



# HAMPSHIRE SCHOOL GAMES

## PRIMARY COGNITIVE CHALLENGES

### WEEK 12: 15<sup>TH</sup> JUNE – 19<sup>TH</sup> JUNE



Name:

Year Group:

School:

THIS WEEK YOU ARE WORKING ON YOUR COGNITIVE SKILLS, THIS IS HOW YOU THINK ABOUT A GAME, THE RULES YOU FOLLOW AND ADAPTING AND MAKING NEW RULES FOR YOU AND YOUR PARTNER TO FOLLOW. **SOME ADDITIONAL CHALLENGES ARE IN YELLOW**

ACTIVITY	DESCRIPTION EACH ACTIVITY TO LAST 2-5 MINUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bottle flip X1 bottle half filled with water	Fill a water bottle to half-way with water, flip the bottle to decide which exercise you will do for 10 Secs <ul style="list-style-type: none"> <li>Bottle on side with the lid facing you = sprint on the spot</li> <li>Bottle on side with the lid facing away from you – Star Jumps</li> <li>Bottle on side pointing sideways – Jumping Jacks</li> <li>Bottle standing up – 1 point and no exercise</li> </ul> How many times in 2 minutes can you land standing up? <b>COME UP WITH YOUR OWN RULES FOR EACH WAY THE BOTTLE LANDS? WHY NOT USE TWO OR MORE BOTTLES AND ADD THE RESULTS TOGETHER</b>					
Highest card wins  Playing cards, no Jacks, Queens or Kings	Find someone at home to play against and randomly give each other 5 playing cards (do not include the Jack, Queen or King) <ul style="list-style-type: none"> <li>Take a card from your partner and they take one from you</li> <li>Show each other the card</li> <li>Lowest number has to perform an exercise</li> <li>Highest number chooses the exercise</li> <li>Number 5 = 5 seconds of exercise and so on</li> </ul> Record how many times you win in 2 minutes <b>CAN YOU COME UP WITH YOUR OWN EXERCISES? PLAY WITH J, Q AND K AND MAKE UP NEW RULES</b>					
Shopping List X4 items each (try to be the same)	Play against a partner and start in a front support position (like a press up) you can put your knees down as well if you like. <ul style="list-style-type: none"> <li>While in a front support your partner touches a part of their body and you have to copy</li> <li>You tap two items, your partner copies</li> <li>Keep taking turns and increasing the number of items you touch until one of you gets it wrong</li> </ul> Play for 5 minutes, what is your longest run of correct scores? <b>CAN YOU PLAY IN A DIFFERENT POSITION OR COME UP WITH ANY OTHER RULES</b>					
Animal Dice Dance  X2 or more dice	Roll a dice to decide on the animal you will move like. Roll a second dice to determine how long to do the movement for. Keep playing until you have completed all 6 numbers. 1= Hop like a Bunny; 2= Run like a cheetah; 3= Gallop like a horse; 4= Walk like a crab 5= Slither like a snake; 6= Walk like a Bear Time how long does it take you to collect all 6 numbers; record the score <b>CAN YOU THINK OF ANY MORE ANIMALS TO COPY. CAN YOU PLAY THE SAME GAME WITH MORE DICE AND CHANGE THE RULES</b>					
Friday Finisher	Try all the activities again and try to beat your scores. Record them and send them to your teacher. Have fun					

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school. You can take a picture and send it to Madeleine Campbell by email [mcampbell@priorsouthsea.org](mailto:mcampbell@priorsouthsea.org) or via twitter @Pompey\_SSP. There is also a Portsmouth School Sport Partnership and Hampshire SGO Facebook page where we will be updating the results each day