

# Welcome to the e-Workshop Series ~ Designing a Word Up Challenge~





**e-Workshop Series**  
**~ Designing a Word Up Challenge ~**

**#CoachAsLeader**



# Word Up Challenge

**Word Up Challenge ~ Athletics**

Choose a word! The letters of the word correspond to the skills shown below and create your Word Up Challenge for the day. Challenge yourself by repeating the word (skills) multiple times (3x, 5x) or choosing a longer or more challenging word. **Have FUN!**

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

CoachSG SINGAPORE ATHLETICS

**Word Up Challenge ~ Football**

Choose a word! The letters of the word correspond to the skills shown below and create your Word Up Challenge for the day. Challenge yourself by repeating the word (skills) multiple times (3x, 5x) or choosing a longer or more challenging word. **Have FUN!**

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

CoachSG ActiveSG Live better through Sport

**Word Up Challenge ~ Badminton**

Choose a word! The letters of the word correspond to the skills shown below and create your Word Up Challenge for the day. Challenge yourself by repeating the word (skills) multiple times (3x, 5x) or choosing a longer or more challenging word. **Have FUN!**

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

CoachSG SBA

**Word Up Challenge ~ Gymnastics**

Choose a word! The letters of the word correspond to the moves/skills shown below and create your Word Up Challenge for the day. Challenge yourself by repeating the word (skills) multiple times (3x, 5x) or choosing a longer or more challenging word. **Have FUN!**

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

CoachSG PRIME GYMNASTICS

# To Get Started

**Step 1:** Select 26 exercises / skills with different level of difficulties

- Suit the needs of your athletes / participants
- Consider the constraints of their homes

**Step 2:** Prepare a short description for each exercise / skill

- Key learning cues

# To Get Started

## Step 3: Start to record video clips

- Preferably colour of equipment and apparel is in contrast with recording background
- Brightness
- Appropriate angle
- Short clip (1 or 2 times)

## Step 4: Label all your videos from A – Z

- Vowels will be exercises/ skills that are easy to perform / practise

# To Get Started

**Step 6:** Convert all clips into GIFs and embed in your slides

- Include intro, all GIFs and description

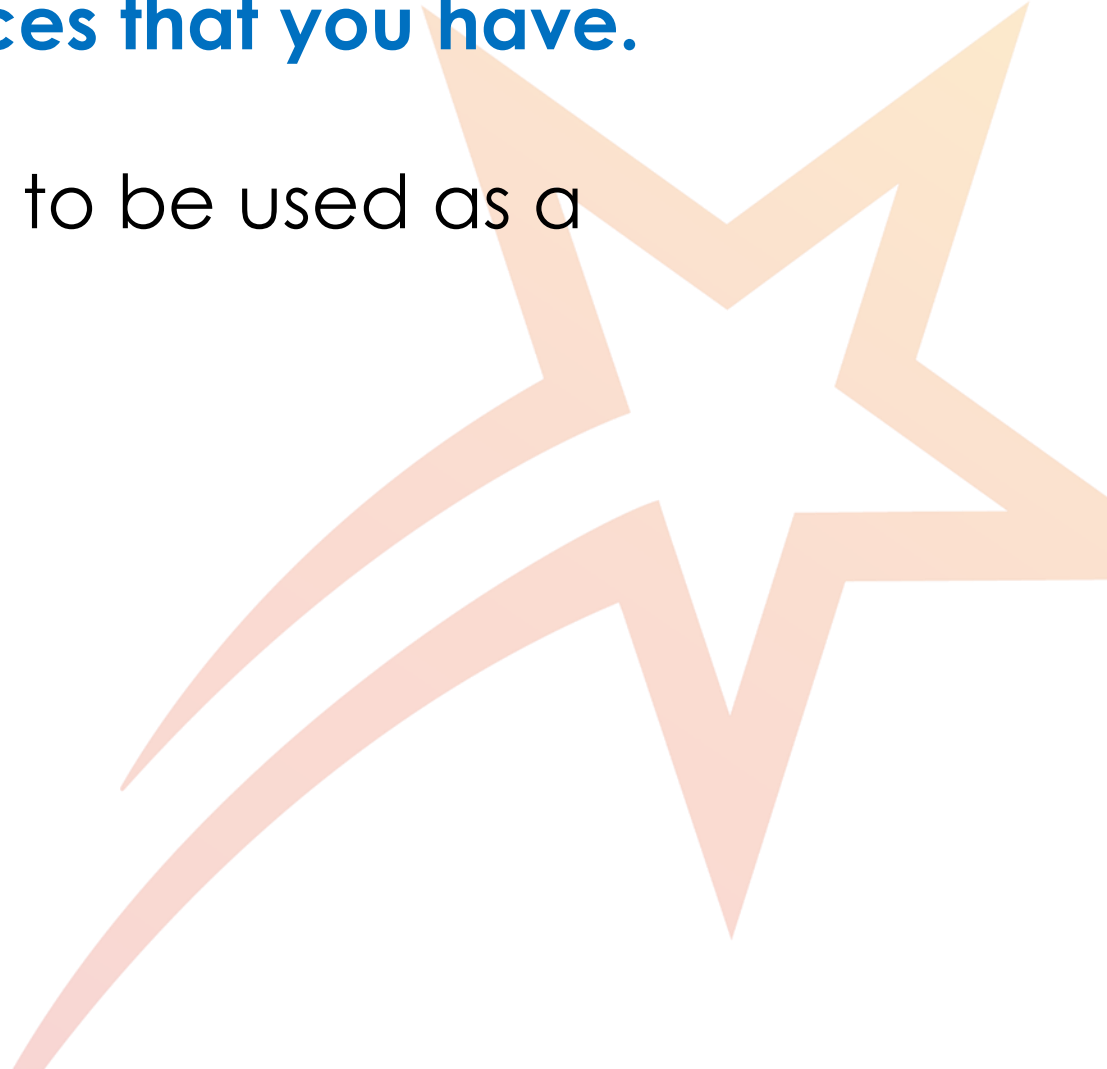
**Step 7:** Start recording your slide show and save it as MPEG-4

**Step 8:** Publish it onto your YouTube Channel

# Be Creative!

**Be creative with the resources that you have.**

e.g. repackage your resources to be used as a  
Tabata workout



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**Thank You, Stay Active, Stay Safe & Stay Home! 😊**

