



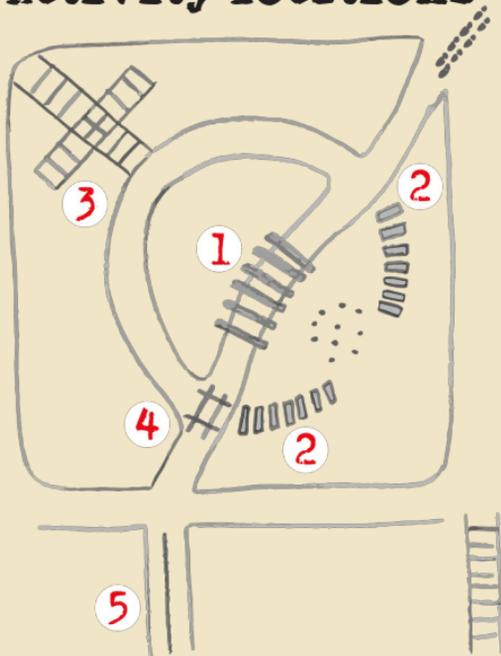
# ACTIVE LANDSCAPE field of play



get fit, have fun, enjoy life

[activelandscape.org](http://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

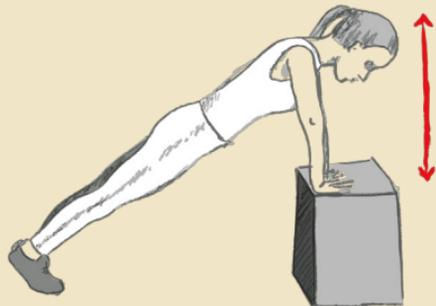
Be creative, use all the space. Here are  
few ideas to get you started.

Find more ideas, activities  
and tips online

[activelandscape.org](http://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](http://activelandscape.org)

## Activity location **1**

### Step by step

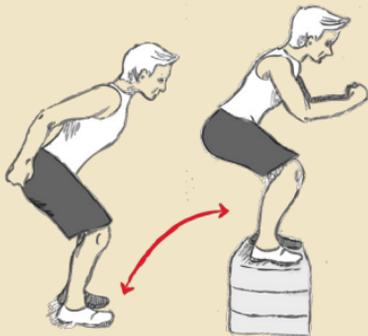
- Place your hands at shoulder width on the edge of the bench.
- Tighten your stomach muscles to keep your body straight and strong.
- Do a press up - bend your arms, lowering your shoulders towards the bench, then push up into the original position.

### 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](http://activelandscape.org)

## Activity Location **2**

### Step by step

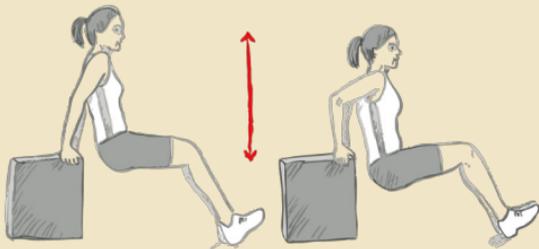
- Start with both feet facing a block.
- Hold your body in a strong, upright position – head forward, shoulders back, stomach muscles tight.
- Jump up onto the block with both feet, using your arms to assist.
- Land centrally on the first block in a small squat position.
- Regain starting position, then 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](http://activelandscape.org)

## Activity location **I**

### Step by step

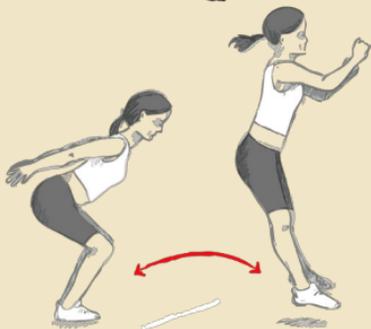
- Sit at the edge of the upper end of the bench.
- Place your hands at your sides with your fingers facing forward.
- Place your feet on the floor slightly in front of your body, about a hip's width apart.
- Push your body forward, taking the strain in your arms.
- Bend your arms and lower your body, 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](http://activelandscape.org)

## Activity Location **5**

### Step by step

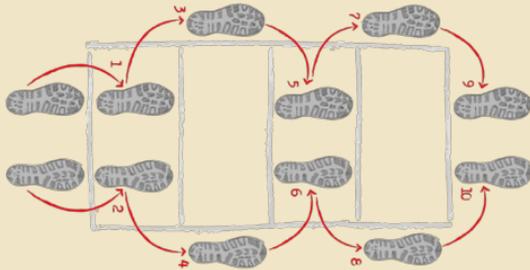
- Start with both feet facing a line.
- Hold your body in a strong, upright position – head forward, shoulders back, stomach muscles tight.
- Bend your knees, then jump forward over the line with both feet, using your arms to assist.
- Land solidly with your knees bent to absorb the shock.
- Then jump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

## Activity Location **3**

### Step by step

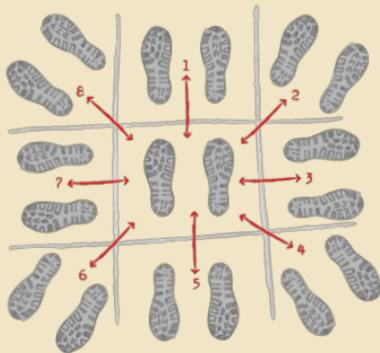
- Begin at a base line and step right and left feet into the first square.
- Step the left foot outside the next square followed by the right.
- Repeat in and out steps - continue for the ladder length, increasing speed.

### 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](http://activelandscape.org)

## Activity Location **4**

### Step by step

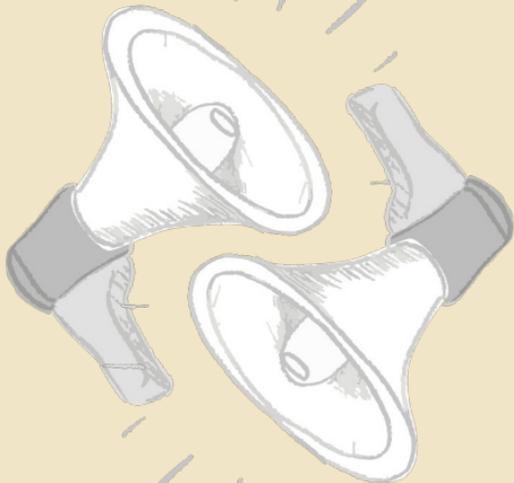
- Imagine a naughts and crosses grid.
- Stand on the centre cross.
- Hop forward, then back to the centre.
- Keep doing this in a clockwise formation and work around the grid.
- Repeat in an anti-clockwise direction.

### Get started

2-3 reps → rest 30 secs to 1 min

Repeat

? Time to play



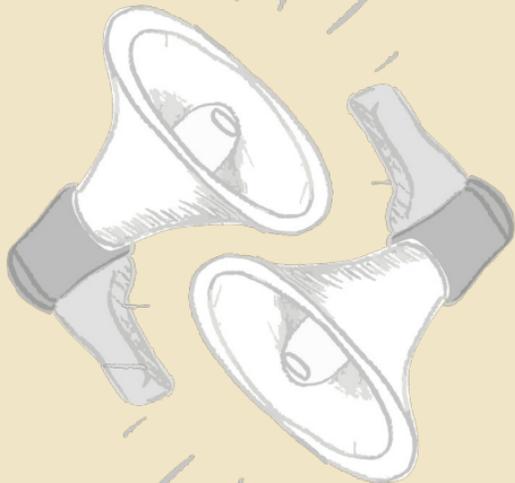
What's next?

Simon says



Tips & more at  
[activelandscape.org](http://activelandscape.org)

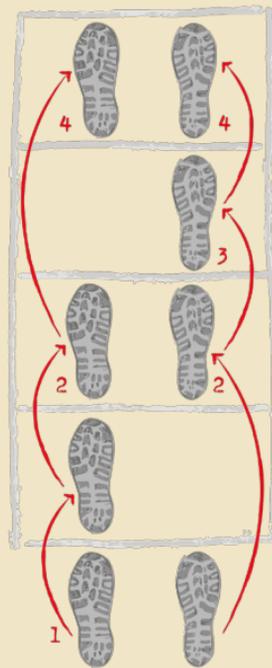
? Time to play



What's next?

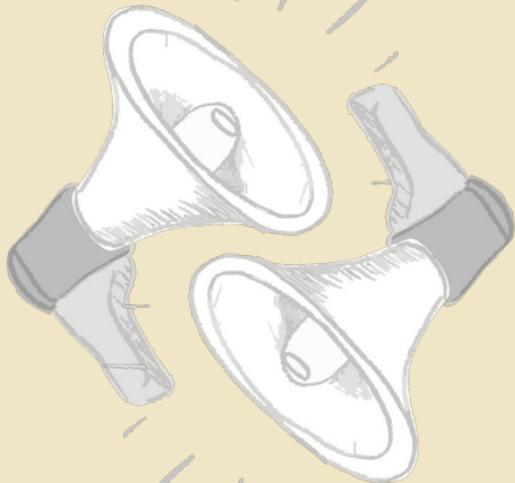
## Hopscotch

Activity  
location  
3



Tips & more at  
[activelandscape.org](http://activelandscape.org)

# ? 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](http://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](http://cambridgekickstart.com)

Supported by  
Crest Nicholson Eastern



