



@upowerkingco



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Play and staying active is one of the best ways to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome activity packet to help you stay moving.

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - www.kcplayequity.org/covid19/
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - **Free subscription; scan URL code to access**



FOOTBALL

1. KNOCK-OVER THE BOTTLE

- a) Get a plastic water bottle and set it somewhere stable. Stand about 10-15 feet back and aim to throw the football to knock down the water bottle.
- b) To make it harder, keep taking a couple steps back every time you knock it down.
- c) You can also challenge other people! Line up a few water bottles, take turns and compete to see who can knock down the most bottles in 5 throws!

2. TOUCH FOOTBALL

For touch football, break up into two even teams and designate an end zone. After the quarterback says hike, he has the option of passing the ball or handing it off to the running back. The player with the ball is considered "tackled" when they are touched with two hands by a defender. If a defender touches them with only one hand, the runner is still not considered "tackled".

3. INTERCEPTION

Designate a quarterback, receiver, and defender. The defender will begin downfield ready to intercept the ball, the receiver runs down the field ready to catch the ball and the quarterback must throw to the receiver so that they can reach the end zone without being tagged or the ball being intercepted by the defender. The round will end if the pass is complete, the defender tags the receiver, or the receiver scores!

4. ULTIMATE FOOTBALL

For ultimate football, make two teams and create 2 end zone. Two teams will attempt to get the football from one end zone to the other, each team going to the opposite end zone . Players on offense can pass to their teammates, but may not run when they have the ball. The only way to move forward is to throw it to a teammate in front of you. If the ball is dropped, blocked by the defender, or a pass is incomplete, the ball is turned over to the other team.

see back...

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Stay safe and have fun!

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