
- 1 egg
- Nutella for spreading
- 300ml double cream
- 1 tsp vanilla
- 4 tbsp caster sugar (for sprinkling)
- 2 tbsp cinnamon (for sprinkling)
- Butter (for frying)

**Method:**

- 1) Cut the crusts off of the bread
- 2) Spread each slice with Nutella and roll tightly
- 3) Whisk together the egg, cream and vanilla
- 4) Dip each bread roll up into the egg mixture for a few seconds, placing each one onto a spare plate/tray ready to be fried
- 5) Heat some butter in a frying pan
- 6) Fry each bread roll up on each side until browned
- 7) Spoon some sugar and cinnamon into a bowl and mix together thoroughly. Then sprinkle over the French toast roll ups
- 8) Serve with ice cream if you have some and enjoy

### Apple crumble

**Serves 6****Ingredients:**

- 6 Granny Smith apples, peeled, cored and sliced
- 250g caster sugar
- 200g plain flour
- 120g unsalted butter
- 1 heaped tablespoon of ground cinnamon

**Method:**

- 1) Preheat the oven to 130°C (fan)
- 2) Put the apple chunks into a pan, add the cinnamon and three quarters of the sugar and cover. Allow to stew gently for half an hour, stirring occasionally with a wooden spoon. Keep checking as the mixture can easily burn in the beginning
- 3) Check that the fruit is cooked by mashing it a bit with a wooden spoon. The apples should be soft but not puréed
- 4) Put the apples into one of the glass Pyrex dishes and allow to cool
- 5) Mix the flour, remaining sugar and the butter with your fingers in a bowl until it becomes similar to a breadcrumb consistency
- 6) Cover the stewed apples with the crumble topping, without pressing down
- 7) Bake for approximately 30 minutes or until the crumble is golden brown and crunchy
- 8) Serve with custard and enjoy!

### Golden Syrup Flapjacks

**Makes 12****Ingredients:**

- 250g porridge oats
- 125g margarine
- 125g light brown sugar
- 2-3 tbsp golden syrup (depending on how gooey you want it)

**Method:**

N Heat oven to 180C Fan

- 1) Put 250g porridge oats, 125g margarine, 125g light brown sugar and 2-3 tbsp golden syrup in blender or with electric whisk and pulse until mixed. Be careful not to overmix as oats may lose their texture
- 2) Lightly grease a 20x20cm baking tin with butter and spoon in the mixture. Press into the corners with back of spoon so the mixture is flat and score into 12 squares
- 3) Bake for around 15 minutes until golden brown
- 4) Let cool slightly or completely (in refrigerator)
- 5) Serve and enjoy!

French Toast Roll Ups

Apple Crumble

Flapjacks

# Mr Care

Here are a few activities to get you thinking about the type of person you are and how covid has affected your life. Why not give them a go and then maybe think about some goals you could set yourself for when we get back to normal, or maybe even goals you want to reach during lockdown?

What does Covid-19 mean to you?

What has been the biggest change for you?

How do you feel about being homeschooled?

Who are you social distancing with?

What do you miss?

What will you remember about this time?

## My Mindset Matters!

Something that is pretty easy for me is...

Something that takes a lot of hard work from me is...

My name is:

Something that I think I need more practice on is...

Something new that I would like to try is...

Three things that make me awesome are...

## Stress Ball

Why don't you try create your own easy stress ball to help if you are feeling agitated and finding it really hard to stay indoors. Stress balls can help release that agitation and help you feel a little better!

- 1 cup of rice
- 1 piece of paper to act as a funnel
- 1 balloon

### Method:

Hold the top of the balloon so it is open, place the paper in the top to work as funnel and pour the rice into the balloon. Once full tie the top of the balloon.





## Futures UR Care word search

Z M N U R I D E N T I T Y A B J P T  
K L G G C U R L E R S P V H A I R A  
E N M E N T A L H E A L T H B J L B  
Q K X K S T R A I G H T E N E R S I  
T D C S E L F L O V E M E A A T W B  
D E W C O T T O N W A L L I U N B Z  
Q G L X S H A N N O N H A L T N U G  
N A I L P O L I S H H S U S Y U T A  
P M K Q A T R Q M A G A Z I N E S P  
L H B A R B E R C H A I R J F N R Y  
P D O U R W M A N N E Q U I N S L C  
X T N J Z M A K E U P M T M G X C I

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

ABI  
BARBERCHAIR  
BEAUTY  
COTTONWALL  
CURLERS  
ELLA

HAIR  
MAGAZINES  
MAKEUP  
MANNEQUINS  
MENTALHEALTH  
NAILPOLISH

NAILS  
SELFLOVE  
SHANNON  
STRAIGHTENERS  
URIDENTITY

# Ur Stage

Hope you're not missing the dance studio too much, check out Richy's videos and see if you can learn some new dance routines.

Easy

Medium

Hard

As you know we don't just use Ur stage for dance, we do drama too! Here is Marin explaining and breaking down how to create our own story.

Marin's video

Here is a story board template why not try this first or you can use to plan or create your story.

Project Name: \_\_\_\_\_

Page: \_\_\_\_\_ of \_\_\_\_\_

By: \_\_\_\_\_

Date: \_\_\_\_\_

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_____	_____	_____	_____
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_____	_____	_____	_____
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# Mr Future

Due to lockdown the world's access to education has been unfortunately limited, therefore in this section you will be provided with some information on free access to websites, as well as mental health helplines if you're ever struggling.

**'Childline' 9am until midnight = 0800 1111**  
More info: <https://www.childline.org.uk/get-support/>

**'Samaritans' 24hour calling = 116 123** Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
More info: [www.samaritans.org](http://www.samaritans.org)

**'Shout' 24hr FREE TEXT service**  
You must text 'SHOUT' to 85258  
More info : <https://www.giveusashout.org/>

**'Switchboard' LGBTQ help 10am-10pm everyday = 0300 330 0630** Email:  
[chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)  
More info: <https://switchboard.lgbt/>

**'YoungMinds' FREE 24hr text service**  
You must text 'YM' to 85258  
More info: <https://youngminds.org.uk/find-help/get-urgent-help/>

- **BBC bitesize website =**  
**(recommended due to use from most schools)**

- **Khan Academy (website and youtube channel) = Various educational videos**

- **Mathantics (Youtube) = Maths specific videos**

- **Reverso (phone app) = Multiple language app**

# Ur Production



At Future, UR production is where all our social media content and videos are made so we thought it would be good to see what you can create yourself from home.

Why not have a go at creating a short video, vlog or picture collage, show casing your life during this lockdown?

Things to think about while making this:  
How has the lock down changed your life (eg not going to school)  
What you have been up to at home?

Even though we can't leave our house as much as before, there is one thing that will never change - the sun. It will always be up in the sky shining every day! Try

taking a picture of the sun set or sun rise each day and create a collage out of all the pictures you collect. You could keep these, comparing difference in times when the



# Ur Journey

At future UR Journey is about facing your fears, having fun and achieving new goals each time you are on the climbing wall. Since everyone is unable to go on the wall at the moment, we thought of a few ideas that you could do at home.

Why don't you have a go at making a bucket list of all things you would like to do when we get out of lock down - or perhaps things that you have always wanted to achieve but need to push yourself to do so. For example, you could want to learn how to ride a bike, learn how to cook, to go camping....

## Summit challenge

The aim of rock climbing is to reach a really high level. So whether it's up a climbing wall, on a cliff or up a mountain, we thought It would be a good idea to think creatively and imagine your perspective on things once at the summit. This is a chance to get artistic!



# Mindfulness Activities

During this last year this have been different for all of us, learning in a new way, spending a lot more time at home with just the people inside our house and not having the freedom to go out and do what we want. We can all agree that this has been a weird year full of uncertainty.

So, we thought it would be a nice to write a poem or a short story about your life in lock down and how it affected you and your family. Writing down and expressing your feelings with poems like these can be really therapeutic and can help you make sense of your feelings.

You could attempt an acrostic poem!

C-  
O-  
R-  
O-  
N-  
A-  
V-  
I-  
R-  
U-  
S-

Yoga with Gabi

Easy Sun Salutation Sequence

Seated Yoga sequence

Pose Yoga positions -  
complete set

Mindfulness with  
Kirandip



### What's important to you?

Read this poem aloud.

**There Isn't Time**

There isn't time, there isn't time  
To do the things I want to do -  
With all the mountain tops to climb  
And all the woods to wander through  
And all the seas to sail upon,  
And everywhere there is to go,  
And all the people, every one,  
Who live upon the earth to know.  
There's only time, there's only time  
To know a few, to do a few,  
And then sit down and make a rhyme  
About the rest I want to do.

Elaine Farson



Make a list of five things you would like to do, in order of importance.

- .....
- .....
- .....
- .....
- .....

Now write about why you chose number **one** and what it would be like if you could do it.

.....

.....

.....

.....

# Mr Bout

**Here is a pretty tough work out for you to try, see if you get through it all the first time.**

## **Equipment:**

- Clear space
- A deck of cards
- Paper and pen (optional)

## **Method:**

A deck of cards has 4 suits (hearts, diamonds, clubs and spades) for each suit you need to assign a workout to it. For example, hearts = push ups, diamonds = burpees, clubs = squats, spades = sit ups. Write this down on paper if you need to help you remember.

Now you have assigned a workout to each suit you start by turning over a card and use the number on that card to how many of the work out you have to do (queen jack and king are 11) and carry on till you finish the hole pack.

This is a very intense work out so don't feel disheartened if you cannot get through the hole pack right away. **Try and try again!**

**If you find this easy, you can time yourself and try to beat your time.**

**Here is a list of a few other workouts you can use for this:**

Jump squats

Crunches

Mountain climbers

Squat thrusts

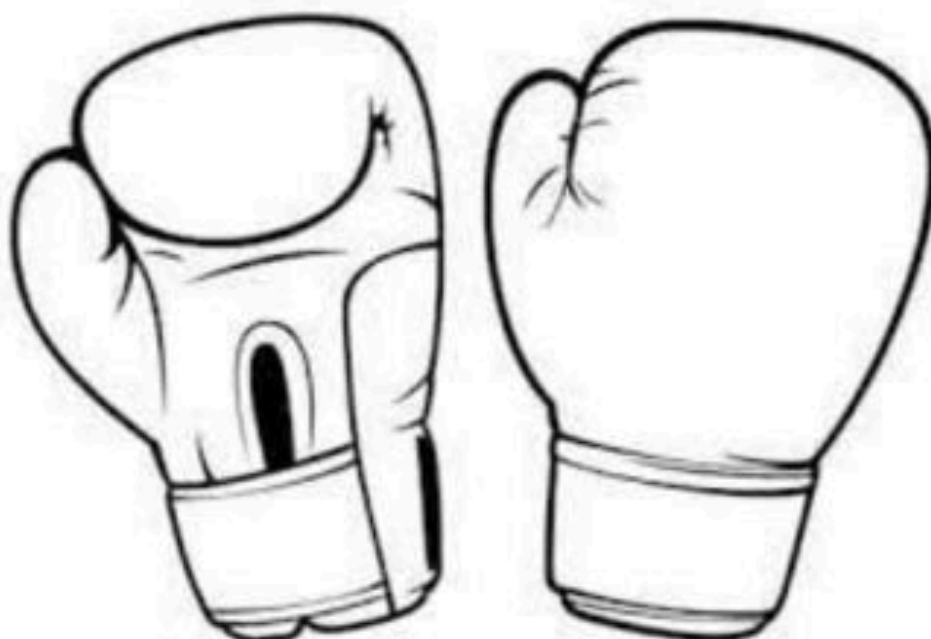
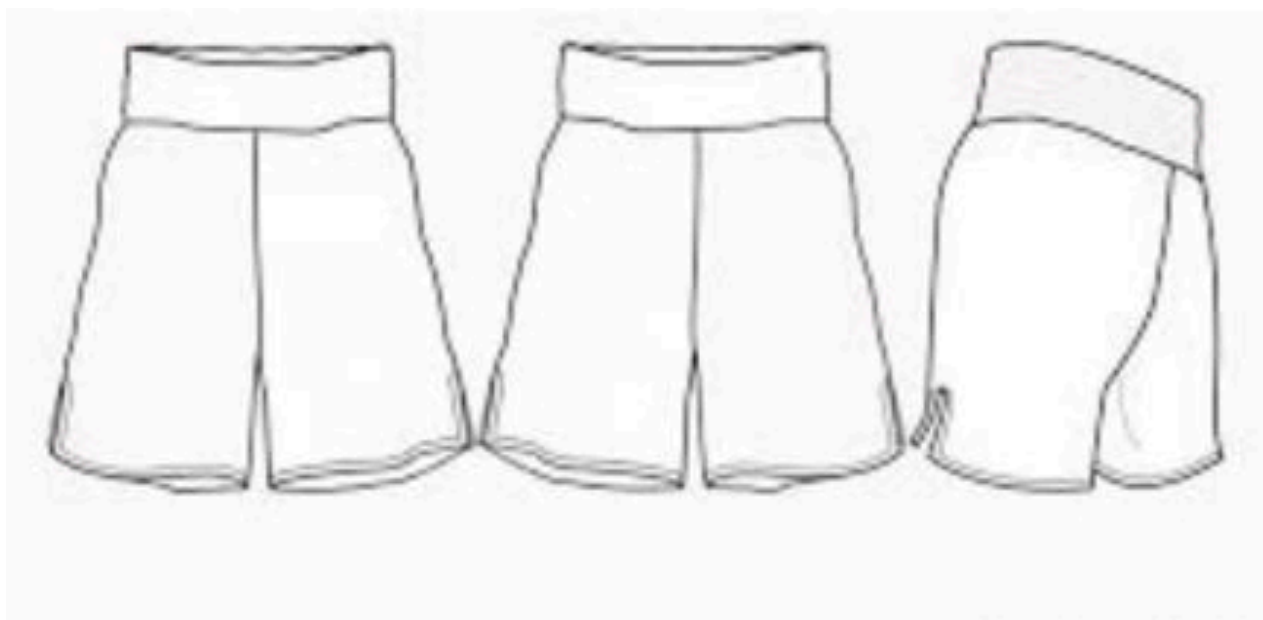
Lunges

Step ups (if you have a low wall or step)

Tuck jumps

Star jumps

In boxing it is important to feel comfortable so you can perform the best you can, the look and design of what your wearing help you feel good to, if you don't like the look of it, it won't make you feel good. why don't you have a go at designing your own on the next page.





# Ur Game

## Futures sports hall word search

A X R G C U R L I N G J A Y Q E E B  
G F B M J F L B A D M I N T O N R O  
Y K X L G H C W U R O H O C K E Y C  
M B T R A M P O L I N I N G W U Q H  
N Z E P C U R C N E S A R M R R U A  
A B E A B O W G K Y R I A M U G K H  
S G Z U N K N W B A A N N R G A T H  
T X Q B I B S E H O O P S F B M E D  
I P S U W H A F S S O X Y G Y E M U  
C G E N E T S G W B R A D L E Y I D  
S A M Y Q D B A S K E T B A L L B A  
F H T F O O T B A L L K K M G Q M C

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘.

AMY  
BADMINTON  
BASKETBALL  
BEANBAGS  
BIBS  
BOCHA  
BRADLEY

CONES  
CURLING  
FOOTBALL  
GYMNASTICS  
HOCKEY  
HOOPS  
KYRIA

NESAR  
NETS  
RUGBY  
TEMI  
TRAMPOLINING  
UR GAME

Aim in a  
box  
challenge

Future's  
Training  
Drills

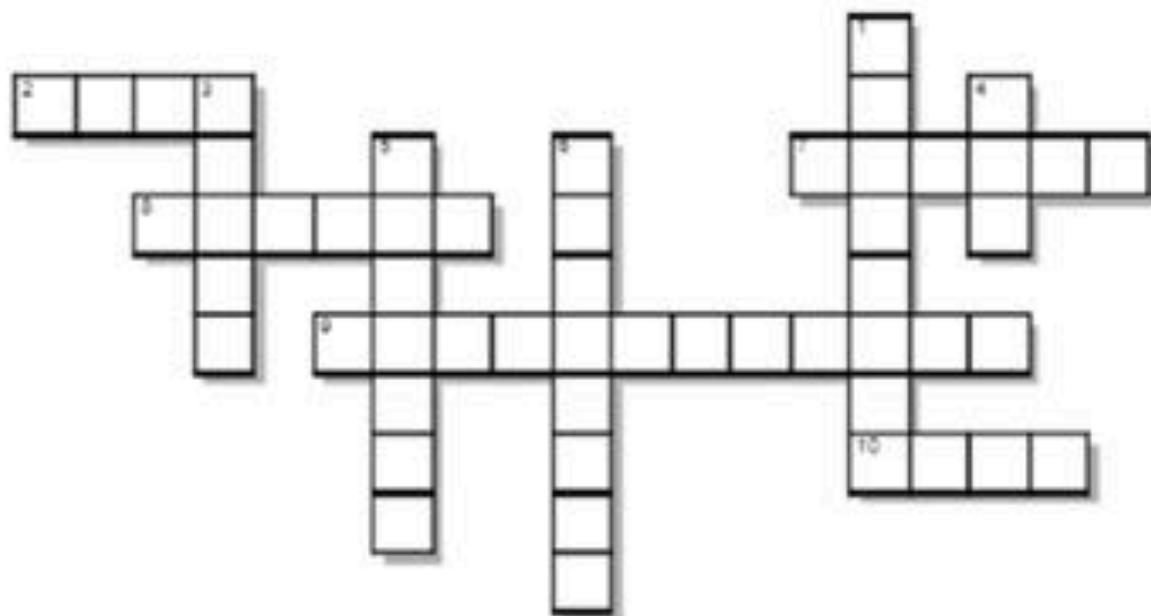
Accuracy  
drill  
challenge

Control  
Challenge

# Ur Beats

## Future Youth Zone - UR BEATS

Can you solve this crossword? All the words relate to anything in 'UR BEATS'.



### ACROSS

- 2 The name given to a group of people singing and performing together.
- 7 The name given to the words of a song.
- 8 There are three types (Acoustic, Electric, Bass).
- 9 The name given to the music that plays behind the singing.
- 10 The name given to two individual people singing together.

### DOWN

- 1 It Has many keys but also many sounds.
- 3 This comes to life with a pair of sticks.
- 4 Your voice is projected when you sing into this.
- 5 The name given to someone singing another individuals song from lyrics on a screen.
- 6 The title of Future's very on music video series.

# Spot the difference

Can you spot the difference between these pictures in Ur Creation and Ur Journey?



- Ur journey:
1. White helmet missing
  2. Extra harness hanging
  3. Auto belay holster attached
  4. Leah moved position
  5. Leah has blue helmet instead of white
- Ur creation:
1. Artwork on table changed
  2. Blue chair at back changed
  3. Pot of pencils swapped with hand sanitiser
  4. Pot of pencils swapped with blue roll
  5. Green paint removed
  6. Pot of brushes swapped with pot of pencils
  7. Box of skittles removed
  8. Tubs and bag rearranged

# Links

**Future's 7 Kick Up Challenge**  
<https://youtu.be/NY1R9GnglD0>

**Seated YOGA**  
<https://youtu.be/SmuUucVJnfY>

**Easy Sun Salutation YOGA**  
<https://youtu.be/x5z3uC1Nlec>

**Makaton**  
[https://youtu.be/KR0T2d\\_yyC0](https://youtu.be/KR0T2d_yyC0)

**Mindfulness Breathing Techniques**  
[https://youtu.be/G1Ef\\_KCxjhU](https://youtu.be/G1Ef_KCxjhU)

**Mini Sausage Rolls**  
[https://youtu.be/oir\\_4iK\\_RRg](https://youtu.be/oir_4iK_RRg)

**Rolled Up French Toast**  
<https://youtu.be/2ekdAHHle10>

**Pancakes**  
[https://youtu.be/Tfixig\\_hHUs](https://youtu.be/Tfixig_hHUs)

**Home Made Burgers**  
[https://youtu.be/7lGKn\\_4OouY](https://youtu.be/7lGKn_4OouY)

**Flapjacks**  
[https://youtu.be/nA17mFP\\_7Ss](https://youtu.be/nA17mFP_7Ss)

**Apple Crumble**  
<https://youtu.be/Eo7NRKTjezg>

**Easy Dance Routine**  
<https://youtu.be/j61zH7uWtOE>

**Medium Dance Routine**  
<https://youtu.be/uyXyNZcPymM>

**Hard Dance Routine**  
<https://youtu.be/dbGULUhuM4E>

**How to write a story**  
<https://youtu.be/1PCK30gcqUI>

**Training Drills in UR GAME**  
<https://youtu.be/6gyo8hwGjUo>

**Accuracy Drill Challenge**  
<https://youtu.be/ARIEkkkZGRA>

**Aim in Box Challenge**  
<https://youtu.be/rREt6EISG4Q>

**Blindfold Drawing Challenge**  
<https://youtu.be/yfkELQ8Lwsc>

**Control Challenge**  
<https://youtu.be/oSuog8MvlMW>

**How to create a Cat using socks**  
[https://youtu.be/imFf\\_gBo7XM](https://youtu.be/imFf_gBo7XM)