"I have of late - but wherefore I know not - lost all my mirth, forgone all custom of exercises"
(Hamlet, Act II Scene ii)

Work it Out

Did you know that primary school children should do at least 60 minutes of exercise every day? Use this page to write down all the physical activity you do in one week. How many minutes did you do? You can include some of the activities from this booklet.

Day	Activity 1 (number of minutes)	Activity 2 (number of minutes)	Activity 3 (number of minutes)	TOTAL number of minutes
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WELL DONE!

You have completed all the activities and you are now a WILL'S WORKOUT WARRIOR!



If you enjoyed this booklet and want to find out more about Shakespeare, then go to our website at: www.shakespeareweek.org.uk and click on Kids' Zone, where you will find lots more fun things to do. If you want to read some of Shakespeare's plays and stories then you could check out Marcia Williams' retellings at www.walker.co.uk. Marcia did all the beautiful drawings in this booklet.

WALKER BOOKS
SHAKESPEARE WEEK Join the national celebration
Shakespeare birthplace trust
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SHAKESPEARE WEEK

WILL'S WORKOUT WARRIORS

"Foot it featly here and there"
(The Tempest, Act I Scene ii)



This warrior booklet belongs to:

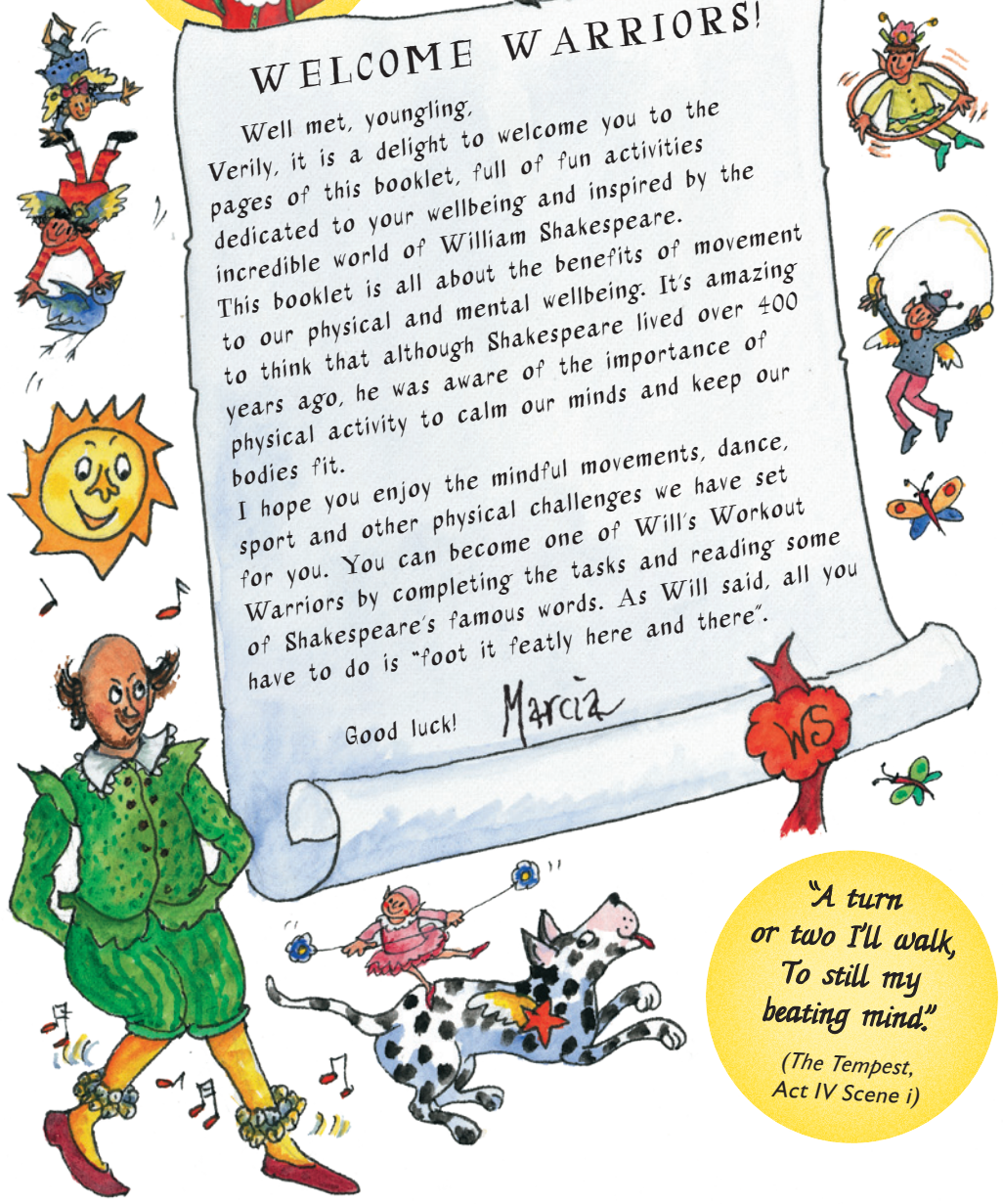
Words: Marcia Williams and the Shakespeare Week team
Pictures: Marcia Williams

Will's Workout Warrior

WELCOME WARRIORS!

Well met, youngling,
Verily, it is a delight to welcome you to the pages of this booklet, full of fun activities dedicated to your wellbeing and inspired by the incredible world of William Shakespeare.
This booklet is all about the benefits of movement to our physical and mental wellbeing. It's amazing to think that although Shakespeare lived over 400 years ago, he was aware of the importance of physical activity to calm our minds and keep our bodies fit.
I hope you enjoy the mindful movements, dance, sport and other physical challenges we have set for you. You can become one of Will's Workout Warriors by completing the tasks and reading some of Shakespeare's famous words. As Will said, all you have to do is "foot it featly here and there".

Good luck! Marcia



"A turn or two I'll walk, To still my beating mind."

(The Tempest, Act IV Scene i)

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Will's Workout

Being active isn't just good for your body, it's also good for your mind, and some people think it can make you better at learning too. What's your favourite way to keep fit? Are you a super scooter, a fantastic footballer or a dazzling dancer? You can become a Will's Workout Warrior by trying out these Shakespeare character moves. Put them into a sequence with music if you like. You could add some of your own Shakespeare character moves too! Why not teach your routine to others?

HAMLET



MOVE:
Lunge forward as though sword-fighting.

PUCK



MOVE:
Skip energetically in a circle.

VIOLA



MOVE:
Swim quickly then slowly to shore.

ROMEO



MOVE:
Climb up the garden wall to get to Juliet's balcony.

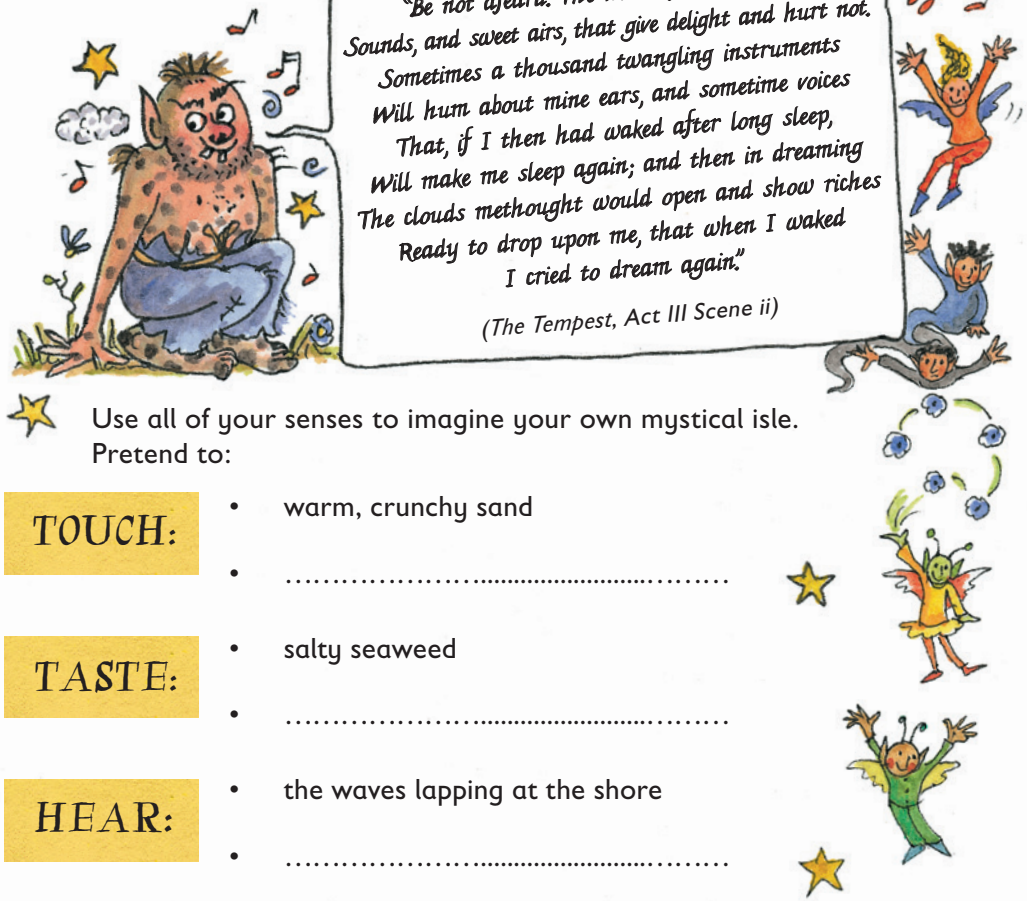


"Sing, and dance it trippingly."

(A Midsummer Night's Dream, Act V Scene i)



Mystical Isle Moves



"Be not afeard. The isle is full of noises,
Sounds, and sweet airs, that give delight and hurt not.
Sometimes a thousand twangling instruments
Will hum about mine ears, and sometime voices
That, if I then had waked after long sleep,
Will make me sleep again; and then in dreaming
The clouds methought would open and show riches
Ready to drop upon me, that when I waked
I cried to dream again."

(The Tempest, Act III Scene ii)

Use all of your senses to imagine your own mystical isle.
Pretend to:

TOUCH:
- warm, crunchy sand
- .....

TASTE:
- salty seaweed
- .....

HEAR:
- the waves lapping at the shore
- .....

SEE:
- a dolphin jumping over the waves
- .....

SMELL:
- flowers growing in the sand dunes
- .....

"There was a star danced, and under that was I born."

(Much Ado About Nothing, Act II Scene i)

Add your own idea to each sense.
Now draw a picture of your magical, mysterious isle.
Describe it to a friend, using your senses and actions to help you.

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Falstaff's Football

Football in Shakespeare's time was very different to today's beautiful game! In fact, it was quite a violent sport and many people would get injured or even die. In the sixteenth century football teams had unlimited numbers of players and the game was often played across miles of land between neighbouring towns and villages!

We've chosen a few of Shakespeare's characters and written down their best points. Can you match each player to a football role by drawing an arrow?
There are no right or wrong answers – you are the manager!

OBERON	ARIEL	LADY MACBETH	HORATIO	VIOLA
A Midsummer Night's Dream	*The Tempest*	*Macbeth*	*Hamlet*	*Twelfth Night*
				
• Strong • Mystical • Powerful • Brave • Good communicator	• Fast-moving • Mysterious • Cunning • Unpredictable • Mischievous	• Brave • Strong • Impatient • Devious • Ambitious	• Unselfish • Brave • Alert • Reliable • Problem solver	• Brave • Fast-thinking • Risk taker • Witty • Determined

BEST GOALKEEPER

BEST CAPTAIN

BEST GOALSCORER

BEST GOAL CELEBRATION

FASTEST PLAYER

Talk in a group about why you've chosen those roles for your characters. Take it in turns to be the leader who calls out a character's name, while the others mime an action that shows their chosen role for that character!

"Incite them to quick motion"

(The Tempest, Act IV Scene i)

MARCIA'S MINDFUL MOVEMENT

"Every elf and fairy sprite
Hop as light as bird from brier"

(A Midsummer Night's Dream, Act V Scene i)

This is a lovely Shakespeare quote, which makes me think of many mindful movements we could try. Moving mindfully, which just means giving a movement your whole attention, can really help your mental and physical wellbeing. Whether you move fast or slow, the trick is to focus on the movement and let everything else in your busy mind float away like a cloud.

Imagine you're one of Shakespeare's elves or fairy sprites and try these movements. You can do them separately or in sequence.

HOPPING

Stand up and close your eyes or soften your focus. Imagine you're an elf or fairy sprite hidden in the middle of a moonlit wood. There are no sounds except the soft breathing of Titania, your fairy queen, asleep beside a stream. You are bored of guarding her and start hopping from one foot to the other as "light as a bird from brier". Try to focus on doing it quietly, because if you wake Titania you'll be in trouble!



RUNNING

Oops, you woke Titania, you'd better run away before she punishes you! With your eyes closed or softly focused, start running on the spot. Imagine you're running lightly through the forest, dodging the briars and brambles. You begin to get out of breath and are running slower and slower until you finally come to a stop. Turn your head and look to see if Titania is following you. Can you see her?



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WALKING

You realise you've reached the edge of the forest, where no elf or fairy sprite should venture. You quickly turn around and start to retrace your steps. It's so dark now that you have to imagine the path, but walking mindfully on the spot and focusing on each step you quietly tiptoe back to the queen who has gone back to sleep. I don't think she knew it was you who woke her!



STANDING

In case Titania is cross with you, you decide to pick her some blackberries. Close your eyes or soften your focus to help you to move mindfully. Imagine you are standing by a blackberry bush: reach up on your toes, and stretch out your arm to pick the fat, black, juicy berry at the top of the bush. When you've picked it, bend down and put it into the basket at your feet. Repeat the action until your basket is full, or you think you have enough blackberries for a fairy feast!



SITTING

Your queen is awake and delighted that you have prepared a feast for her. Sit yourself on a chair, or the floor, close your eyes or soften your focus, and imagine you are feasting with Titania and all your fairy friends. In front of you is a bowl of delicious blackberries: pick a fruit and pop it into your mouth. Chew it slowly, savouring the taste. Is it sour or sweet? Is it soft or crunchy? Repeat the action until your bowl is empty!



If you enjoyed these mindful movements, why not make up some of your own?