



YOUTH
SPORT
TRUST

WW84
WONDER WOMAN[®]

Discover a new era with
WONDER WOMAN 1984...

Are you ready to
take on a quest?

Unleash the power
of sport to reconnect!

A resource for parents, carers and families





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WONDER WOMAN DC

Welcome, and thank you...

As a consequence of lockdown, many children and young people will have experienced a loss of routine, structure, friendship, opportunity and freedom. Some may have even lost relatives due to the virus. These losses all impact on young people's mental health and wellbeing.

We have created this resource to help you continue to support your child as they rediscover their sense of self and find their place within their school community again when they return after lockdown.

In partnership with Warner Bros. and the upcoming film WONDER WOMAN 1984, The Youth Sport Trust has created this resource to unleash the power of sport to empower, engage and unite. Inspired by the heroism of WONDER WOMAN, these fun and challenging activities are designed to help young people define who they are, re-establish friendships and create a sense of belonging.

Every young person will have had a unique experience during lockdown. This resource provides variety and choice to address the needs of each individual who chooses to engage.

Playing your part as a parent/carer in the home environment

“An anxious child is not a learning child”
(Carpenter and Carpenter, 2020¹).

Anxiety eats away at positive mental health and can cause a deterioration in overall wellbeing. We must put children’s wellbeing and positive development at the heart of our approach.

As the parent/carer at home you can help your child to...

Discover...

new challenges and express themselves through the WONDER WOMAN - inspired activities. Encourage them to take on a personal challenge, or to invite a friend or family member to take part with them. Help your child to find a safe space (*in line with national and local government COVID guidelines*) to try their challenge and encourage them to reflect on their success.

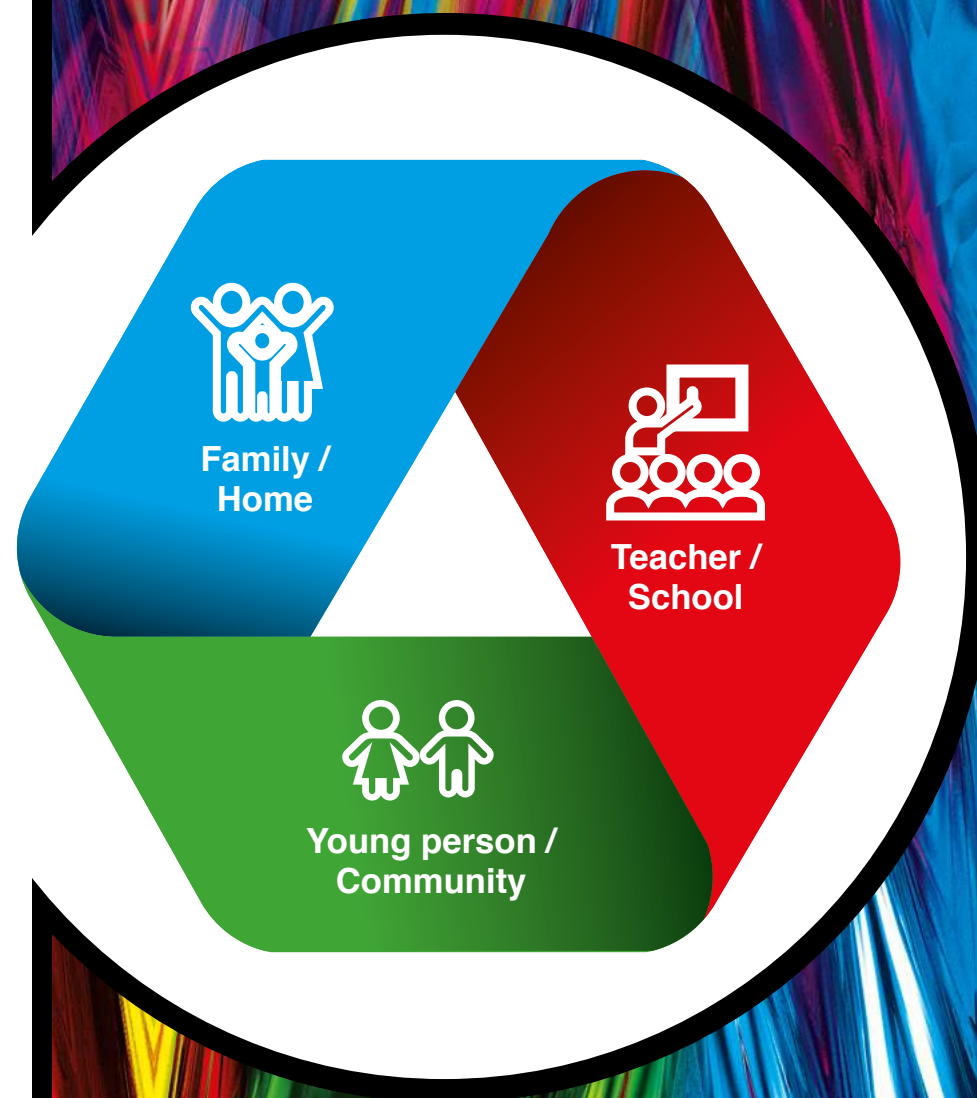
Create...

opportunities to rebuild their confidence. Use this resource as inspiration and adapt the content to how your child learns best.

Engage...

with the resource by supporting them and being ready to take part or even start off activities. This is a fantastic resource to connect as a family, so involve everyone at home and have fun!

¹ Carpenter, B. and Carpenter M. A Recovery Curriculum: Loss and Life for our children and schools post pandemic (online) Evidence for Learning, April 2020, <https://www.evidenceforlearning.net/recoverycurriculum/>





The home, school and community environments surrounding each young person are fundamental to their positive development and wellbeing. Sport has the power to inspire, unite and connect, and is a tool for transformation that is much needed at this time of change. Help your child to engage, have fun and reflect. You will see benefits to their mental and emotional health and confidence and an improved sense of belonging.



Wonder Woman 1984 is an all-new chapter in the Wonder Woman story.

Set amidst a vibrant era of extremes and a world driven by the pursuit of “having it all,” Diana Prince (Wonder Woman) finds herself facing two all-new foes: Maxwell Lord and The Cheetah. Resolved in her belief in and love for mankind and her unrelenting in her pursuit of truth, she must make the greatest sacrifice to become the warrior the world needs and a hero for everyone.



Why WONDER WOMAN?

WONDER WOMAN is a 'hero for all'. She cares about hope, humanity and justice in the world. She is always testing her limits and challenging herself to improve and grow.

At her Core, WONDER WOMAN is:

1. **A champion of truth**
2. **Compassionate**
3. **A promoter of peace**
4. **Strong**
5. **Optimistic**
6. **Courageous**
7. **A fighter for justice**
8. **A team Player**

The resource cards focus on WONDER WOMAN's eight core characteristics.

There are three versions for each characteristic, so that your child can take part:

- on their own
- in a team
- or as an adventure with friends.

We encourage you to share all the resource cards with your child so they can choose the activities they might like to try.

Will they choose to do more courageous, compassionate or team player activities? Or will they want to try at least one activity from each characteristic? They can track their progress using the Quest Card. We encourage you to print a copy for them to colour in.

Help your child discover their own sense of self and understand what their own personal characteristics are. To help you, we have created a My Personal Journey card that can be printed and used to begin reflective discussions after each activity. Encourage them to think about how completing the quests to collect WONDER WOMAN's characteristics have helped them to identify their own personal characteristics and develop skills for life.





How to use the resource...

Activity cards

There are twenty-four activity cards based on WONDER WOMAN's eight core characteristics. Each characteristic has three cards, so that your child can access the resource on their own, in a team or as an adventure with friends. Each card provides three levels of challenge:

- Mini quest
- Main quest
- Ultimate quest

Let the ideas inspire and stimulate your child's engagement. Encourage them to download the resource cards, make them their own and take on new challenges. The challenges are flexible, so change the equipment depending on the needs or interests of your child and what you have at home. Use the sport icons (bottom left on each activity card) to give ideas on how the activities could be changed.

Remember to support your child to...

Discover opportunities to...

- express themselves through new challenges
- invite a friend or family member to take part with them
- find a safe place to take part and reflect on their success
(in line with national and local government COVID guidelines)

Create...

- opportunities to rebuild their confidence
- new versions of the activities to ignite their curiosity to play

Engage...

- by being ready to take part in or even begin activities yourself
- how many activities could you do in a day, a week?
With how many people at the same time?
- by connecting and having fun with everyone at home

Quest card

The Quest card allows your child to track their progress as they complete each quest. Use this resource digitally or printed.

For each activity completed on a card, encourage your child to colour a strand of that WONDER WOMAN characteristic on their Quest card. Inspire them to complete at least one activity from each WONDER WOMAN characteristic. If they have a real interest in a specific card or WONDER WOMAN characteristic, encourage them to complete and colour in all strands by completing at least three activities.



Have fun as a family and unleash the power of sport to reconnect.

My Personal Journey card

The My Personal Journey card encourages your child to reflect on their activities and think about how they are developing their own personal characteristics and skills for life by taking part. Encourage them to imagine they are wrapped in WONDER WOMAN's Lasso of Truth when they answer the questions - its powers will compel them to speak only the truth!



Taking part

Do you have children of multiple ages and abilities? Will they be taking part together? Consider how you might change the activities to make it fair and fun and ensure everyone can succeed. Make sure that when everyone takes part, you see SMILES:

- **Safe** – everyone feels physically and emotionally safe to take part
- **Maximum Participation** – everyone is fully involved all of the time
- **Inclusive** – everyone can take part, activities are designed to suit and develop their abilities
- **Learning** – everyone can develop personal, social, creative, thinking and/or physical skills
- **Enjoyment** – activities recognise everyone's personal needs and interests
- **Success** – everyone feels they are making progress

If you do not see SMILES, then STEP in to ensure inclusivity for all!

	Space	Where is the activity happening? Changing the size or shape of the space can make things easier or harder.
	Task	What is happening? Help your child to understand the task and rules. Adapt the task by changing the length of time to complete the task, giving a head start or changing the number of goes to ensure everyone is having fun.
	Equipment	What is being used? Using different equipment can make the activity easier or harder. Think about the size, weight and type of equipment used to keep things varied and suitable for everyone.
	People	Who is involved? Consider working alone, in pairs, teams or as a leader and follower so that young people can watch and copy. <i>(in line with national and local government COVID guidelines)</i>



Inclusivity

Do you know why your child participates in sport? Do they like to compete, or do they just want to play for fun? Think about why they take part, their confidence, skills and age to make sure the activity suits them. It isn't always about winning.

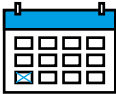
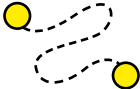






Think about:

- what makes your child want to compete ([watch this short video](#) #Reframecompetition)
- challenging your child to set and beat their own personal best
- making the challenge team-based or partner-based, i.e. how many points can you score together, how long could you maintain an activity for, what distance could you travel if you added up all the activities you take part in?
- what you will celebrate? ([watch this short video](#) #Reframecompetition)

Staying safe while having fun...

Our ideas and principles should be considered alongside current Government-published guidance on Covid-19.

Things to think about:

	Plan	Plan when and where you will take part.
	Venue	It is safest to exercise at home, so connect with friends outside your household virtually, or in an open space if that is possible.
	People	You can exercise alone, with members of your household or at a socially safe distance with other people outside your household following current government guidance.
	Equipment	Use your own equipment. Only share equipment if you are from the same household.
	Wash your hands	It is important to wash your hands before and after each activity. Try not to touch your eyes, nose and mouth with unwashed hands.
	Catch it, bin it, kill it!	If you need to sneeze or cough, make sure you catch it with a tissue, bin it and kill it by washing your hands with soap and water for 20 seconds or using hand sanitiser.
	Stay safe in the sun!	Apply sun cream, wear a hat and sunglasses and look out for shade.
	Keep hydrated	Stay hydrated by drinking plenty of water as you exercise.

Sports to get involved with!

Look out for these icons throughout the quest cards



Badminton



Baseball



Basketball



Climbing



Cricket



Dance



Football



Golf



Gymnastics



Hockey



Jumping



Lacrosse



Martial Arts



Netball



Outdoor



Rounders



Running



Table Tennis



Tennis



Throwing



Volleyball



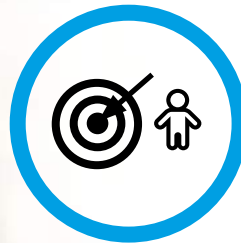
Individual Quests

Be true to yourself

Define your personal values, be honest and show integrity

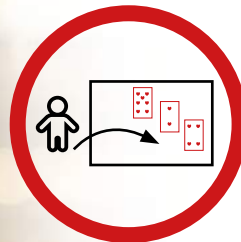


**Journey Medal:
Champions Truth**



Mini Quest

Create a three-ring target on the floor. Mark a start line five steps away. Choose five items that you can throw/roll. If your item lands in the centre you score 10 points, 5 points for the middle ring, 1 point for the outer ring. How many points can you score with five throws/rolls?



Main Quest

Mark a jump line on the floor. Using the Ace to 10 of Hearts from a pack of playing cards shuffle the deck and turn the top card over. The card gives you the number of steps you can use in a run up to the jump line. Can you try and beat your distance with each new card?



Ultimate Quest

Roll a dice. Choose your running activity based on what you roll, i.e.
1 = One minute or 100m run,
2 = Two minute or 200m run,
3 = Three minute or 300m run etc...
To make it more difficult, play with two dice.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines

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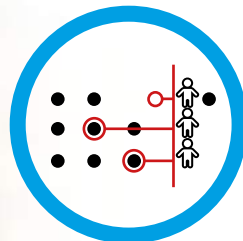
Team Quests

Be true to yourself

Define your personal values, be honest and show integrity

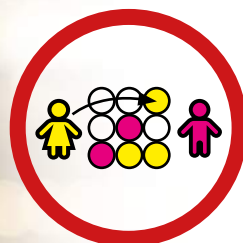


Journey Medal:
Champions Truth



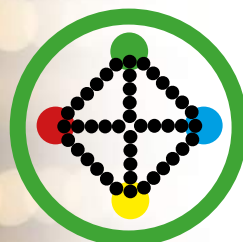
Mini Quest

Place nine balls on the floor. Mark out a start line. Tie a skipping rope on to a hoop. Staying behind the start line, compete with friends to see who can lasso the most balls.



Main Quest

Create two teams of five and agree on two starting points. Place nine hoops between each of the teams. In a relay, teams play noughts and crosses. Each team has a set colour, they race to the hoops and place a bib in a hoop, return and tag a teammate. Other teams' bibs can be moved if the bib isn't dropped into the grid.



Ultimate Quest

Place hoops or spots on the floor to create the game board. Four teams start from the coloured bases. On 'go', one player from each team jumps from hoop to hoop. The aim is to get to the base opposite their starting position. If they meet another player, a game of rock, paper scissors is played. The loser returns to their team base. The first team to get all their players across the game board wins.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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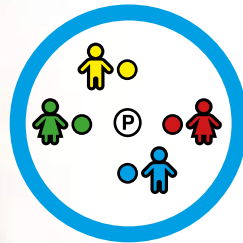
Adventure Quests

Be true to yourself

Define your personal values, be honest and show integrity

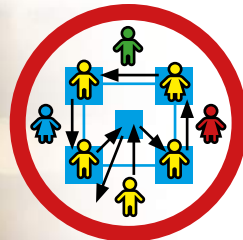


Journey Medal:
Champions Truth



Mini Quest

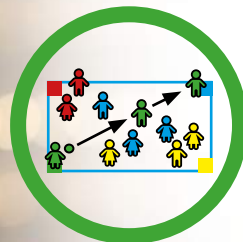
Create four teams. Each team starts on a coloured base. In the centre of the area is a box of pegs. In a relay, teams move and collect one peg at a time. Once all pegs have been collected, teams are challenged to use their pegs to build the tallest free-standing tower in three minutes.



Main Quest

Four squares are placed in the corners of a large square. Each team has one member inside each of the small squares. The fifth team member starts in a gap between the squares. On 'go', this player moves to the centre of the square to collect a peg, before travelling to a corner where they place the peg on their teammate who in turn moves to the next square and places the peg on the next person in the team.

The team wins by the peg travelling to all squares and all teammates before returning to the centre.



Ultimate Quest

Create a large rectangle with a square in each corner. Divide into four teams. Each team needs a frisbee. Starting in one of the squares the teams race to get their frisbee to all four squares first.

Sports to try...



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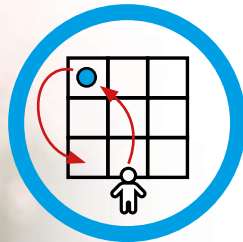
Individual Quests

Show compassion for all



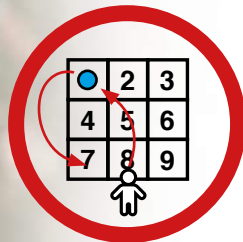
Journey Medal:
Compassionate

Be caring, show concern and encourage others



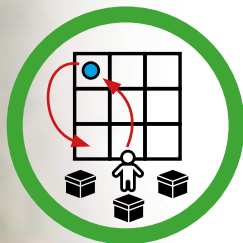
Mini Quest

On a wall, mark out a 3x3 grid using tape or chalk. Using your hands/forearms and a sponge ball, aim to hit the ball into one of the squares. How many squares can you hit before the ball lands on the floor?



Main Quest

On a wall, mark out a 3x3 grid using tape or chalk. Number each square from 1-9. Create a four-digit pin and see if you can hit all four numbers in order without dropping the ball.



Ultimate Quest

On a wall, mark out a 3x3 grid using tape or chalk. Using your hands/forearms hit the ball into one of the squares and see if you can get it to land inside a cardboard box placed behind you. Do not forget to move out the way!

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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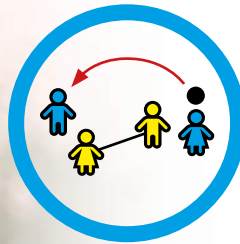
Team Quests

Show compassion for all



Journey Medal:
Compassionate

Be caring, show concern and encourage others



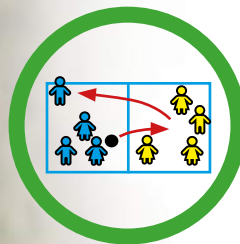
Mini Quest

Working in fours, two people hold a skipping rope to make a net. How many passes using your hands/forearms can you make over the net without dropping the ball?



Main Quest

Working in fours create a grid on the floor with a net separating the two teams. Use your hands/forearms to hit the ball over the net. Work together to create the longest possible rally.



Ultimate Quest

Playing in two teams of four with two balls, for two minutes. The aim of the game is to hit the balls over the net using your hands/forearms. When the timer runs out the team that has not got a ball on their half of the court wins.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines

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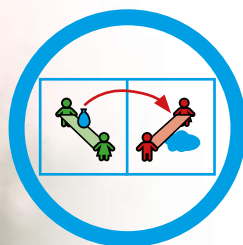
Adventure Quests

Show compassion for all



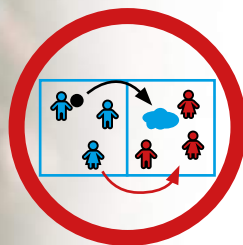
Journey Medal:
Compassionate

Be caring, show concern and encourage others



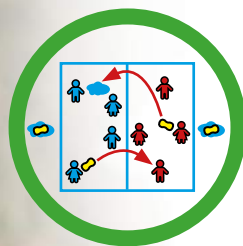
Mini Quest

Working in pairs, holding a towel stretched between you. One pair launches a filled water balloon over a net. The receiving team should try to catch it with their towel, if successful they can launch it back. Take it in turns to launch the next balloon.



Main Quest

Playing in two teams of three, players use their hands/forearms to hit the ball over the net. If the ball hits the floor, one player (from the team that hit the ball) goes to join the other team. The aim of the game is to be the last player on one side of the court and score a point.



Ultimate Quest

At each end of the court place a bucket of water with two sponges. Two teams of four play against each other by grabbing a wet sponge and throwing it over the net. If the team can catch the sponge, they score a point, if the sponge lands on the floor before being caught the other team scores a point.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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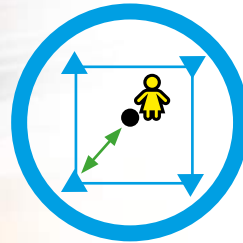
Individual Quests

Be an advocate for peace



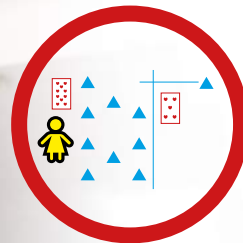
**Journey Medal:
Warrior
for Peace**

Play fairly, with empathy and demonstrate leadership



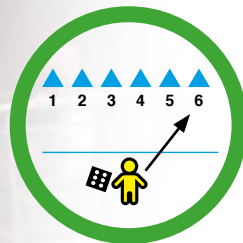
Mini Quest

Mark out a square and set a timer. Starting from the centre, on 'go' quickly travel to each corner to turn over the cone. Return to the centre and repeat until all cones have been moved. How quickly can you complete this challenge?



Main Quest

Shuffle the Ace to 10 of Hearts from a pack of playing cards and set aside. Find 10 items to use as markers. Start a timer, turn over the first card and move your items to recreate the card on the floor. Turn over the next card and decide which items to remove or add to complete the card. Continue until all cards have been used. How quickly can you complete this challenge?



Ultimate Quest

Mark a start line with chalk or tape. Place six items (numbered one to six) one metre behind the start line. Start a timer, roll a dice and move to the numbered item that shows on the dice to turn it over. Return to the dice and repeat until all items have been turned over.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines

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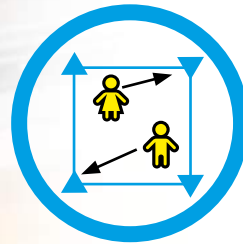
Team Quests

Be an advocate for peace



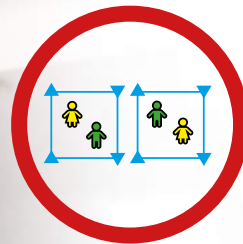
**Journey Medal:
Warrior
for Peace**

Play fairly, with empathy and demonstrate leadership



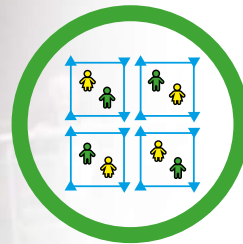
Mini Quest

Playing in pairs, two cones are placed as dishes and two cones are placed as domes. One on each corner of your playing area. One person is dishes, the other domes. On go the first person to get three dishes or domes wins.



Main Quest

Find a partner and set up two playing areas like the team mini quest. Challenge a person from another pair to compete. In each square, one person is dishes, the other domes. On go, the first person to get three dishes or domes wins. If both team members win their square, they win the game. If it is a draw, swap opposition and play again.



Ultimate Quest

Create two teams of four and set up four playing areas like the team mini quest. Split the team so everyone is playing against someone from the other team. One person is dishes, the other domes. On go the first person to get three dishes or domes wins the square. When all squares finish add up the team scores, swap opposition and play again.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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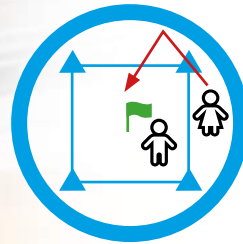
Adventure Quests

Be an advocate for peace



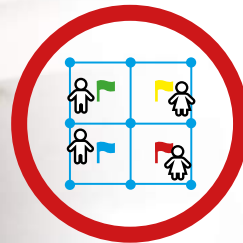
**Journey Medal:
Warrior
for Peace**

Play fairly, with empathy and demonstrate leadership



Mini Quest

Place a cone or flag inside a square. Playing in pairs, one person guards the flag, while the other tries to break into the square to steal the flag. How many attempts does it take to be successful?



Main Quest

Create a square for each person, with their own cone or flag placed inside. The aim is to steal other people's cones/flags while ensuring you protect your own from being captured.



Ultimate Quest

Create four teams. Using a large grass or wooded area each team should select a base camp where they position their flag or cone. The aim of the game is to steal other teams' cones / flags while keeping their own team flag safe from capture.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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Individual Quests Unleash the power



**Journey Medal:
Strong**

Show your mental and physical strength



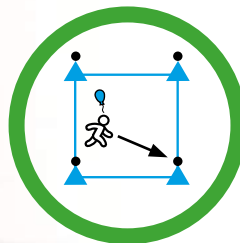
Mini Quest

Find something you can use as a balance beam. Hold a ruler in your hand, balance a ball at the far end. Can you walk the length of your balance beam without dropping it? Repeat and add more items, be careful not to fall!



Main Quest

Pick your favourite song from the 1980's! How about Blue Monday by New Order? Find a hat and umbrella to create your own dance routine using these items.



Ultimate Quest

Mark out a square. Place a soft item in each corner. Hit a balloon into the air, how many soft items can you kick away from each corner before the balloon touches the ground? Play again, making the square bigger each time.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines

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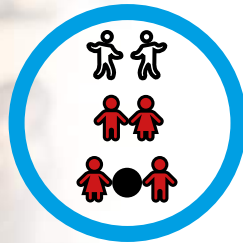


Team Quests Unleash the power



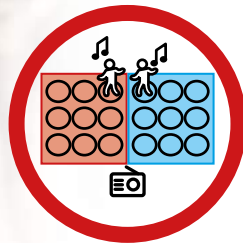
**Journey Medal:
Strong**

Show your mental and physical strength



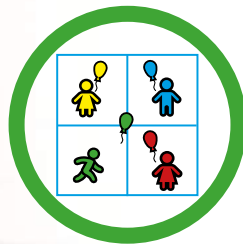
Mini Quest

Find a partner, sit on the floor back to back. Can you stand up without using your hands? Repeat, but with a ball in-between your backs. Turn face to face, hold hands and try to stand up.



Main Quest

Find a friend. Choose your favourite 1980's song. Have you heard of Blue Monday by New Order? Set up two 3x3 dance mats. Take it in turns to lead and follow, mirroring your partners moves.



Ultimate Quest

Create a square per person. Give each player one balloon. Set a timer for 45 seconds, punch or kick the balloons into other people's squares. When the timer runs out, let the balloons fall. The person with the lowest number of balloons wins. Play again with more balloons.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines

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Adventure Quests Unleash the power



Journey Medal:
Strong

Show your mental and physical strength



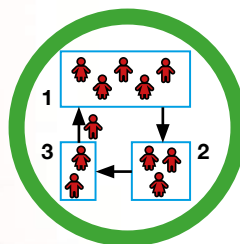
Mini Quest

In teams, hold the plank position as though you are a set of hurdles. Line up in a row, take it in turns to hurdle over friends holding the plank. Moving your line from the start to the finish line.



Main Quest

Pick a song from the 1980's. Try Blue Monday by New Order for this task as it has got a great beat! Take it in turns to add a dance move. The next person repeats what has gone before and adds a new move. Have fun with it!



Ultimate Quest

Set up three areas labelled 1, 2, 3. Everyone starts in area 1, in a crab position with their hips up in the air. Move around trying to sweep away the hands or feet of your friends so their hips touch the floor. When this happens, that player moves to area 2 and plays again. Repeat with defeated players moving on to area 3, then 1, then 2 etc.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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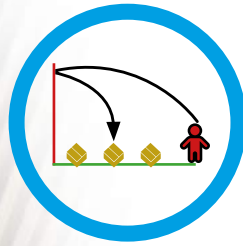
Individual Quests

Always believe in yourself and what you want to achieve



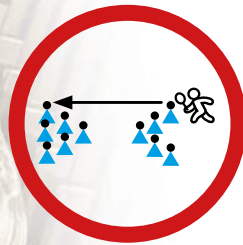
Journey Medal:
Always Optimistic

Be ambitious, have dreams and aspirations



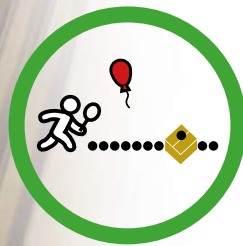
Mini Quest

Place three boxes on the floor at varying distances from a wall. Mark a start line. Using a racket, hit your ball against the wall and see if you can get it to land in the box.



Main Quest

Place nine bottles on the floor half filled with water. Place six balls opposite the bottles. Can you knock all the bottles over in six hits?



Ultimate Quest

Place a box on the floor with 10 tennis balls next to it. Blow up a balloon and use a racket to keep the balloon in the sky while picking up individual tennis balls and placing them into the box. Challenge a friend to compete.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines

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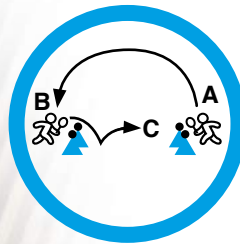
Team Quests

Always believe in yourself and what you want to achieve



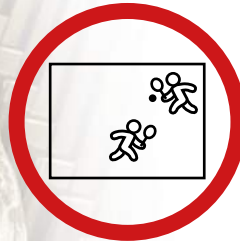
Journey Medal:
Always Optimistic

Be ambitious, have dreams and aspirations



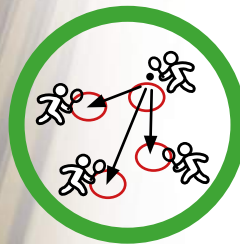
Mini Quest

Working in pairs, place two cones or bottles 20m apart. Player A hits the ball underarm to player B who returns it. Player A moves to the ball, and after it has bounced (C), strikes it towards the target. A point is scored for each cone knocked over.



Main Quest

Mark out a square. Playing in pairs, one partner hits the ball into the air. After the ball bounces the partner returns it in the same way. When the ball bounces out of the square the game stops. The person who did not hit the ball out scores a point. Challenge yourselves to make the square smaller!



Ultimate Quest

Each player needs a racket and a hoop. All hoops start touching in the centre. Working together the players rally underarm aiming to bounce the ball in another player's hoop. If it bounces inside a hoop, the player that hit it there moves their hoop backwards. If a player misses a hoop, they must return their hoop to the centre. The hoop movements continue while the rally carries on.

Sports to try...



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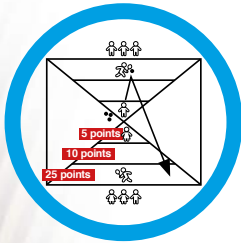
Adventure Quests

Always believe in yourself and what you want to achieve



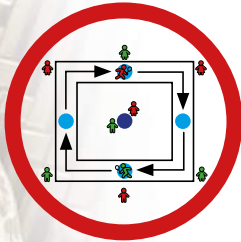
Journey Medal:
Always Optimistic

Be ambitious, have dreams and aspirations



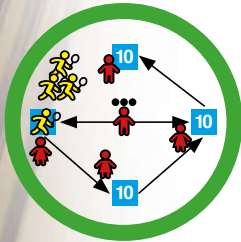
Mini Quest

Two teams of five compete in a batting challenge at the same time. Each team has a bowler for their team. The batting players hit their balls and score points depending where the ball stops. After each bowl change the batter, the team with the most points wins!



Main Quest

Two teams of five set up to play back to back rounders using a soft ball. The two bowlers bowl underarm at the same time to their player. As soon as the two batters have hit (or miss) the ball they must move. The remaining team members from the opposition work together to field the ball to their bowler, which stops the opposition's batter moving. A point is scored for each base passed, with a bonus point given for a home run. Change the batters and play again.



Ultimate Quest

In two teams of five, set up as if you were going to play rounders. Each batter will be bowled three balls underarm. All fielders keep still while the balls are bowled and hit by the batter. As soon as the last ball is hit the fielders can move to return the three balls to the bowler. At the same time the batter either aims to travel around the bases, scoring 10 points per base or completes cricket runs centrally for 5 points each.

Sports to try...



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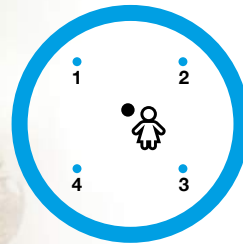
Individual Quests

Show up and be the best you can



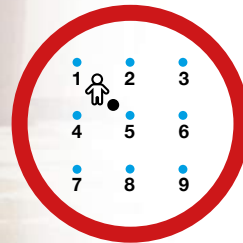
Journey Medal:
Courageous

Be brave and try your best



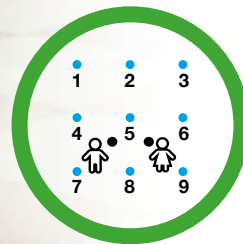
Mini Quest

Create targets in the four corners of a square. Number them 1,2,3 and 4. Using your hands hit the ball into the air. The aim is to get the ball to bounce in number order on each of the targets.



Main Quest

Place nine targets on the floor like a phone keypad. Choose a six-digit pin. Move by bouncing or striking the ball on each target as quickly as possible in the order of your chosen pin.



Ultimate Quest

Play this game like the main quest above. This time challenge a friend and race to be the first person to unlock the phone.

Sports to try...



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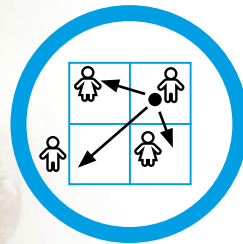
Team Quests

Show up and be the best you can



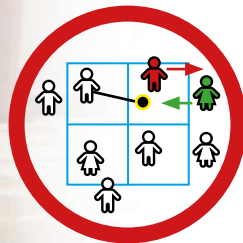
Journey Medal:
Courageous

Be brave and try your best



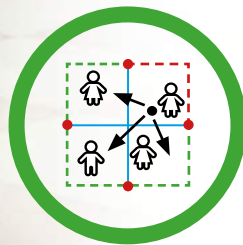
Mini Quest

Each person has one small square as their base. You can move inside and outside of it. Using two hands strike the ball to make it land in an opponent's base. The ball can bounce once in each base. Count the total number of passes you can make as a team in one minute.



Main Quest

Working in pairs in a base, the game continues as per the mini team quest. However, if a ball bounces twice, the person in that base swaps over with their partner. Each team has five lives.



Ultimate Quest

Add four items to represent goal posts as shown. The game continues as per the main team quest, but points can be scored for getting the ball to cross a green goal line after the bounce. If a goal is scored, all players swap with their partner.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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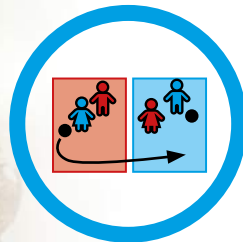
Adventure Quests

Show up and be the best you can



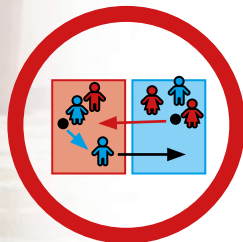
Journey Medal:
Courageous

Be brave and try your best



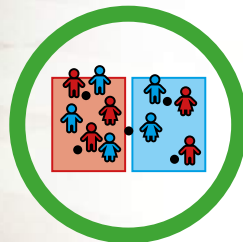
Mini Quest

Create a rectangle with two halves. Playing in pairs, one team starts in their half with a football, the other team start in the opposite half with a basketball. The aim of the game is to finish with both balls in your team's half of the pitch when the time is up. This scores you two points. If you have one ball you score one point. Play for one minute, 45 seconds and 30 seconds to see which team wins.



Main Quest

Set up this activity as per the mini quest adventure, this time playing in teams of three or four. How can you use passing to help you keep both balls? Play for one minute, 45 seconds and 30 seconds to see which team wins.



Ultimate Quest

Set up the activity as per the mini quest adventure, this time playing in teams of four or more. Each team starts in their half, with one football and one basketball. Place another football in the middle of the two halves. The aim of the game is to finish with as many balls in your team's half of the pitch when the time is up. Score a point for each ball your team has. Play for 90 seconds, 60 seconds and 45 seconds to see which team wins.

Sports to try...



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Individual Quests A hero for all



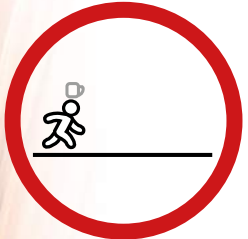
**Journey Medal:
Fights for Justice**

Face your fears, make mistakes, make decisions and solve problems



Mini Quest

Mark out a start and finish line. Stick pieces of newspaper together to make a giant wheel that you can stand inside. How quickly can you move the wheel from the start to the finish line. Why not challenge a friend to a race?



Main Quest

Find something safe that you can walk/move and balance on being careful not to fall off. Get a plastic cup, fill it with water and balance it on your head. Can you walk/move from one side of the balance beam to the other without getting wet? Add more water each time. To make it harder play with a cup of water in each hand or on a tray.



Ultimate Quest

Using chalk or tape mark out an eight-pointed star on the floor. Using a broom and a ball, brush the ball along the outside of the shape. If the ball comes off the line, start again. How quickly can you complete this challenge?

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines

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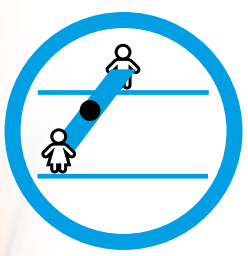


Team Quests A hero for all

Face your fears, make mistakes, make decisions and solve problems

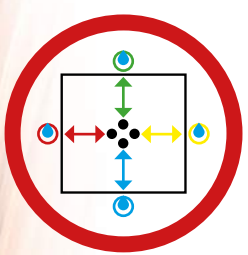


**Journey Medal:
Fights for Justice**



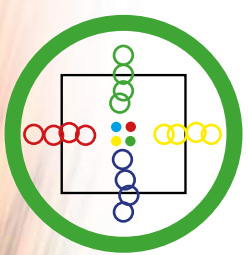
Mini Quest

Find two long items to walk and balance on, two brooms and a ball. With a partner hold both brooms between you to make a bridge. Place a ball on the bridge and work together to keep the ball balanced while travelling from one end of the balance beam to the other.



Main Quest

Create four teams. Each team needs a bucket full of water (at the start of their team) and one that is empty (at the end of the team). Sitting back to back the first person fills their cup, turns and pours the water into the next persons cup. This continues until the water reaches the empty bucket. The first team to empty their bucket wins.



Ultimate Quest

Create four teams of five. Each team has four hoops which they use as stepping stones to move across the square. The aim is to collect their coloured object (from the centre of the square) and travel to the opposite side of the square. The first team to complete the challenge wins.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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Adventure Quests A hero for all



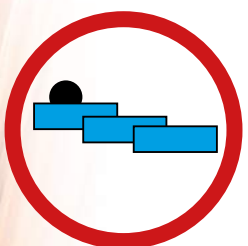
**Journey Medal:
Fights for Justice**

Face your fears, make mistakes, make decisions and solve problems



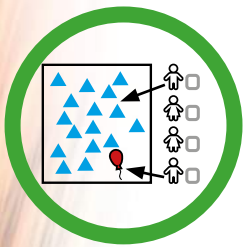
Mini Quest

Fill 10 balloons with water and place them on a start line. Have an empty bucket at the finish line. Using an old t-shirt, tie a rope on to four corners of the t-shirt. Place a water balloon onto the t-shirt, use the ropes to lift the balloon into the air. Work together to transfer the balloon to the bucket at the finish line, without it touching the floor. How long will it take your team to complete this challenge?



Main Quest

Create an obstacle course involving balances and changes of height. Using pieces of guttering or folded pieces of card and a hockey ball work together to roll the ball from person to person while moving around the course. If the ball drops, start again.



Ultimate Quest

Split into teams. Each team needs a bucket. Place a large number of cones across the floor. Under some of the cones place water balloons. Team members take it in turns to move to a cone and lift it up. If there is a water balloon, they return it to their bucket. If not, they return to their team and the next person goes. Once all balloons have been collected the teams have a giant water fight!

Sports to try...



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YOUTH
SPORT
TRUST

WW84
WONDER WOMAN



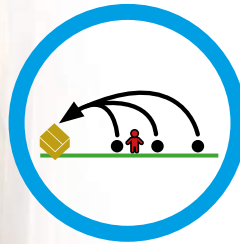
Individual Quests

Better working together

Co-operate, communicate and persevere

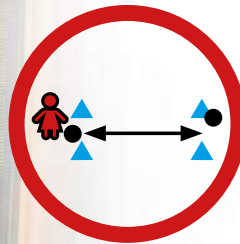


Journey
Medal:
Team
Player



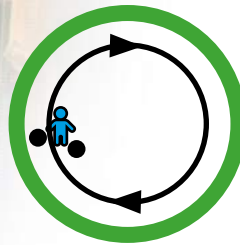
Mini Quest

Place a box on the floor and choose three starting positions. Using a football, netball and basketball see if you can kick or throw the balls into the box.



Main Quest

Create a start and finish line. At one end place a football, the other a basketball. Going as fast as you can, how many touches on the football can you make between the start and finish line? Can you beat that score bouncing the basketball? Why not add some obstacles to make it harder?



Ultimate Quest

Mark out a large circle, using a football and basketball try to dribble the football and bounce the basketball around the shape. Challenge a friend to a race.

Sports to try...



Ensure you take part in activities in line with national and local government COVID guidelines



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YOUTH
SPORT
TRUST

WW84
WONDER WOMAN

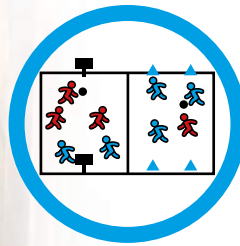
Team Quests

Better working together

Co-operate, communicate and persevere

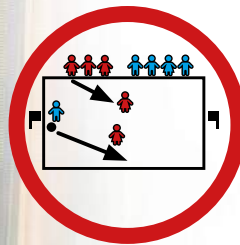


Journey
Medal:
Team
Player



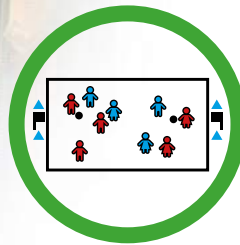
Mini Quest

Two teams of four (or more) start on each half of a pitch. One half is football, the other basketball. Teams decide how many players they want to use for each of the sports. After 3 minutes the game stops and scores are totalled.



Main Quest

This activity starts with a 1v1 on court and additional players watching from the side. When a goal is scored the opposition add a player to create a 1v2 (this repeats every time a goal is scored) and the game continues. If the ball goes out of play. The game stops and both teams start from the beginning.



Ultimate Quest

A pitch is marked out with football and basketball goals. Two teams of four (or more) play football (the ball must remain on the floor) and basketball at the same time for 3-minutes. Scores are added together from both sports, before players swap and play again.

Sports to try...



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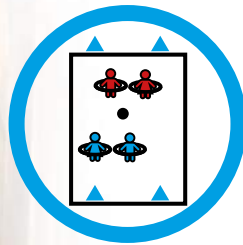


Adventure Quests Better working together



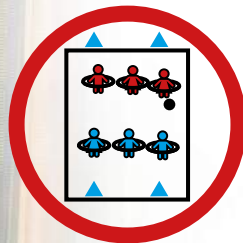
**Journey Medal:
Team Player**

Co-operate, communicate and persevere



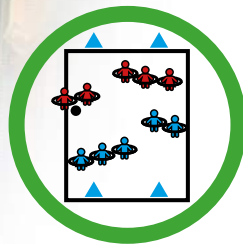
Mini Quest

Working in pairs, each person stands inside a hoop, holding on to their partners hoop. The teams play a 2 v 2 game of football for 2-minutes. They must stay connected at all times.



Main Quest

Working in threes, each person stands inside a hoop, holding on to their team members hoops. The teams play a 3 v 3 game of football for 3-minutes. They must stay connected at all times. Swap positions and play again.



Ultimate Quest

Working in fives, make sub teams of 2 and 3. Each person stands inside a hoop, holding on to their team members hoops. The teams play a 5 v 5 game of football for five minutes. They must stay connected at all times. Swap positions and play again.

Sports to try...



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Quest card

WONDER WOMAN is the daughter, the Amazon Queen Hippolyta and the Greek God Zeus, from who she inherited superpowers. Use this card to track your journey as you complete each quest and collect WONDER WOMAN's characteristics.

How to use the quest card...

Colour one strand of each WONDER WOMAN characteristic for each activity you complete from that card.

Will you complete a mini, main or ultimate quest?
On your own, in a team or having an adventure?
The choice is yours.

Will you complete three or more activities from a card to completely colour the WONDER WOMAN characteristic?

Have fun, re-connect and identify a sense of self as you connect with WONDER WOMAN's characteristics. Are these the same, or different to your own?



My Personal Journey

Use this card to reflect on your personal journey. How has completing the quests to collect WONDER WOMAN's characteristics helped you identify your own personal characteristics and develop skills for life? When you answer these questions, imagine you are wrapped in Wonder Woman's Lasso of Truth - its powers will compel you to speak only the truth. Reflect, develop and learn.



Define your personal values, be honest and show integrity

- How have you encouraged others to be honest and truthful?
- Why do other people cheat in games?
- If you know someone is cheating or being dishonest how can you champion the truth?



Be caring, show concern and encourage others

- When you are playing games, what does it mean if someone is described as compassionate?
- When someone shows you compassion, how does it make you feel when you are playing sport?
- How can you be more compassionate towards others in different areas of your life?



Play fairly, with empathy and show leadership

- In sport what is conflict and why does it happen?
- When did you experience or see conflict today?
- How was the conflict resolved and peace restored to the game?



Show your mental and physical strength

- Being physically strong is easier to recognise when you take part in a sports activity, what about mental strength?
- When did you see somebody else being mentally strong and not giving up?
- How can you challenge yourself to try and be stronger physically and mentally?



Be ambitious, have dreams and aspirations

- If someone is described as positive and optimistic, what behaviours do you see when these types of people take part in sport?
- Describe how you feel when someone is positive and optimistic when you are working on a task?
- When we take on difficult challenges sometimes it is easy to give up. How can being optimistic help you in these situations?



Be brave, courageous and try your best

- When have you been courageous today?
- When did you see somebody else being courageous?
- How can you challenge yourself and others to be courageous in other situations?



Face your fears, make mistakes, make decisions and solve problems

- Why is it hard to face your fears?
- During the challenges, what was the best mistake you have learnt from?
- How can problem solving and decision making help you in the challenges?



Co-operate, communicate and persevere

- Describe why working as a team player is important in games and life?
- What are the behaviours that you see from a good team player?
- Sometimes, people feel left out from a team, how does this make them feel? What could you do to encourage them to join in?

Sharing and celebrating

Our WONDER WOMAN 1984 resources will unleash the power of sport to reconnect young people through fun and challenging activities that will help re-establish friendships, uncover a sense of identity and create a sense of belonging.

We want to celebrate the release of WONDER WOMAN 1984 and want the inspiration of WONDER WOMAN, our “hero for all”, to unite the whole country – families, schools and communities, following a time where social interaction has been extremely limited.

Help us to show this by posting your videos, photos and memories of your challenges and experiences to social media.

Please tag us:

@WarnerBrosUK

@DCUKComics

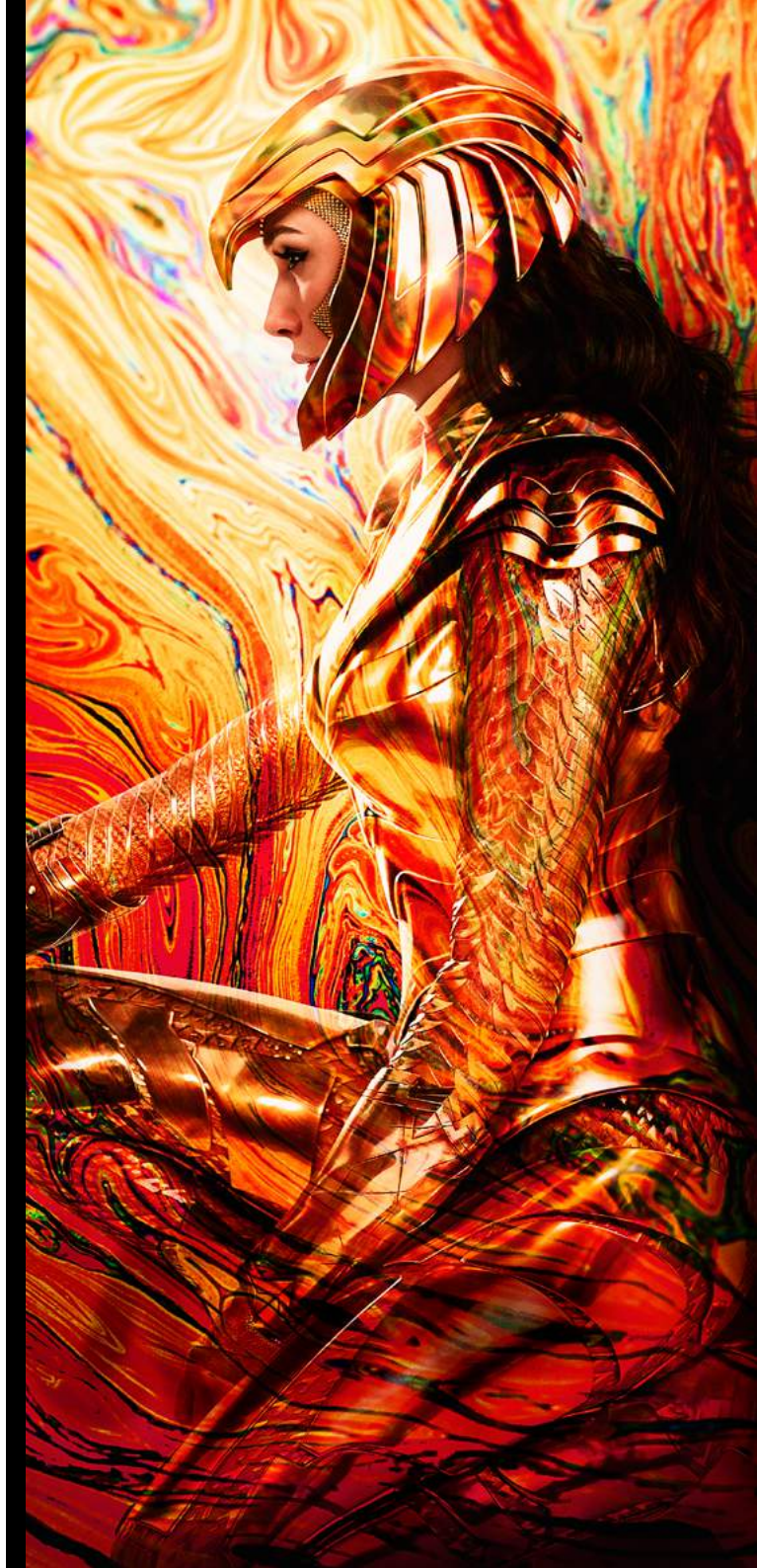
Please use the hashtag:

#WW84

Useful downloads:

You can use the links below to download a selection of social media graphics:

- A selection of graphics for use on Facebook - [DOWNLOAD](#)
- A selection of graphics for use on Instagram - [DOWNLOAD](#)
- A selection of graphics for use on Instagram Stories - [DOWNLOAD](#)
- A selection of graphics for use on Twitter - [DOWNLOAD](#)
- You can download suggested posts at: [DOWNLOAD](#)





YOUTH
SPORT
TRUST



About the Youth Sport Trust

We are a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. We have 25 years of expertise in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

We harness the power of sport, physical activity and PE to increase young people's life chances through improved wellbeing, healthier lifestyles and greater attainment. In this way we are helping children to become school ready, promoting inclusion and tolerance and giving young people a sense of belonging.

Our exciting new partnership with Warner Bros. is enabling us to explore new ways to 'unleash the power of sport'. Through the powerful and engaging stimulus of storytelling, characterisation and exciting film production, together with our shared values of enabling young people to be the very best they can be we are thrilled to share this innovative and creative new resource.

At Youth Sport Trust we are delighted to be working with Warner Bros. to support our networks, access new and innovative content and to improve the wellbeing of ALL young people.





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