



HAMPSHIRE SCHOOL GAMES

PRIMARY PERSONAL BEST CHALLENGES

WEEK ONE 23 – 29 MARCH

Name: Year Group: School:

4 – 5 minute Activate/Warm Up before starting the Challenges (here is a suggestion)

30 Seconds jogging on the spot/30 Seconds Jumping Jacks; 30 Seconds jogging on the spot /30 Seconds High Knees
 30 Seconds jogging on the spot /30 Seconds Heel Flicks; 30 Seconds jogging on the spot /30 Seconds Spotty Dogs

| ACTIVITY | DESCRIPTION EACH ACTIVITY TO LAST 5 MINUTES | PICTURE OR LINK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---|--------------------|------------|------------|------------|------------|------------|
| Speed Bounce | How many times can you do a two feet to two feet jump sideways over a cereal box in 15 or 20 seconds | | | | | | |
| Plank | How long can you hold yourself in a plank position (front support) You can choose to hold yourself on your hands or elbows | | | | | | |
| Static Balance | How long can you balance on your right leg for without moving? Now try on you Left Leg | | Right | Right | Right | Right | Right |
| | | | Left | Left | Left | Left | Left |
| Throw and catch | How many times can you throw and catch a tennis ball, apple, orange in a minute with only one hand and not moving from the spot You can choose to do this with both hands or one hand | | Both Hands | Both Hands | Both Hands | Both Hands | Both Hands |
| | | | Right | Right | Right | Right | Right |
| | | | Left | Left | Left | Left | Left |
| Partner Challenge | Keeping a toilet roll between your knees how long will it take you and your partner to travel across the room and back – passing the toilet roll without using your hands Send a picture of you doing the challenge – funniest picture to win a prize! | | | | | | |

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 on 07958 965463 or email mcampbell@priorsouthsea.org or via twitter @Pompey_SSP. There is also a Hampshire SGO Facebook page where we will be updating the results each day