



# HAMPSHIRE SCHOOL GAMES

## PRIMARY PERSONAL BEST CHALLENGES

### WEEK THREE 6 APRIL – 10 APRIL

*This week's challenges all focus on the School Games Values of Determination, Passion, Honesty and Self Belief*



Name:

Year Group:

School:

- To prepare for your daily physical challenge you need to first warm up and we have two Eggciting Easter Activities for you to choose from this week! Both can be done with your family

### Option 1 - Your very own EASTER EGG HUNT (with a twist)

- Choose 10 different objects from your garden/house and ask a parent to go and hide them in the garden, whilst you (and siblings) turn away so you can't see.
- Decide on a 'starting point' in the garden.
- Ready, steady, GO.....you (and siblings) hop around the garden like a bunny until you find an object.
- Once an object is found, run back to the starting point, move the object around the body shouting (I love Easter, I love Easter 5 times).
- Pop the object down and then off you hop to find another.
- Can you think of other spring animals? See if you can move around the garden like them as you continue your search
- You should be nice and warm now to take part in your Daily Challenge
- Good Luck and have fun!

### Option 2 - Your very own EASTER EGG Obstacle bonanza!

- Create a family obstacle course. Try and be as creative possible – rolled up towels to balance on, cereal boxes to jump over, under wear as stepping stones. The choice is yours (just double check with your parents first!)
- Once you are set up and ready to go, think of some rules – what ways can travel? What direction do you travel etc?
- Challenge yourselves - Can you go over and under your objects? Can you balance on them? What parts can you move quickly on, and what parts do you need to go slowly?
- Complete the obstacle course 3 times. Time yourself – what was your quickest time? Try and get the whole family involved
- There is one MUST – you have to carry an egg on a spoon as you do the obstacle. You could use a real egg, a pair of socks, a ball etc (maybe only use the real egg if your obstacle is outside though). If you drop egg, you must start again!
- We would love to see your obstacle course creations!! Please send in photos/videos when you send in your time.

Week 3 – 6<sup>th</sup> April 2020  
#HSGDailyChallenge

Good luck with your challenges, and don't forget to send us your scores

NEED A HARDER CHALLENGE - FURTHER CHALLENGES ARE IN YELLOW, OR CAN YOU COME UP WITH YOUR OWN VERSION?

| ACTIVITY                                      | DESCRIPTION<br>EACH ACTIVITY TO LAST 5 MINUTES  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--------|---------|-----------|----------|--------|
| MOVE IT<br>MONDAY<br><br>Balance<br>Challenge | Moving between 2 spots, balance either a book/bean bag/soft cuddly toy on your head. How many times can you walk between each spot, without it falling off?<br><b>Try bending down and touching the spot with your hand</b><br>(if in school, use an object you can balance on your head. Use lines in the playground as a mark to touch) |        |         |           |          |        |
| TRY IT TUESDAY<br><br>Try to touch the<br>sky | How many times in 30 seconds can you touch the floor and jump up and try touch the sky.<br><b>Why not try adding in a star jump when you jump</b>   |        |         |           |          |        |
| WORK OUT<br>WEDNESDAY<br><br>Arm Challenge    | Hold both arms out to the side, nice and straight. How long can you hold your arms out whilst making little circles? Stop the clock once your arms start to drop.<br><b>You could try activity whilst holding a can of beans in each hand?</b>  |        |         |           |          |        |
| TRAIN IT<br>THURSDAY<br><br>Three Way<br>Jump | Place three bean bags around you. One in front, one to the right, and one to the left. You have 30 seconds, how many times can you jump over all bean bags? Jumping back into the middle after each jump.<br><b>Try doing it by hopping on one foot</b>   |        |         |           |          |        |
| Fridays Finisher                              | Repeat all the activities and try to beat your score!   |        |         |           |          |        |