

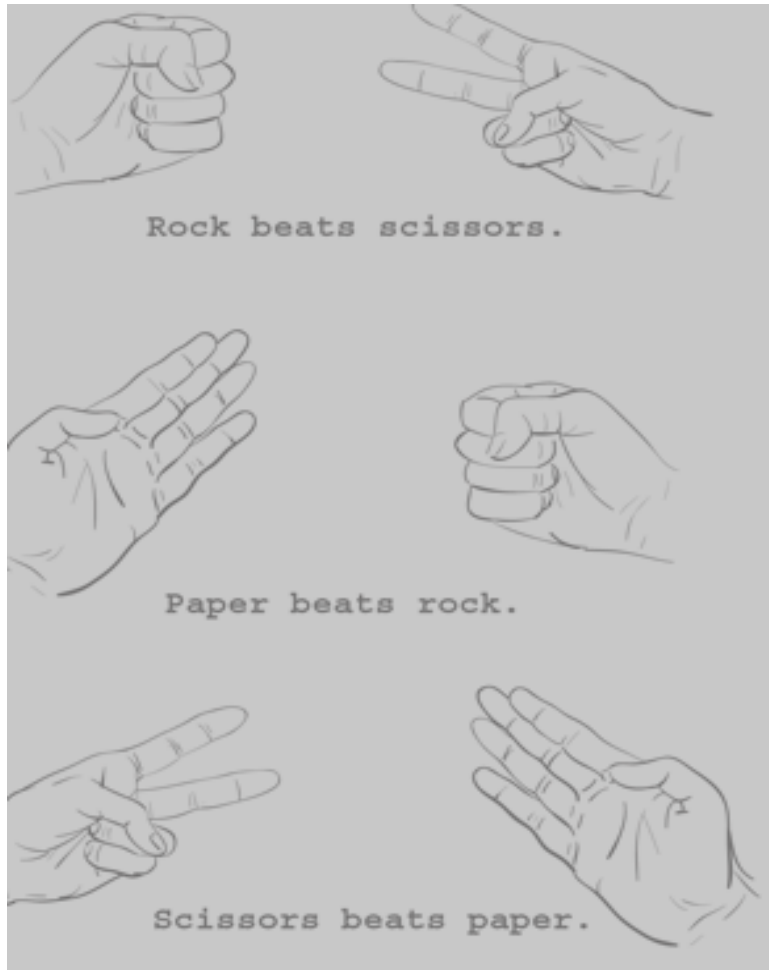
Name:

Year Group:

School:

*Olympic Week- This week is all about trying a new Olympic Sport*

### ROCK PAPER AND SCISSORS WARM UP



- Working in pairs at a distance clench your fist into a ball and count to three together.
- When you both say the number three you need to decide if you wish to challenge your partner with a rock, paper or scissors. The table attached tells you if you have won
- If you win then pick a fitness challenge for your partner to do. Here are some ideas;
  - Bunny Hop for 10 Seconds,
  - Fast Jog on Spot for 10 seconds,
  - Crab walk for 20 seconds,
  - Hold the Plank for 15 seconds,
  - Do 20 Star Jumps,
  - Dance for 10 seconds,
  - Jump as high as you can 10 times,
  - Hop on left foot 10 times,
  - Hop on right foot 10 times
  - or can you be creative and make up your own fitness challenge.
- If you beat someone 3 times then swap partners and challenge them to Rock, Paper, and Scissors

## Olympic Sports Week Challenges

ACTIVITY	DESCRIPTION - EACH ACTIVITY TO LAST 5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can make your challenges <b>harder</b> or <b>easier</b> via the highlighted sections. Make sure you do the same version each time so you will know if you have improved						
<b>SKATEBOARDING MOVE IT MONDAY</b>  <b>HIPPIE JUMP</b>  Equipment: Chalk, tape, something to make a rectangular shape on the floor	<ul style="list-style-type: none"> <li>You will need: Chalk, tape or something to create a shape on the floor</li> <li>Make a shape of a 'skateboard' approximately 50 cm x 20cm on the floor</li> <li>Stand with two feet on your 'skateboard'.</li> <li>Can you jump in the air with both feet at the same time and land on your skateboard?</li> <li>How many successful 'Hippie Jumps' can you do in 1 minute?</li> <li><b>Include a 'half turn'. Increase 'skateboard size to 70cm x 40cm.</b></li> </ul>					
<b>TRY IT TUESDAY</b>  <b>BASEBALL PITCH HITTER</b>  Equipment: Ball and Bat	<ul style="list-style-type: none"> <li>In Baseball the batter must be able to hit the ball all around the outfield depending on where the fielders are! This challenge will see whether you can do just that!</li> <li>Set up 5 targets around the garden at different distances and angles from where you will bat and in 10 attempts you must see how many of these targets you can hit!</li> <li>If you hit a target successfully you can no longer go back to that target to score more points! 3 attempts of 10, let us know your best score!</li> <li>Technique: Eye on the prize, the power of your swing is important!</li> <li>Use a ball or ball of socks and any type of bat or a wrapping paper roll.</li> </ul>					
<b>ROCK CLIMBING WORK OUT WEDNESDAY</b>  <b>HORIZONTAL SPEED CLIMB</b>  Equipment: 20 objects	<ul style="list-style-type: none"> <li>You will need: 20 objects e.g. shoes, teddies, etc.</li> <li>Place objects on the floor evenly spaced out over a distance of approximately 3metres.</li> <li>On 'Go', walk on your hands and feet, touching each object on the way, as if you're climbing a wall.</li> <li>How quickly can you complete the 'speed climb'?</li> <li><b>15 objects over 2.5 metre distance. 20 objects over a 5 metre distance</b></li> </ul>					
<b>TRAIN IT THURSDAY</b>  <b>KARATE</b>  Equipment: Toilet Roll	<ul style="list-style-type: none"> <li>Ask a partner to hold a toilet roll upright on a flat hand at your punching height. Make sure your fingers stay together and your hand stays flat. There arm should be extended with</li> <li>(If right-handed) Standing in a lunge stance with your left leg forward and using your right arm, you will aim to punch the toilet roll target as many times as you can in 30 seconds.</li> <li>Each time you hit the toilet roll target you get 1 point; you then collect the toilet roll and it back to your partner and return to the start position.</li> <li>How many times can you punch the toilet roll in 30 seconds?</li> </ul>					
<b>FRIDAY FINISHER</b>  <b>BADMINTON</b>  Equipment: Missile, 2 x targets, barrier, frying pan/racket	<ul style="list-style-type: none"> <li>Make yourself a playing area 3m – 5m long</li> <li>You will need a missile, a line or barrier and 2 buckets or targets</li> <li>Place the line or barrier in the middle of the playing area and place the buckets or targets on the other side of the barrier</li> <li>Using an underarm throw make sure the missile is sent looping over your line/barrier, at least above head height</li> <li>Aim to try and get your missile to hit your target or land inside your bucket</li> <li>Have 10 attempts and record your score</li> <li><b>Use your hand/ a racket/ frying pan to hit missile. Make your target bigger</b></li> </ul>					

Challenges should be done between 9am and 3pm if possible – send your results to us in order to earn a point for your school. You can take a picture and send it to Jenny or Amy via: email [jenniferlknight9@gmail.com](mailto:jenniferlknight9@gmail.com) or [amy.rodger@solent.ac.uk](mailto:amy.rodger@solent.ac.uk) There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO