



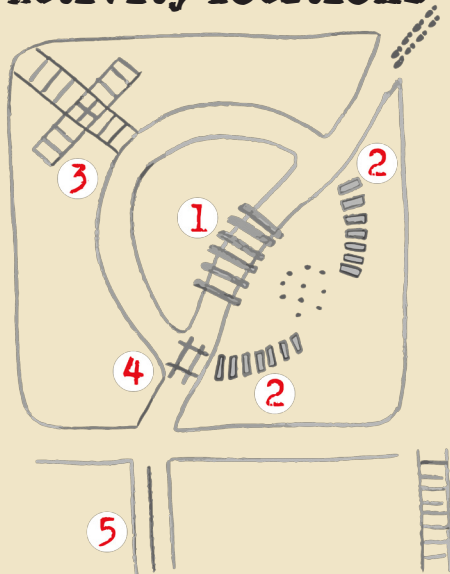
ACTIVE LANDSCAPE field of play



get fit, have fun, enjoy life

activelandscape.org

Activity locations



This is just part of a whole circuit
of interactive spaces for you to
explore across the development.

What is Active Landscape: field of play?

It's a recreation space created for you,
right on your doorstep.

Where?

Mitchams Park

Mitchams Park used to be the home of
Cambridge City Football Club.

Let's celebrate its footballing past
and keep alive the energy,
the enthusiasm, the gamesmanship,
the cheering and the fun!

Explore & enjoy

Run, jump, step, pump, swerve, play
your way around the interactive circuit.

Designed for exercise and play

This pack gives you a little taster of how
you can use this space.

Get fit

You'll find step by step exercise
instructions and the benefits to
everyday life.

Don't forget to stretch and warm up
before you get going.

Have fun

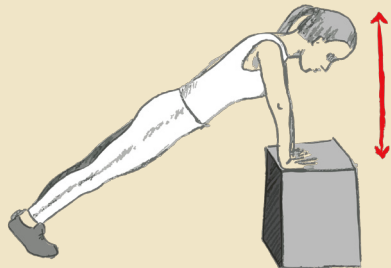
Be creative, use all the space. Here are
few ideas to get you started.

Find more ideas, activities
and tips online

activelandscape.org



Press-ups



Workout: upper arms, forearms, chest, core body

Benefits

Strengthens upper body =
good posture, safe lifting

Increases heart rate =
healthy heart, fat burning

Tips & more at
activelandscape.org

Activity location **1**

Step by step

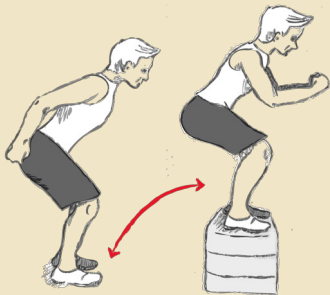
- Place your hands at shoulder width on the edge of the bench.
- Tighten your stomach muscles to keep your body straight and strong.
- Do a press up - bend your arms, lowering your shoulders towards the bench, then push up into the original position.

Get started

5-10 reps → rest 30 secs to 1 min

5-10 reps → rest 30 secs to 1 min

Block jumps



**Workout: buttocks,
thighs, calves**

Benefits

Builds bone density =
healthy bones and joints
Increases heart rate =
healthy heart, fat burning
Strengthens legs =
good coordination and balance

Tips & more at
activelandscape.org

Activity Location **2**

Step by step

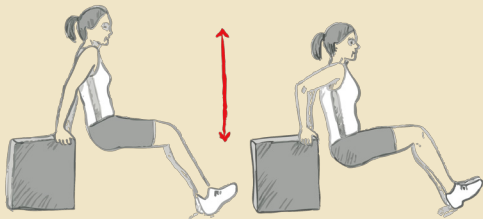
- Start with both feet facing a block.
- Hold your body in a strong, upright position – head forward, shoulders back, stomach muscles tight.
- Jump up onto the block with both feet, using your arms to assist.
- Land centrally on the first block in a small squat position.
- Regain starting position, then jump down and land as before.

Get started

5-10 reps → rest 30 secs to 1 min

Repeat 2-3 times

Tricep dips



Workout: upper arms, forearms, shoulders, chest

Benefits

Strengthens upper body =
good posture, safe lifting

Strengthens arms =
enhances movement in other exercises

Tips & more at
activelandscape.org

Activity location **I**

Step by step

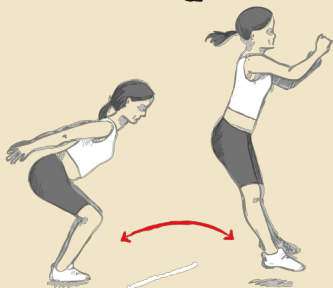
- Sit at the edge of the upper end of the bench.
- Place your hands at your sides with your fingers facing forward.
- Place your feet on the floor slightly in front of your body, about a hip's width apart.
- Push your body forward, taking the strain in your arms.
- Bend your arms and lower your body, whilst keeping your back close to the bench.
- Push your body back up, with your arms still taking the strain.
- Repeat.

Get started

10-15 reps → rest 30 secs to 1 min

Repeat 2-3 times

Jumps



**Workout: buttocks,
thighs, calves**

Benefits

Builds bone density =
healthy bones and joints
Increases heart rate =
healthy heart, fat burning
Strengthens legs =
good coordination and balance

Tips & more at
activelandscape.org

Activity Location **5**

Step by step

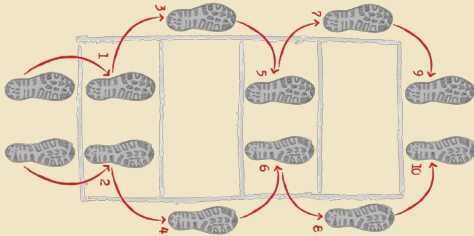
- Start with both feet facing a line.
- Hold your body in a strong, upright position – head forward, shoulders back, stomach muscles tight.
- Bend your knees, then jump forward over the line with both feet, using your arms to assist.
- Land solidly with your knees bent to absorb the shock.
- Then jump backwards over the line.
- Repeat.

Get started

15-20 reps → rest 30 secs to 1 min

Repeat 2-3 times

In & out



Workout: thighs, calves

Benefits

Strengthens legs =
good coordination and balance

Increases heart rate =
healthy heart, fat burning

Tips & more at
activelandscape.org

Activity Location **3**

Step by step

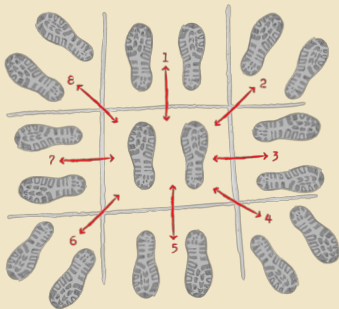
- Begin at a base line and step right and left feet into the first square.
- Step the left foot outside the next square followed by the right.
- Repeat in and out steps - continue for the ladder length, increasing speed.

Get started

3 mins → rest 30 secs to 1 min

Repeat

Grid hop



**Workout: buttocks,
thighs, calves**

Benefits

Builds bone density =
healthy bones and joints
Strengthens legs =
good coordination and balance
Increases heart rate =
healthy heart, fat burning

Tips & more at

activelandscape.org

Activity Location **4**

Step by step

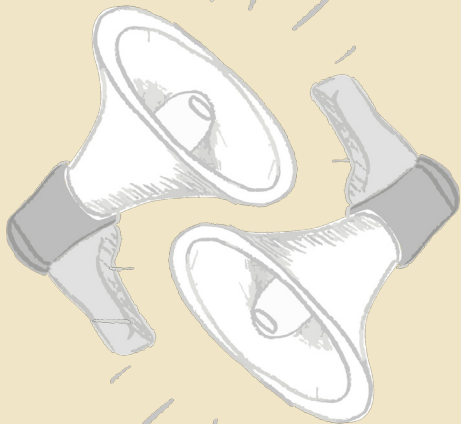
- Imagine a naughts and crosses grid.
- Stand on the centre cross.
- Hop forward, then back to the centre.
- Keep doing this in a clockwise formation and work around the grid.
- Repeat in an anti-clockwise direction.

Get started

2-3 reps → rest 30 secs to 1 min

Repeat

? Time to play



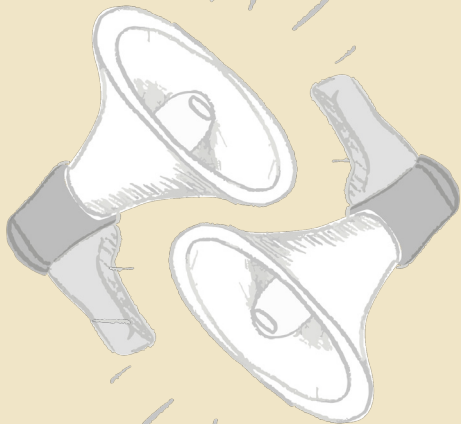
What's next?

Simon says



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activelandscape.org

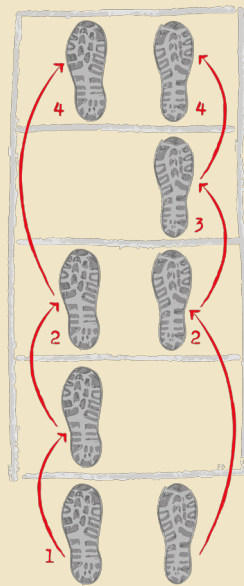
? Time to play



What's next?

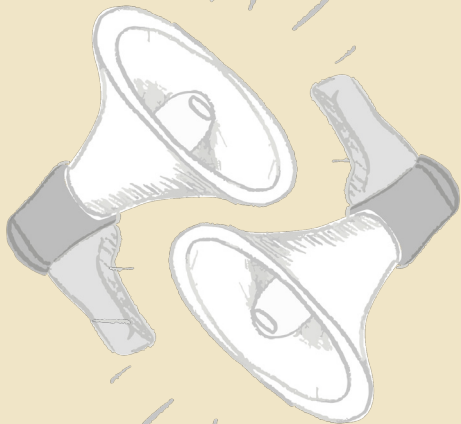
Hopscotch

Activity
location
3



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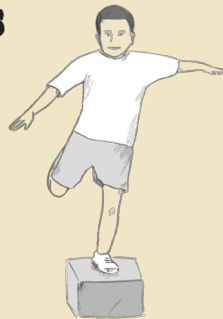
? Time to play



What's next?

Cambridge City statues

Activity
location 2



Select one person to be the 'Referee'.
Everyone else is a 'Player'.

The Players strike a frozen football pose and the Referee has to turn their back from time to time. Each time the Referee isn't looking, Players edge closer to the Referee. If Players get caught moving, they're out. But if Players are close enough to 'tag' the Referee, they become the new Referee.

The tricky bit?

Players have to use the blocks to balance on, without moving a muscle.

Tips & more at
activelandscape.org

Active Landscape: field of play
was designed by artist
Zoë Chamberlain in collaboration with
Murdoch Wickham Landscape Architects and
students from Chesterton Community College.

The designs were developed
in consultation with
Sport Scientist Diane Johnson
and Dr Katie Morton,
Centre for Diet & Activity Research.

Remember to take care when using
Active Landscape.

These activities are suggestions only and you
use this space at your own risk.
Mitchams Park Active Landscape is designed to be used by all
ages. However, the outdoor gym area is for ages 12+ only.
Children under the age of 10 to be accompanied by an adult.
No dogs or bottles allowed.
To report a fault or hazard contact Remus Management Ltd
on 01722 328685

Mitchams Park Management Company Limited

Active Landscape: field of play forms part
of Cambridge KickstART, a programme
of public art projects celebrating the
creation of over 100 new homes at
Mitcham's Park, the former site of
Cambridge City Football Club.

cambridgekickstart.com

Supported by
Crest Nicholson Eastern

